

Grilled peaches with frozen mango yogurt

Serves: 4

Time

Preparation time 5 minutes

Cooking time 5 minutes

Freezing 6 hours

Ingredients

- 6 peaches, cut in half and stone removed
- juice of 1 orange
- 1 teaspoon sugar

Ingredients for the frozen yogurt

- 425g (1 tin) mango slices
- 250ml fat-free (0%) fat thick natural yogurt

Method

1. Preheat grill to high.
2. Drain the juice from the tin of sliced mango and place into a food processor or blender with 250ml of thick yogurt then blend.
3. Transfer into a shallow plastic container and freeze for at least 6 hours.
4. Lay the halved peaches onto a grill pan and spoon a little orange juice over each, then sprinkle with a little sugar.
5. Grill for 5 minutes until slightly caramelised and soft.
6. Serve the warm peaches with a scoop of frozen yogurt.

