



## GRILLED LAVENDER PEACHES WITH LEMON YOGURT

### Ingredients:

4 each	Peaches, halved
½ cup	Plain, nonfat greek yogurt
1 tablespoon	Agave nectar
½ teaspoon	Lemon zest
1 tablespoon	Lemon juice, fresh

### Simple Syrup:

¼ cup	Sugar
¼ cup	Water
1 teaspoon	Lavender, dry

### Method:

#### *Simple Syrup:*

- Place water, sugar and dry lavender in a sauce pot. Turn heat on low and simmer until sugar is dissolved.
- Strain and pour over halved peaches. Let marinate for 10-15 minutes.
  
- Heat grill on high.
- Place marinated peaches cut side down and cook for about a minute. Turn peach to other side for another minute.
- Remove peaches to serving plate.
- Mix all remaining ingredients, whisk to combine.
- Place a ½ tablespoon of the yogurt mixture into the center of each peach.
- Serve and enjoy!

Serves: 8

Serving size: 1 half of a peach + ½ tablespoon of yogurt

Calories: 65

Fat: trace