



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD
Nutrition & Wellness Educator
Serving McLean, Livingston, & Woodford Counties
go.illinois.edu/LMW

Grilled Peaches



6 peaches, halved and pitted
Canola oil
Brown sugar, to taste

Ground cinnamon, to taste
Low-fat vanilla ice cream or frozen yogurt (optional)

Instructions: Heat grill to medium-high heat. Lightly brush flesh of peaches with oil. Grill peach halves cut side down for 2-3 minutes. Using tongs, turn over peach halves and sprinkle with brown sugar and cinnamon. Grill for 1-2 more minutes. Remove from grill. Serve two peach halves in bowl and top with vanilla ice cream. Sprinkle with additional cinnamon.

Yield: 6 servings

Nutrition Facts (per serving with 1/2 cup low-fat frozen yogurt): 110 calories, 2.5 grams fat, 10 milligrams sodium, 21 grams carbohydrate, 3 grams fiber, 2 grams protein