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## Peach Cinnamon Cream Dessert ♦♦

Peach Cinnamon Cream Dessert

This delicious dessert combines the sweetness of peaches with the creamy texture of cream and the warmth of cinnamon. It is a perfect treat for any occasion and can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

2 pieces	Egg
1 c	cream
1 tsp	Cinnamon
1 tsp	Salt

<b>2 c</b>	Peach
<b>2 tbsp</b>	sugar
<b>1 tsp</b>	vanilla extract
<b>1 c</b>	graham cracker crumbs

## Directions

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### Step 1

#### Mixing

Separate the egg yolks and whites. In a mixing bowl, beat the egg yolks with sugar until creamy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a separate bowl, beat the cream until stiff peaks form. Gently fold the cream into the egg yolk mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Stirring

Add cinnamon, salt, and vanilla extract to the mixture and stir well.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 4

Layering

In serving glasses or bowls, layer graham cracker crumbs, sliced peaches, and the cream mixture. Repeat the layers until all ingredients are used.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 5

Refrigerating

Refrigerate for at least 1 hour before serving.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 5 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	15 g	53.57%	60%

### Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	8 mg	0.8%	0.8%
Iron	2 mg	25%	11.11%

## Recipe Attributes

### Course

Desserts Sauces & Dressings

### Seasonality

Fall

### Meal Type

Dessert

### Cultural

Diwali

### Diet

Anti-Inflammatory Diet Nutrient Timing Diet The Scarsdale Diet  
The Mayo Clinic Diet The CICO (Calories In, Calories Out) Diet

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