



Breastfeeding:

THE FIRST 48 HOURS

Congratulations! Your baby has arrived. But now you need to feed this teeny human. If you've opted to breastfeed, here's what to expect from the first two days.

PRODUCED BY **SIMONE OLIVERO** PHOTOGRAPHY BY **VICTOIRE MOULENE**



And so it begins...

We join first-time mom Melissa Offner at BC Women's Hospital in Vancouver as she shares her first 48 hours feeding baby Buffy.

Tuesday, May 19, 2020

4:37 A.M.

Buffy Ocean is born weighing seven pounds, four ounces and measuring 55 centimetres. After 15 hours of labour, all I can do is burst into tears, overwhelmed by so many emotions and not knowing what to do. I can't believe she's finally here. She's placed on my chest and spends the first 30 minutes squirming around before finding my left breast. With a little help, she latches. It's so surreal and kind of strange, but she seems to know what to do.

10:00 A.M.

My second-ever feeding experience. Buffy latches quite quickly on both sides, but keeps falling asleep. She feeds on each breast for about 15 minutes. The nurses here at BC Women's Hospital have been really helpful, giving me tons of tips on how to hold the baby, how long the feeding should last, how to help the baby latch, how it should feel—this is helping me feel more confident.

1:00 P.M.

Our third feeding. She's fussy and keeps falling asleep, so I take one of the nurse's tips to lightly blow on her face and stroke her arm and back to keep her engaged and awake. This seems to help and she nurses for 15 minutes on each side.

2:00 P.M.

We try swaddling her to get her to sleep, but all she wants to do is eat, so I offer her one side. It doesn't work, so I try the other side and she nurses for a good 15 minutes.

5:30 P.M.

I feed her again for 10 to 15 minutes on each side and try to put her in her bassinet, but she's still fussing. Maybe she's still hungry? I try feeding her again, but she just falls asleep on me. I like how nursing her gives me time to watch her closely, to hear her little breaths, look at her cute hair and tiny ears. In just a few short hours, she has completely melted my heart.

8:30 P.M.

We get a tiny wet diaper! It's been hard to know if she's actually "eating" when I've been feeding her, so we're told that this is a great sign. There's so much to learn about nursing and understanding a baby's digestion and eating habits.

11:00 P.M.

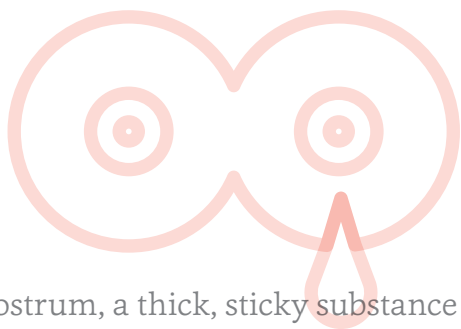
Some more fussy eating, and once again, I don't really know if she's actually getting much colostrum from my breasts. There are so many questions going through my head.



Melissa at home with baby Buffy a few days after she was born.

Colostrum

Everything you need to know
about this liquid gold



Colostrum, a thick, sticky substance that can range in colour from clear to dark yellow, is the first milk you produce for your baby. Mature breastmilk will start to come in when your baby is about three or four days old. Your body often starts making colostrum about halfway through pregnancy, and you might even notice your breasts leak a bit of it before your baby is born—this is normal and just means your body is making sure all systems are go.

While babies get only small amounts of colostrum at a time—about a teaspoon or two at each feed—it's all they need. “Newborns have small stomachs and immature digestive systems,” says Pam Davey, a certified birth doula and registered lactation consultant in Edmonton. And although it may not seem like a lot, colostrum is highly concentrated and packed with beneficial elements, like antibodies, designed to protect your baby.

The nutrients in colostrum are slightly different from those found in mature breastmilk. Colostrum has less fat and more protein, which helps fight infection, assists with important physiologic functions and maintains the baby's blood sugar, Davey says. “Colostrum even has a laxative effect to help babies pass all their meconium in the first few days after delivery. It's pretty amazing stuff!” —SYDNEY LONEY

Wednesday, May 20, 2020

2:00 A.M.

Once again, I'm doubting if I'm feeding Buffy correctly, so I plan to ask my midwife in the morning. Not knowing whether or not she's getting enough worries me—especially since my milk hasn't come in. But I'm sure every new mom feels this way, right?

5:00 A.M.

It's getting harder for me to nurse Buffy as I can no longer feel my nipples because of the pain. She doesn't feed for very long this time, but I'm able to get her back to sleep after.

7:30 A.M.

