

## 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

### Directions:

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

Makes 2 servings

Source: [www.eatingwell.com](http://www.eatingwell.com)

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.