

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Peaches N Cream – kind of!

Serves 2

INGREDIENTS:

2 peaches, quartered and the pits removed

1 1/2 Tablespoons coconut oil (or butter)

Sprinkling of sugar

3/4 cup part-skim or whole milk ricotta

1 Tablespoons honey, plus more for drizzling on top

1/2 teaspoon ground cinnamon

1/4 teaspoon vanilla extract



DIRECTIONS:

- ♥ In a small bowl whisk together the ricotta, honey, cinnamon, and vanilla; cover and refrigerate until ready to use.
- ♥ Preheat a pan over med-high heat; add coconut oil/butter to pan and allow to melt.
- ♥ Place the peaches cut side down onto the hot pan; sear the peaches for about 3 minutes per side or until they are warm and start to look "wilted".
- ♥ Immediately take the peaches off the heat, sprinkle with a little sugar.
- ♥ Divide the ricotta between two plates, and place one peach on each plate.
- ♥ Sprinkle with cinnamon and drizzle with more honey if desired.

Enjoy!

Compliments of Eat Your Heart Out Edibles

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