

Sizzlin' Stones

Southwest Edmonton Farmers' Market

SPROUTS

It's hard to bake desserts in the summer when the kitchen can get so hot, so try this recipe instead! It uses the BBQ so it lets you cook in the great outdoors... with fire! The hot flames of the BBQ bring out the wonderful sweetness of the fruit.

Don't be scared to use a BBQ here! This is a terrific recipe to start young Sprouts with cooking on a grill. It is quick, incredibly simple, and there's very little that can go wrong!

Ingredients

- 1 freestone peach or nectarine
- 2 scoops low fat frozen yogurt
- 1/4 tsp. cinnamon or your favourite pumpkin pie spice mix

Sprouts recipe printing generously sponsored by



Do you find yourself craving sweets after supper? Instead of reaching for a cookie, enjoy the natural sweetness of fresh fruit. Picked at its peak during the summer, it's so sweet it tastes like candy! Choosing fruit as a dessert will satisfy your sweet tooth as well as provide a lot of healthy nutrients, so it's a win - win!



Market Shopping List

freestone peaches or nectarines

edible flowers as a garnish

Makes 1 serving



Southwest Edmonton Farmers' Market

SPROUTS

Directions

Preheat your BBQ to medium-high.

Wash your peach or nectarine. Insert a knife into the fruit until it just touches the pit. Run the knife around the fruit's middle, from stem to blossom end, and back up again on the other side, cutting through until the knife just touches the pit in the middle. Twist and pull apart, then lift out the pit with your fingers.

Sprinkle both flat parts of the fruit with cinnamon or your favourite pumpkin pie spice mix.

Set a timer for 5 minutes. Plop your fruit, flat side down, on the BBQ. Close the lid, start your timer and do not peek! When time's up, remove your fruit halves with a set of tongs and put them, skin side down, in a pretty bowl.

Top with a scoop of frozen yogurt. Sprinkle again with cinnamon or pumpkin pie spice mix, and you can even add a beautiful edible flower, like a pansy or a nasturtium (YES! you really can eat some flowers), as a garnish.

Recipe created by Sheri Headsbee

Sprouting Chefs

What's a freestone fruit? It's a variety of stone fruit where the pit (or stone) in the middle of the fruit is barely attached to the flesh of the fruit.

Be sure to get a freestone fruit for this recipe or it will be very difficult to cut the fruit in half and stay the right shape on the BBQ!

Your fruit **MUST** be juicy and picked at the height of its season for this recipe so it has good texture and lots of flavour.

Creative Cooks

Explore the wonderful, flavour-filled world of **WHITE** balsamic vinegars! There are more flavours available than you can imagine! They all add great sweetness without adding lots of sugar. They're a subtle and classy way to add a burst of candy-like flavour to dishes like this. Try drizzling orange vanilla balsamic vinegar on top of your peaches and yogurt. It will make your dessert taste like a creamsicle!