



## From the Kitchen of Executive Chef Jessica VanRoo

### Grilled Peaches with Yogurt and Granola

Serves 4

*232 calories per serving*

**Description from Live Well UCI Health Blog: [www.ucihealth.org/blog](http://www.ucihealth.org/blog)**

Peaches are a luscious summer favorite! They are full of prebiotics — special plant fibers that promote healthy gut bacteria — plus lots of vitamin A and C to help boost your immunity. Peaches are also extremely hydrating because they contain about 85% water.

Total cost: \$5.48/\$1.37 per serving

#### Ingredients

- 4 fresh ripe peaches, halved and seeds removed
- Vegetable oil or melted ghee to brush
- 1 cup yogurt
- 1/2 cup granola
- 1 tablespoon honey or agave
- Mint or cinnamon as garnish (optional)

#### Instructions

1. Preheat grill to medium temperature.
2. Brush peach halves with oil or melted ghee and place on a grill.
3. Cook for 1 to 2 minutes, flip and grill the other side for 1 minute. Remove from heat and allow to cool for 5 minutes before serving.
4. Fill peach halves with yogurt and granola, then drizzle with honey or agave.
5. Garnish with mint or cinnamon and serve.