



Peach Crisp in a Mug

(Use mix within 1 month)

Peach Crisp dry ingredients

1 ½ teaspoons butter

1 4-ounce container of peaches

Peach crisp dry ingredients

Place butter into a plain coffee cup (no metallic designs).

Microwave for 45 seconds to melt butter. Add dry ingredients, stir to moisten. Mixture will be crumbly. Add the peaches, undrained, and stir well. Microwave 2 more minutes.

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Nutrition Facts

1 servings per container

Serving size 1 mug (170g)

Amount per serving

Calories 280

% Daily Value*

Total Fat 12g 15%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 10mg 0%

Total Carbohydrate 41g 15%

Dietary Fiber 4g 14%

Total Sugars 27g

Includes 13g Added Sugars 26%

Protein 4g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 1mg 6%

Potassium 234mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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