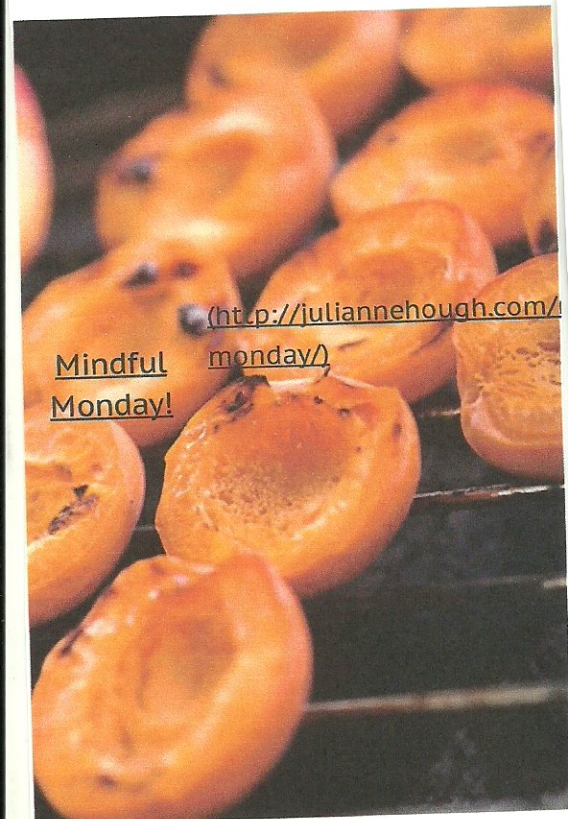


June 14, 2013

## Cinnamon & Honey Grilled Peaches



Mindful Monday!

(<http://juliannehough.com/mindfulmonday/>)

(<http://juliannehough.com/cinnamon-honey-grilled-peaches/grilled-peaches/>)

### Ingredients:

- 4 ripe organic peaches
- ½ teaspoon ground cinnamon
- 4 tablespoons of unsalted butter
- ¼ cup of brown sugar
- 1 tablespoon of honey
- Ice cream of your choice

### Instructions:

- Melt the butter, brown sugar and cinnamon in a saucepan
- Cut the peaches in halves
- Cover the peaches with the sauce
- Skewer them on a wood or metal skewer for easy turning (optional)
- Put them on the grill (always oil your grill first with a cooking spray or olive oil) for about 2 to 4 minutes on each side
- Drizzle with honey before serving
- Serve the hot peaches on top of your favorite ice cream (good ol' fashioned vanilla works great for this!)

Enjoy!

Dessert on the grill! Yum. Here's a great recipe for Cinnamon & Honey Grilled Peaches you can do on the Barbie...