AMERICAN · DESSERT

Grilled Cinnamon Honey Peaches

10 min · Makes 4 × 1 peach (2 halves) · 143 kcal a portion · Video 4:52 · The Domestic Geek

Vegetarian · Gluten-free ingredients · No nuts listed

A whole peach per serve with only about 9 g of added sugar from the honey drizzle, and a source of fibre; grilling brings out the fruit's own sweetness.

Diet notes: Paleo with a swap: ghee instead of the butter.

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Ingredients 4 · MAKES 4 × 1 PEACH (2 HALVES)

- [ ] 4 **peaches**, halved and pitted
- [ ] 2 tbsp **butter**
- [ ] 2 tbsp **honey**
- [ ] 2 tsp **ground cinnamon**

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the grill (or a grill pan) to medium-high. Halve the peaches and remove the stones. 1:31
2. Grill the peaches cut side down until they have good grill marks: 1–2 minutes in the video, 3–4 minutes in the cook's written recipe. 1:35
3. Turn them over and top each half with a little of the butter (2 tbsp in all, about ¾ tsp each), a sprinkle of cinnamon and a drizzle of honey (keep a little honey back). Take care, as butter can make the grill flare up. 1:47
4. Close the lid and cook for another 1–3 minutes, until the topping melts and caramelises. Finish with the last of the honey and serve warm. 1:59

> **Tip** Serves 4 (our estimate, one peach each). The cook suggests serving them with whipped cream, ice cream or cake, or sliced over a salad; Greek yoghurt keeps it lighter.

The method is a summary in our words — the video shows every step.

One portion, 1 peach (2 halves), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
143 kcal	1.5 g	24 g	2.8 g	6.1 g	0 mg
600 kJ	3% of a day	21 g net · 21 g sugars	10% of a day	3.6 g saturated	0% of a day
		9% of a day		8% of a day	

Energy from net carbs 58% · protein 4% · fat 38%

Source of (10–19%) Vitamin C 11%

Recipe and video: The Domestic Geek (@thedomesticgeek1) on YouTube — youtube.com/watch?v=SnJfqBNYb6c, published 21 July 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/grilled-cinnamon-honey-peaches