

Peach Custard Pie

Ingredients

- 1-crust pie pastry (refrigerated or homemade)
- 6 large peaches or 9 medium-sized peaches
- $\frac{1}{2}$ cup low fat vanilla yogurt
- $\frac{1}{2}$ cup half and half
- 3 large egg yolks
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup flour
- 1 tsp vanilla
- $\frac{1}{4}$ cup unsalted butter
- $\frac{1}{3}$ cup flour
- 2 Tbsp granulated sugar

Directions

1. Preheat oven to 425°F.
2. Place pie pastry in a 9-inch deep dish pie plate.
3. Peel and slice the peaches into $\frac{1}{2}$ inch wedges. Place peach slices on the bottom of the pie crust.
4. In a medium sized bowl, whisk together low fat vanilla yogurt, half and half, egg yolks, sugar, flour, and vanilla. Pour over top of peaches.
5. Place on cookie sheet to prevent spills. Cover edges of pie crust with foil or a pie crust protector to prevent the edges from burning. Bake in oven for 30 minutes.
6. In a small bowl, cut in unsalted butter, remaining flour, and sugar to create the streusel topping.
7. Remove pie from oven and reduce heat to 350°F. Remove foil or pie crust protector. Sprinkle streusel over top

of the pie.

8. Return pie to oven and bake for an additional 15 minutes.
9. Cool on a wire rack for 1 hour prior to serving; cut and serve while warm.
10. Store any leftover pie in the refrigerator.

Handling & Storage

Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.

Store unripe peaches in a paper bag. When ripe, store at room temperature for use within 1-2 days.

Nutritional Information

Calories: 284

Total Fat: 9.9 g

Saturated Fat: 5.4 g

Trans Fat: 0.0 g

Cholesterol: 100 mg

Sodium: 58 mg

Total Carbohydrates: 47.3 g

Dietary Fiber: 2.8 g

Sugars: 39.6 g

Protein: 4.6 g

Serves: 8

From the Delaware Grown recipe collection at
<https://delawaregrown.com>