

Grilled Peaches with Vanilla Mascarpone



Chef Vanessa of Balanced Body

Recipes makes: 8 Servings

Amount Per Servi	ing		
Calories 110		Calories	from Fat 60
5 March 201			% Daily Value
Total Fat 7g		11'	
Saturated Fat 3g		169	
Trans Fat 0g			
Polyunsaturat	ed Fat 0g		
Monounsatura		a	
Cholesterol 15		550	5
Sodium 5mg		00	
Total Carbohyd	rate 11g		4
Dietary Fiber 1g		5	
Sugars 10g	ig		- 3
Protein less th	an 1a		
	an iy		
Vitamin A 4%	•	Vitamin C 8%	
Calcium 0%	 Iron 2% 		
*Percent Daily Value Your Daily Values n calorie needs.			
Total Fat	Less than		80a
Sat Fat	Less than		25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than		
Total Carbohydrate		300g	375g
DietaryFiber		25a	30a

Ingredients-

5 ripe peaches

8 Tbsp mascarpone (1 Tbsp per serving)

2 1 vanilla bean

💟 1 Tbsp honey

1.5 Tbsp D'Avolio Butter Olive Oil

1 Tbsp sugar in the raw

8 tsp **D'Avolio Peach Balsamic**

PREPARATION:

- 1. Start by slicing the peaches in half and removing the pit.
- 2. Dunk each half, cut side down, into melted butter, and then into granulated sugar.
- 3. Place them on a very hot grill for about two minutes, or just long enough for the fruit to caramelize and soften ever so slightly.
- 4. Serve it up with a dollop of mascarpone cheese (sweetened with a little honey, and flavored with the seeds of one vanilla bean).
- 5. Drizzle with D'Avolio Peach Balsamic.
- 6. Enjoy!