

Grilled Peaches

Instructions

1. Preheat the grill to medium heat.
2. Lightly brush the cut side of each halved peach with olive oil or ghee.
3. Place the peaches cut side down and grill for about 3 minutes, or until char marks form.
4. While the peaches are grilling, toast the walnuts and coconut in a small saucepan for about 1 minute.
5. Then, in a small bowl, combine the walnuts, coconut, cinnamon, and salt.
6. Remove all peaches from the grill, top with ice cream or yogurt, and sprinkle with the walnut mixture.

NOTE: This recipe makes 4 servings. Try to buy your ingredients at a farmer's market to enjoy peach season!

Ingredients

- 4 ripe peaches, halved and pitted
- Extra-virgin olive oil, for brushing (can substitute with ghee)
- ½ cup walnuts, toasted and crushed (can substitute with pumpkin seeds, hemp seeds, or other nuts)
- 1 tbsp unsweetened, shredded coconut (can be omitted if needed)
- ½ tsp cinnamon (use up to 1 tsp if you really enjoy cinnamon)
- ¼ tsp sea salt
- 4 scoops of vanilla bean ice cream or plain 2–5% fat Greek yogurt
 - You can add a little vanilla extract to the Greek yogurt to improve the flavor slightly.
- Optional: a handful of mint leaves (add a mint leaf to each serving for an added flavor boost)

Grocery List

Produce

- Peaches
- Optional: fresh mint

Dairy

- Greek yogurt and/or vanilla bean ice cream

Pantry

- Extra-virgin olive oil or ghee
- Walnuts (or preferred nuts or seeds)
- Unsweetened, shredded coconut
- Cinnamon
- Sea salt
- Optional: vanilla extract

Recipe adapted from [Love and Lemons](#).