

Sugar and Spice Grilled Peaches

Peaches are delightful but they taste entirely different when cooked on the grill! Serve these caramelized sweet and spiced peaches for your backyard barbeque parties. It's the perfect summer time dessert!

Ingredients

4-6 (not too ripe) large Peaches, washed, patted dry, halved and cored
2 tablespoons Brown Sugar
1 teaspoon ground Cinnamon
1/8 teaspoon Cayenne Pepper
1/2 cup Honey
Sea Salt to taste

Accompaniments (optional)

Plain Yogurt
Chopped Walnuts

Garnish (optional)

Fresh Mint

Preparation

Set barbeque grill to medium-high heat.

Mix brown sugar, cinnamon and cayenne pepper in a small bowl.

Lightly sprinkle cut side of peaches with freshly ground sea salt then generously sprinkle with the sugar and spice mixture. (Reserve remaining mixture for later use)

Lightly spray grill with non-stick cooking spray. Cook peaches cut side down on the grill until fruit has grill marks and begins to caramelize, about 2-3 minutes. Turn peaches over, lower heat to medium, cover grill and cook until fruit is tender, about 5-7 minutes.

Transfer peaches to a platter and generously brush all sides of the peaches with honey. Lightly sprinkle cut side of peaches with reserved sugar and spice mixture.

Transfer peach halves to individual serving dishes. Serve with plain yogurt, top with chopped walnuts, drizzle with remaining fruit drippings and garnish with fresh mint.

Serves 4-6