

Peach Cobbler, Deconstructed

Serves 6

Ingredients

2 peaches, sliced in half or quarters (skin on)
Vegan puff pastry
¼ cup honey
1 tsp ground nutmeg
2 tsp ground cinnamon

Optional: Vegan ice cream or coconut whipped cream



Instructions

1. Preheat Grill or grill pan
2. Cut sheet of puff pastry into small triangles. Bake according to instructions.
3. While puff pastry baking in oven, cut peach in half, remove pit, and then cut into fourths.
4. In a small bowl, mix honey, half of nutmeg & half of cinnamon
5. Brush mixture on peaches and grill for 2-3 minutes to get grill marks.
6. Remove the peach from the grill & remove puff pastry from oven.
7. Sprinkle with the nutmeg mixture on to the peaches. Top with ice cream, or whipped cream and your puff pastry

Nutrition Facts: 1 serving

200 calories, 10 g fat (5 g saturated) 30 g carb (2 g fiber, 16 g sugar) 3 g protein 234 mg sodium



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