

## **Vandal Peach Bowl from the kitchen of Peyton Goodman and Anna Humphrey**

Total Servings - 6

Serving Size - ½ peach

**Suggested Wine Pairing:** Light sparkling Moscato

### **Ingredients for Vandal Peach Bowl**

- 3 fresh, small peaches
- 3 tablespoons unsalted butter
- ½ cup (1 pkg.) maple and brown sugar oatmeal
- ¼ cup crushed pecans
- 1 teaspoon pumpkin pie spice

### **Directions**

**STEP 1** Pre heat oven to 375 degrees Fahrenheit.

**STEP 2** Wash peaches and cut in half.

**STEP 3** Pit the peaches and spoon out a little bit of the middle. Leave about ½ inch of peach to make room for filling.

**STEP 4** In a small bowl, mix butter oatmeal, pecans and pumpkin pie spice together.

**STEP 5** Spoon the filling into the hollowed peach and sprinkle with a bit extra pumpkin pie spice, if desired.

**STEP 6** Bake peaches for 25-30 minutes or until soft.

**STEP 7** Serve warm or cooled. Top with ice cream, heavy cream or Greek yogurt, if desired.

### **Nutritional Data for Vandal Peach Bowl (per serving)**

- Calories 321
- Total fat 27.8 g (sat. fat 4.9 g)
- Cholesterol 10 mg
- Sodium 59 mg
- Total carbohydrate 17.7 g
- Dietary fiber 5.2 g
- Total sugars 10.5 g
- Protein 4.9 g
- Vitamin D 3 mcg
- Calcium 38 mg
- Iron 2 mg
- Potassium 301 mg