



## Grilled Peaches

It's best to use fruit that is in season. Pears are suitable substitutes for peaches.

### U.S.

2 each  
As needed

Peaches, medium, halved, pit removed  
Pan Spray

### Metric

2 each  
As needed

### **To Serve:**

1/2 cup

Yogurt Whipped Cream (see recipe)

115 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat grill to medium-high heat.
3. Place on grill, flesh side down, for 3 minutes, or until slightly charred. Flip and grill skin side about 1 minute.
4. Serve 1/2 peach with 2 tablespoons of yogurt whipped cream.
5. Enjoy immediately.

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## Nutrition Facts

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4 Servings

**Serving size** 1/2 peach

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**Amount per serving**

**Calories** 30

Calories from Fat 0

**Total Fat** 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

**Cholesterol** 0 mg

**Sodium** 0 mg

**Total Carbohydrate** 7 g

Dietary Fiber 1 g

Total Sugars 6 g

Includes 0g Added Sugars

**Protein** 1 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 145 mg

Phosphorus 15 mg

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