

GRILLED PEACHES AND CREAM

Grilled Peaches and Cream

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 halved peach)

Nutrition (per serving)

Calories: 78	Total Carbohydrate: 12
Total Fat: 4 g	Dietary Fiber: 2 g
Saturated Fat: 0.5 g	Total Sugars: 7 g
Sodium: 18 mg	Protein: 2 g

Ingredients

- ¼ teaspoon fresh lemon zest
- 1/8 teaspoon fresh ginger, grated
- ½ cup Halo Top Vanilla Bean ice cream
- Cooking spray
- 3 ripe peaches, halved and pitted
- 2 Tablespoons quick dry oats (use certified gluten free oats for GF version)
- 3 Tablespoons chopped pecans
- Fresh mint leaves for garnish

Directions

1. In a small bowl, mix together the lemon zest, grated ginger, and Halo Top ice cream. Put ice cream mixture back in the freezer to hold its shape.
2. Spray the grill or grill pan with cooking spray. Place the peach halves cut side down and grill them for about 3 minutes on low heat.
3. Flip the peaches and cook for another 3 minutes or until the peaches have softened but still maintain their shape. If using a grill pan, cover the top of the pan with aluminum foil.
4. Remove peaches from the grill and top each half with a spoonful of ice cream mixture. Sprinkle oats and chopped pecans on top and garnish with a few mint leaves. Serve immediately.