

Grilled Peach Sundaes - The Ultimate Summer Dessert

Grilled Peach Sundaes: A Sweet and Smoky Summer Classic ?



TIME
15 min

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INGREDIENTS

- 2 ripe peaches, halved and pitted
- 1 tablespoon melted butter
- 1 tablespoon brown sugar
- $\frac{1}{8}$ teaspoon ground cinnamon
- 1 pint vanilla ice cream
- 2 tablespoons honey or maple syrup
- Crushed nuts (pecans or walnuts), optional
- Whipped cream, optional
- Fresh mint leaves, for garnish

DIRECTIONS

1. Preheat the Grill: Heat your grill or grill pan to medium heat. You want it hot enough to sear the peaches but not burn them.
2. Prep the Peaches: Brush the cut sides of the halved peaches with melted butter. Sprinkle each half with brown sugar and a dash of cinnamon.
3. ? Pro Tip: Use peaches that are just ripe-not too soft-so they hold their shape while grilling.
4. Grill the Peaches: Place the peaches cut-side down on the grill. Cook for 3-5 minutes, until grill marks appear and the sugar caramelizes. Flip and grill for 1-2 minutes on the skin side to soften further.
5. Cool Slightly: Remove the peaches and let them cool for a few minutes. You want them warm-but not hot enough to melt your ice cream too fast!
6. Assemble the Sundaes: Place each peach half in a bowl or dessert dish. Top with:
 7. A scoop of vanilla ice cream
 8. A drizzle of honey or maple syrup
 9. Optional crushed nuts for crunch
 10. A dollop of whipped cream
 11. A sprig of mint for color and freshness

TIPS FOR SUCCESS

Peach picking matters : Use firm-ripe peaches so they don't fall apart on the grill.

Add depth : A splash of bourbon or rum in the melted butter takes the flavor next level (just brush it on before grilling).

Go dairy-free : Use coconut milk ice cream and plant-based whipped cream for a vegan version.

Make it a sundae bar : Grill a batch of peaches and set up toppings for a DIY dessert station.

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