

Dessert, Grilled

Grilled Peaches

Scripps Treasure Coast Newspapers

Servings: 4

4 medium ripe peaches

1 teaspoon pure vanilla extract

1/4 teaspoon almond extract

1/4 cup dark brown sugar

1 - 2 pints frozen vanilla yogurt

toasted sliced almonds (for topping)

Cut the peaches in half and remove the pit. Slice each half in half and toss them in a bowl with the vanilla extract, almond extract and brown sugar. Set aside for 15 minutes.

Preheat a grill to medium-high heat.

Grill the peaches, skin-side down, until the skin is slightly charred, about 3 minutes. Turn and grill on the other two sides until you get nice grill marks, about 1 minute on each side.

Divide the peaches among four bowls and serve with the frozen yogurt and toasted almonds, if desired.

Per Serving (excluding unknown items): 52 Calories; trace Fat (0.1% calories from fat); 0g Protein; 13g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Other Carbohydrates.