



GRILLED HONEY PEACHES

ingredients:

- 2 Tablespoons honey
- 4 ounces fat-free cream cheese
- 2 teaspoons cinnamon
- 4 firm ripe peaches, halved, stones removed
- 1 Tablespoon canola oil
- 2 Tablespoons chopped pecans

directions:

1. Preheat the grill to medium-high heat.
2. In a small bowl, mix honey, cream cheese and cinnamon.
3. Brush peach halves with a light coating of oil. Place cut side down on the grill and cook for 5 minutes.
4. Turn peaches over and place a Tablespoon of the cream cheese mixture in the middle of each peach half. Grill for another 2-3 minutes.
5. Remove from grill and sprinkle pecans on top. Serve immediately.

Yield: 8 servings

Nutrition Information Per Serving:

72 Calories
3 grams Fat
0.5 grams Saturated Fat
1 mg Cholesterol
49 mg Sodium
10 grams Carbohydrates
1 gram Fiber
2 grams Protein

Food exchanges:
1 fruit, 1 fat



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