THE LIGHTER PLATE METHOD

Grilled Peach & Yoghurt Breakfast Plate

Caramelised peach halves against thick cold yoghurt and crunchy granola.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
4 min	**8 min**	**12 min**	**2**	**EASY**

Ingredients

- 3 firm-ripe peaches (halved and stoned)
- 250 g Greek-style yoghurt
- 2 tsp honey
- 60 g granola
- 1 small handful fresh mint
- 0.5 lemon

Method

1. Heat a griddle or heavy frying pan over a medium-high heat.
2. Place the peaches cut side down and cook, undisturbed, for 4–5 minutes, until deeply caramelised.
3. Turn and cook for 2 minutes more, until soft but still holding shape.
4. Spoon the yoghurt onto plates, sit the peaches on top and add any juices from the pan.
5. Finish with honey, granola, torn mint and a squeeze of lemon.

Tips & swaps

- Firm-ripe is what you want; a soft peach collapses on the griddle. Leave them alone once they are down, or you lose the char lines.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
280	**12g**	**38g**	**9g**	**4g**

Estimated values, for guidance only. Contains: Milk, Oats (gluten).