

Grilled Peaches with Maple Mascarpone Cheese

Serves: 12

Adapted from: <https://www.joyfulhealthyeats.com>

Items Needed: cutting board, kitchen knife, measuring cups, measuring spoons, whisk or stirring spoon, small bowl, kitchen brush, grill

Ingredients:

6 peaches, halved
2 tsp canola oil
8oz mascarpone cheese
2 TB maple syrup
1 tsp vanilla extract
½ c. almond slices (for garnish)

Directions:

1. In a small bowl, mix together mascarpone, maple syrup, and vanilla extract until combined. Set aside.
2. Heat grill to medium high heat or 400 degrees.
3. Brush peaches with canola oil.
4. Place flesh side of peaches on grill.
5. Grill for 2-3 minutes on flesh side or until char marks are visible. Remove from grill.
6. Serve each peach half with a tablespoon of mascarpone and a tablespoon of almond slices

Nutrition Information (per peach half):

Calories: 150 Fat: 11 g Carbs: 11 g Protein: 2 g Fiber: 1 g **Sodium:** 7 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

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