



**BAUMAN
COLLEGE**
HOLISTIC NUTRITION
AND CULINARY ARTS

Cinnamon Baked Peaches

with Garam Masala Syrup

Whole fruit is the best dessert for those with blood sugar issues. Baking brings out the natural sweetness in peaches and pairs well with the Indian spices in the syrup. Nuts are added for a little protein and fat to balance the natural sugars.

Ingredients:

- 6 whole peaches or nectarines
- 1/3 cup walnuts, chopped
- 3/4 tsp ground cinnamon
- 1/8 tsp salt
- 1 cup water
- 1 stick cinnamon
- 3 slices ginger, 1/4 " thick, minced
- 10 whole cardamom pods, lightly crushed
- 8 whole peppercorns, lightly crushed

Procedure:

1. Preheat oven to 350 degrees.
2. Cut peaches in half lengthwise through stem end. Remove the pit and dig out a little hole where the pit was with a spoon, making a small bowl.
3. In a small bowl, mix the walnuts, cinnamon, and salt together.
4. Fill each peach with about 1 Tablespoon of the mixture and place in a glass baking dish.
5. Pour the water into dish and then add the whole spices to the liquid. Bake for 15-20 minutes or until peaches are soft throughout, yet still maintain their shape. Add more water in 1/4 cup increments if baking dish looks like it will get dry before peaches are cooked all the way through.
6. Using a slotted spoon, carefully lift the peaches out to a platter.
7. Strain the cooking liquid into a small saucepan, discarding spices.
8. Reduce cooking liquid over high heat until it is the consistency of syrup.
9. Spoon sauce over peaches and serve.

Servings: 12

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