

Easy Raspberry-Peach Danish

1 loaf (16 ounces) frozen white bread dough, thawed
1/3 cup no-added-sugar raspberry spread

1 can (15 ounces) sliced peaches in extra light syrup,
drained and chopped

Egg white (optional)

1/2 cup powdered sugar

2 to 3 teaspoons orange juice

1/4 cup chopped pecans, toasted

DIETARY EXCHANGES:

1 Starch, 1/2 Fruit

NUTRIENTS PER SERVING:

Cal.: 114

Cal. from Fat: 16%

Total Fat: 2 g

Sat. Fat: <1 g

Carb.: 22 g

Protein: 3 g

Chol.: 0 mg

Sodium: 33 mg

Fiber: 2 g

1. Spray 2 baking sheets with nonstick cooking spray.
2. Place dough on lightly floured surface. Cut dough in half. Roll each half into 12x7-inch rectangle. Place 1 rectangle on each prepared baking sheet.
3. Spread half of raspberry spread over center third of each dough rectangle. Sprinkle peaches over raspberry spread.
4. On both long sides of each dough rectangle, make 2-inch long cuts from edges towards filling at 1-inch intervals. Starting at one end, alternately fold opposite strips of dough over filling.
5. Cover; let rise in warm place about 1 hour or until nearly doubled in size.
6. Preheat oven to 350°F. Bake 15 to 20 minutes or until golden. If deeper golden color is desired, lightly brush egg white over tops of loaves during last 5 minutes of baking. Remove baked loaves from baking sheets and cool.
7. Combine powdered sugar and orange juice in small bowl until thin consistency is reached. Drizzle over loaves. Sprinkle pecans over tops.

Makes 32 servings (2 thin slices per serving, or 1/16 of loaf)

Source: Diabetic Cooking Magazine

