

# Peach Betty

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 9

Serving size: ½ cup

Ingredients	Quantity	Measure
Plant-based butter, divided		1 tsp. + ½ cup, melted
Peaches, frozen, thawed, drained (liquid reserved)	3	pounds
Reserved liquid from thawing the peaches	½	cup
Lemon juice	1	Tbsp.
Salt	½	tsp.
Cinnamon	½	tsp.
Nutmeg	½	tsp.
Graham crackers, crushed	2	cups
Splenda granulated sugar substitute (1 for 1 substitution)	½	cup

## Preparation

1. Heat an oven to 350 degrees Fahrenheit.
2. Using 1 tablespoon of the plant-based butter, butter a 2" ½ hotel pan.
3. Place the peaches in a bowl. In a measuring cup or other container, mix the reserved liquid, lemon juice, salt, cinnamon, and nutmeg together. Pour over the peaches and toss together.
4. In another bowl, combine the remaining plant-based butter (melted), graham crackers, and Splenda. Spread 1/3 of the graham cracker mixture on the bottom of the ½ hotel pan. Place ½ of the peach mixture on top of that, then another layer of the graham cracker mixture. Place the remaining ½ of the peach mixture on top of that then the remaining graham cracker mixture.
5. Cover with foil and bake for 30 minutes. Remove the foil and continue to bake for another 20-25 minutes until the crust is toasted and the filling is bubbling. Remove from the oven and allow to cool.

## Notes

These can be baked in smaller containers for individual portions

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 207 Total Fat: 4.3g Saturated Fat: 0.8g Monounsaturated Fat: 1.5g Polyunsaturated Fat: 0.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38.7g Fiber: 1.4g Total Sugar: 8.8g Protein: 3.2g Sodium: 353.5mg Vitamin A: 0µg Vitamin C: 0.5mg Calcium: 31mg Iron: 1.6mg Folate: 0µg



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