

# Betty's Peaches with Sour Cream and Brown Sugar Dip Recipe



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In this video, Betty demonstrates how to make an elegant party dip of peaches with sour cream and brown sugar (also with a nip of rum!). You \*can\* make this a party for one--yourself!

## Ingredients:

- 4 ripe peaches, peeled and sliced into serving pieces
- 1 cup sour cream
- 1/3 cup brown sugar, firmly packed
- 1 tablespoon dark or gold rum (optional)

In a small bowl combine 1 cup sour cream, 1/3 cup brown sugar, and 1 tablespoon rum (if desired). Blend thoroughly. Chill. Serve with sliced peaches in individual serving dishes, topping them with 2 tablespoons of dip on each. This dip is so good that you'll be eating fresh, healthy peaches (and any other fruits your choose) all summer, in preference to candy bars and ice cream!!!