



NutritionRx
Jennifer Broxterman

Cheesecake Stuffed Peaches

This recipe is delicious for dessert or Sunday morning brunch. Using light cream cheese instead of the regular helps to reduce the fat and calorie content. Enjoy!

Prep: 15 minutes • Total: 45 minutes

Ingredients:

Peaches, halved and pitted	6 each	6 each
Butter, melted	2 Tbsp	30 mL
Cinnamon	1 Tbsp	8 g
Light cream cheese, softened	½ package	113 g
Maple Syrup	3 Tbsp	45 mL
Large Egg Yolk	1 each	17 g
Vanilla	1 Tbsp	15 mL

Directions:

1. Preheat oven to 350°F.
2. Line a large baking sheet with parchment paper.
3. Trim a sliver off the bottom of the round part of the peach, to create a flat bottom.
4. Brush the peaches with the melted butter and sprinkle with cinnamon. Place the peaches on the baking sheet with the pitted side facing up.
5. In a mixing bowl, beat together the cream cheese, egg yolk, maple syrup and vanilla.
6. Spoon the mixture into the center of the peaches and bake for 30 minutes uncovered.
7. Serve warm or at room temperature.

Nutrition Facts

Serving Size (69g)

Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 60mg **3%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 2g

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Chelsea Ferguson's Recipes

Makes 12 servings (69g / serving) • 1 serving = ½ peach

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