



Peaches & Cream Sweet Rolls



1/2 of recipe (2 rolls): 166 calories, 0g total fat (0g sat. fat), 380mg sodium, 50.5g carbs, 1g fiber, 8.5g sugars, 7.5g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

1/2 cup self-rising flour
1/2 cup fat-free vanilla Greek yogurt
1/2 cup frozen peach slices, finely chopped
1/2 tsp. cornstarch
1/4 cup no-calorie powdered sugar alternative (like [the kind by Swerve](#))
2-3 tsp. unsweetened vanilla almond milk (or to desired consistency)

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

In a large bowl, mix flour with yogurt until dough forms.

Roll out dough into a large rectangle, about 7"x5" and 1/4-inch thick.

In a medium bowl, combine peaches with cornstarch. Toss to coat.

Top dough with the peaches, leaving a 1/2-inch border. Tightly roll up dough width-wise into a log, and pinch the seam to seal. Turn log seam side down, and cut into 4 rolls.

Place rolls on the baking sheet, and spray them with nonstick spray.

Bake until light golden brown and cooked through, 18-20 minutes.

In a small bowl, mix sweetener with milk until uniform. Drizzle over rolls.

MAKES 2 SERVINGS

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