



GRILLED PEACHES WITH COCONUT CREAM

By Dr. Cindy Tanzar
(Standard/Vegan)

Grilled peaches are a great way to add variety and enjoyment to your fruit choices.

Topping them with the coconut cream makes them even more satisfying. Simply refrigerate a can of full fat coconut milk and the cream will separate, rise to the top and harden. Most coconut milks contain some sort of “gum” to help thicken them. This ingredient is fine on your plan, but it does make whipping the cream difficult. If you can find a gum-free brand (Trader Joe’s does carry some), then you can obtain a nice whipped cream to use for berries, etc. Because of the heat from the grilled peach, the cream will melt here anyway and just adds to its flavor, so it will be great regardless.

Makes 3 servings covering your fruit and fat at the meal. Enjoy!



INGREDIENTS

- 3 medium ripe peaches, cut in half with pit removed
- 1 tsp. vanilla
- 1 can full-fat coconut milk, refrigerated
- 1/4 cup chopped walnuts
- Ground cinnamon, to taste



INSTRUCTIONS

Place peaches on the grill with the cut side down first. Grill on medium-low heat about 3-5 minutes on each side.

Scoop the cream off the top of a chilled can of coconut milk. Whip together coconut cream and vanilla with a handheld mixer. Drizzle over each peach and sprinkle with cinnamon and chopped walnuts.