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Grilled Peach Sauce
Serves: 4

Ingredients
2 peaches, cored and cut in half
1 teaspoon neutral oil like canola or melted butter
Juice from 2 oranges
Zest from 1 orange
1/2 teaspoon ground cardamom
2 teaspoons sugar, optional depending upon ripeness of peaches

Preparation
Preheat grill or grill pan over medium-high heat.
Lightly brush the cut edge of each peach with oil. Grill cut side down for 5 minutes, turn and grill for 2 minutes more.
Combine peaches, juice, zest and cardamom in a blender or food processor and pulse until sauce is chunky. Taste and add sugar if needed.
Serve over frozen or plain Greek yogurt.

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Nutrition per serving: 72 calories; 1g total fat (0g saturated, 0g trans); 0mg cholesterol; 0mg sodium; 15g carbohydrates; 1g fiber; 13g sugars; 1g protein.

