



CATERING • MEAL PREP • JUICES

## Grilled Peaches with Honey and Yogurt

Nothing says summer like biting into a juicy peach! Grilling them is a simple way to enjoy them as a dessert, a perfect ending to a backyard BBQ without heating up your kitchen. Delicious topped with yogurt and honey.



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To order, call or text Christine at 647-210-0047 or email her at [Christine@HealthyNow.ca](mailto:Christine@HealthyNow.ca)

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You'll need:

- 2 large ripe peaches, cut in half (pit removed)
- 1/4 cup Greek yogurt
- 1/8 tsp cinnamon
- 2 tbsp honey
- 1 tbsp oil, or butter

To make:

1. Combine yogurt and cinnamon.
2. Pre-heat the barbeque to medium heat
3. Brush flat side of peach with oil or butter
4. Grill the peaches, covered until soft but not falling apart, about 3-5 minutes on each side. Be sure to get nice grill marks on the flat side of the peach half by not moving it once it starts cooking.
5. Drizzle with honey and serve each with 1 tbsp of yogurt.

Serves 4.

Enjoy!

Past recipes of the week are posted at our website [www.HealthyNow.ca](http://www.HealthyNow.ca). And OrangeTheory Fitness members always get 15% off Fresh Pressed Juices, and 15% off any Meal Pack!

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