

Honey Grilled Peaches with Ice Cream

Sometimes we just need some sweets. There is not shame in that. Try these warm, grilled peaches drizzled with honey alongside your favorite Halo Top ice cream or low-fat/low-sugar ice cream. I promise you will not regret it!

Ingredients:

- 2 large Ripe peaches, halved and pitted
- 4 tsp Honey (try local honey!)
- 2 cups Halo Top ice cream (or a low-fat/low-sugar ice cream)
- Optional Cinnamon, nutmeg, all-spice, and/or ginger for garnish

Directions:

1. Grease the grill rack with cooking spray. Preheat the grill on high. Once preheated, turn down to medium.
2. Prepare each peach halve by spraying the surface with cooking oil. Place peach halves cut-side-down on the grill rack. Cover the grill and cook for 4-5 minutes, or until heated through and grill marks form.
3. Serve each halve warm alongside ½ cup ice cream! Enjoy 😊

Servings: 4 servings (4 halves)
 Serving size: 1 peach half with ½ cup ice cream
 **Nutrition facts reflect ice cream with Vanilla Bean Halo Top (feel free to use another low fat/low sugar

**Nutrition facts with ½ cup Vanilla Bean Halo Top (feel free to use another low fat/low sugar ice cream.

**Nutrition facts without ice cream (just half a peach).

Honey Grilled Peaches w/ Ice Cream		
Nutrition Facts		
Serving Size	1 Halve	
Amount Per Serving		
Calories	127.2	
	% Daily Value*	
Total Fat	2.2 g	3 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	45 mg	3 %
Sodium	110.3 mg	5 %
Total Carbohydrate	28.7 g	10 %
Dietary Fiber	4.7 g	17 %
Total Sugars	19.2 g	
Added Sugars	5.8 g	12 %
Protein	5.8 g	
Vitamin D	0 mcg	0 %
Calcium	112.2 mg	9 %
Iron	0.7 mg	4 %
Potassium	172.7 mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com </>		

Honey Grilled Peaches without Ice Cream		
Nutrition Facts		
Serving Size	1 Halve	
Amount Per Serving		
Calories	57.2	
	% Daily Value*	
Total Fat	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0.3 mg	0 %
Total Carbohydrate	14.7 g	5 %
Dietary Fiber	1.7 g	6 %
Total Sugars	13.2 g	
Added Sugars	5.8 g	12 %
Protein	0.8 g	
Vitamin D	0 mcg	0 %
Calcium	12.2 mg	1 %
Iron	0.3 mg	2 %
Potassium	172.7 mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
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