**Prep Time: 5 minutes Cook Time: 10 minutes** **Total Time: 15 minutes**

**Servings: 4 Serving Size: 2 grilled peach halves**

**Ingredients:**

1/3 cup raw walnuts or walnut halves

4 tablespoons coconut sugar, divided

½ teaspoon ground ginger

¼ teaspoon cinnamon

1 tablespoon coconut oil, melted

4 medium organic peaches, halved and pitted

Copyright Meal Plans for Health, July 2013. All Rights Reserved.

**Directions:**

1. Combine 3 tablespoons coconut sugar, walnuts, cinnamon and ground ginger in a food processor or blender and pulse 5-10 times or until finely ground. Set aside.
2. Preheat grill to medium-low or heat a grill pan on the oven over medium-low heat.
3. Once the grill is hot, brush the cut side of each peach halve with a small amount of coconut oil, then sprinkle evenly with the remaining 1 tablespoon coconut sugar and place peaches cut side up on the grill.
4. Grill peaches for 4 minutes, then flip and grill cut side down for 3-4 minutes or until nice grill marks appear and your peaches are hot and soft.
5. Remove from grill and sprinkle walnut-ginger mixture on top.
6. Serve hot and enjoy!

**Tips and Tricks:**

These are delicious just as they are, but you could add a scoop of vanilla ice cream or Coconut Milk Whipped Cream (see recipe) to enjoy on the side.

 **Nutritional Information Per Serving:**

**Calories: 133.2**

**Fat: 8.7 g**

**Cholesterol: 0.0 mg
Sodium: 4.1 mg
Total Carbohydrate: 15.2 g
Dietary Fiber: 2.5 g
Sugars: 12.3 g
Protein: 1.9 g**

**Grilled Peaches with Walnut-Ginger Crumble**