

## Spiced peach sauce



Recipe credit

Inspired by Food.com's [Holiday Spiced Peaches](#)

### **About this recipe**

Serves

6

Serving size

1/6 of prepared recipe

Time to make

20-25 minutes cook time

Special criteria

[Vegetarian recipes](#)

# Ingredients

- 1 29-ounce can peaches, sliced, in fruit juice
- 3/4 teaspoon cinnamon, ground (or to taste)
- Pinch of nutmeg, ground
- 1/2 cup raisins or dried cranberries
- Optional: 1 tablespoon brown sugar

# Directions

1. Open the canned peaches and drain half of the liquid. Place the fruit with remaining liquid in a bowl.
2. Add cinnamon, nutmeg, raisins, and sugar to the peaches and mix well.
3. Pour the mixture into a baking dish and bake for 20-25 minutes at 350 degrees F. Alternatively, simmer in a pan on the stovetop. Peaches should be soft and coated with spices evenly. Raisins should be plump.
4. Remove from the oven or stovetop, being cautious of the hot liquid. Let it cool slightly before serving.

# Tips and variations

- Pair with vanilla yogurt. Let the peaches cool before adding to the yogurt.
- Spiced peaches can be added to plain oatmeal for a delicious and healthy breakfast.
- Try this recipe as a base when making peach crisp.
- Spiced peaches are great topping for French toast or waffles.

# Nutritional info

Calories

43

Total fat

0.1 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

18 mg

Total carbohydrates

25 g

Dietary fiber

1 g

Protein

1 g

Total sugar

22 g

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