

Breakfast Fondue

- 1 can (15 ounces) sliced peaches in juice
- 1/3 cup maple syrup
- 2 tablespoons whipped light cream cheese
- 1/4 teaspoon vanilla extract
- Pinch of cinnamon
- 12 whole-grain mini-pancakes, mini-waffles or French toast fingers, warm

1. Combine peaches, maple syrup, cream cheese, vanilla and cinnamon in a blender or food processor, purée on high until smooth. It is okay if there are a few lumps of cream cheese showing; they will disappear when you cook the peach mixture in the next step.
2. Pour the mixture into a pot. If you are allowed to use the stove, warm it over medium-high heat, stirring often, until the cream cheese melts and the sauce is bubbling around the edges
3. Serve in a big bowl surrounded by whole-grain pancakes, waffles or French toast fingers, or a combination, for dipping. Use your fingers to dip, but remember, no double dipping.

Serving Size: 1/2-cup fondue; 3 whole-grain mini-pancakes, mini-waffles or French toast fingers

Per Serving: Calories 77; Total fat 1.25g; Saturated fat 0.75g; Cholesterol 4mg; Sodium 27mg; Carbohydrate 16g; Fiber 1g; Protein 1.25g; Vitamin A 142IU; Vitamin C 3mg; Folate 5mcg; Calcium 20mg; Iron 0.25mg; Potassium 157mg

Canned Food Alliance & Mealttime.org