

# Grilled Fruit with Yogurt Whipped Cream



*Grilling highlights the sweetness of fresh fruit through caramelization, enhancing the natural flavor with minimal effort. Lightening whipped cream with yogurt results in a sweet tart taste which is perfect with fruit desserts.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## INGREDIENTS

*For the Grilled Fruit:*

1 lb Fresh Fruit (see chef's note)  
As needed Cooking Spray

*For the Whipped Cream:*

1 cup Heavy Cream  
1 cup Yogurt, plain, low-fat  
2 Tbsp Powdered Sugar  
1 tsp Vanilla Extract

## CHEF'S NOTES

This recipe works best with ripe fruit, so use what's in season. Options include:

- **Peaches** (4 each), halved and pits removed
- **Pineapple** (1 each), peeled and core removed, cut into 1" thick slices or wedges
- **Mango** (2-3 each), peeled, pit removed
- **Bananas** (4 each), peeled and cut in half lengthwise
- **Watermelon** (1/2 each), cut into 1" thick wedges

The whipped cream recipe will yield about 3 cups. Store the remaining portion in a sealed container in the fridge for a few days. You can also swap the vanilla for citrus zest for a bright twist.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Preheat a grill to medium-high heat. Alternatively, preheat a grill pan over medium-high heat on the stove.
3. Spray one side of the fruit with a light coating of non-stick spray and lay on the grill or grill pan. Grill for about 3 minutes, until lightly charred. Flip pieces over and grill for another 1-2 minutes.
4. To make the whipped cream: In a large bowl, whip the heavy cream with an electric mixer or by hand, using a whisk. Once soft peaks have formed, whisk in the sugar and vanilla.
5. In a separate bowl, whisk the yogurt to add air and make it lighter and fluffier. Gently fold the lightened yogurt into the whipped cream, just until combined.

Made with Peaches:

Made with Pineapple:

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b> 1/2 peach with 2 Tbsp Whipped Cream (103g)	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 8g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0.2mcg	2%
Calcium 50mg	4%
Iron 0.2mg	0%
Potassium 160mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b> 4 slices Pineapple with 2 Tbsp Whipped Cream (103g)	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 9g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0.2mcg	2%
Calcium 50mg	4%
Iron 0.2mg	2%
Potassium 120mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK

Recipe adapted from *Health meets Food*, "Grilled Peaches" (10/22/18) and "Yogurt Whipped Cream" (6/23/20)



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