



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Grilled Peaches

Ingredients

- 6 fresh peaches
- 1/3C butter, softened
- 1T cinnamon
- 2T brown sugar
- 1/2t sea salt
- Olive or liquid coconut oil

Preparation

1. Remove seed from peaches and cut in half.
2. Combine butter through salt in a small bowl and set aside.
3. Brush peaches with oil and grill until cooked through but not soft. Top with 1-2t of compound butter.

Tips

Cooking times will vary depending on ripeness and temp of grill (350-450*).