

breakfast fruit

Serves: 4

Prep and Cook time: 10 min

Per serving: 197 calories, 11g fat, 96 mg sodium

1 (15 oz) can of
peaches or pears,
rinsed and drained

1/4 cup marmalade (orange, grapefruit, lemon, lime)

1/4 cup (1/2 stick)
butter

1. Melt butter in frying pan. Add marmalade and stir until melted.
2. Add rinsed and drained fruit and turn gently until coated with sauce.
3. You can serve over pancakes or waffles as is, or leave in the pan until they brown on the edges.

