



# Grilled Peaches



## ingredients

- Fresh peaches
- Granulated sugar
- Non-stick spray
- Honey or Balsamic glaze

## directions

1. Slice your peaches in half and pit them. I like to sprinkle a dusting of granulated sugar on mine as it helps caramelize them on the grill.
2. Spray your grill with a little non-stick spray and place your peaches cut side down on the grill.
3. Let them grill for 5 or 6 mins and then flip them over and grill the other side.
4. Drizzle with honey or balsamic glaze.
5. Serve warm.