

MARKET STREET™

Grilled Peach Sundaes

Ingredients

2 freestone peaches, halved and pitted
1 teaspoon canola oil
2 scoops nonfat vanilla frozen yogurt or fruit sorbet
1 tablespoon toasted unsweetened coconut

Instructions

Preheat grill to high. Brush peach halves with oil. Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

Makes 2 servings

Nutritional analysis per serving: calories 154, fat 4g, saturated fat 2g, monounsaturated fat 2g, cholesterol 0mg, carbohydrate 28g, protein 4g, fiber 2g, sodium 41mg, potassium 319mg.

Source: www.eatingwell.com