We had to wake Buffy up early this morning to get tested for jaundice, a yellowing of the skin and eyes common in newborns. My nipples are officially raw and on fire. She feeds for 30 minutes total, falls asleep on me, but then wakes up the minute I try to put her back in the bassinet and won't go back to sleep. I'm so tired.

8:00 A.M.

She nurses again on one side but won't fall asleep, so 20 minutes later, I try again and get her eating for another 10 minutes. The nurse reassures me that she is really good at sucking and swallowing. She also explains how to recognize the sound she makes when she swallows—something I found super useful.

9:45 A.M.

Buffy is being really finicky, crying a little and not latching. I am told by the nurses that cluster feeding might be starting, which may explain her behaviour. I feed her for nine minutes on my left breast and she finally falls asleep. For most feedings she's either been wrapped in blankets or just in a diaper for some skin-on-skin. She seems to fall asleep more easily when nursing and while being swaddled. Hopefully that's a good thing?

11:00, 11:15, 11:30 A.M.

Back-to-back cluster feeding before our midwife comes for a visit. Thankfully, she gives me some tips on how to reduce the pain I've been feeling in my breasts. She says Buffy is latching great and super hungry, which is good to hear.

This morning, we get back some test results and learn that Buffy's at risk for jaundice. The medical staff recommend we top her up with formula to see if we can increase her bowel movements. We're going to stay an extra night at the hospital and Buffy will be tested again to make certain everything is OK.

1:45 P.M.

We give her a tiny bit of formula in the hopes that it will help her liver. I didn't know how I would feel about giving her formula, and I still have some conflicting feelings about it, but mostly I hope it helps. On the plus side, the little extra break did give my breasts some relief... until the next time she wakes up.

4:00 P.M.

Baby wakes up after a pretty good nap, but then wants to cluster feed. She has three short nursing sessions, but keeps falling asleep. I've heard of cluster feeding before, and it's definitely something that seems hard to navigate. I'm so thankful to have my husband here with me to help soothe Buffy after feedings, so I can rest a bit.

7:30 P.M.

Buffy takes mini naps between nursing and then we swaddle her and put her back into the bassinet. Where did the time go today? We've been trying to record all of her feedings into a baby tracker app so we know how much she's eating, but it's hard to stay on top of. Tomorrow she gets weighed to make sure she hasn't lost too much weight, which is something I worry about, but we're told that it's totally normal for babies to lose up to 10 percent of their weight in the first week.

10:30 P.M.

A quick 10- to 12-minute feed on one side before she passes out.

Thursday, May 21, 2020

12:00 A.M.

Buffy can't wait to eat and is being very squirmy, but we need to hold off until she's weighed again to make certain she hasn't lost too much weight since birth. We're told she's lost only four percent of her birth weight—a small victory! My husband helps me give her a 15-millilitre formula top-up to hopefully help flush out the jaundice and get her to sleep.

1:30 A.M.

Buffy is still hungry so I feed her for another 10 minutes on one side.

2:30 A.M.

Baby is up again and won't sleep, so I feed her again for another 10 minutes on the other breast. We realize that she has a huge dirty diaper, which is excellent news. Our midwife told us that dirty diapers are a good sign that the body is slowly eliminating the jaundice.

3:00 A.M. TO 6:00 A.M.

She actually sleeps for a bit, and every time she wakes up, my husband consoles her and I finally get some shut-eye.

6:00 A.M.

I'm feeling a little more rested. Buffy nurses on one side while my husband sleeps. I can't believe she's already been with us for two days and how different life has become. Looking at her, I have so many emotions and am so happy she feels safe in my arms.

7:30 A.M.

A nurse takes another blood sample to see if the jaundice is better. We will know in a few hours. If it is, we can take her home. Yay!

10:00 A.M.

I feed her on both breasts for 10 minutes each before she take a short nap. Good news comes from her blood work: Her jaundice levels have declined, so we're getting sent home today! What a crazy few days it's been at the hospital. From the midwives to my doula and my incredibly supportive husband, I feel like I had the best birth team. Going into this, I didn't know if I wanted to breastfeed or if breastfeeding would even be possible, so I decided to just go with the flow. And while my breasts are so tender and in so much pain, I've loved bonding with Buffy during this time. As cliché as it sounds, becoming a mom has already changed me in so many ways. I couldn't be more in love with the little family my husband and I have created.



You've got this

10 signs that breastfeeding is going well

- 1 Your baby is nursing frequently:** Your newborn is typically feeding eight to 12 times in a 24-hour period and actively sucking at the breast for at least 10 minutes per feeding, says Nicole McHardy, a private lactation consultant and registered practical nurse in Hamilton, Ont.
- 2 You're changing a lot of diapers:** The number of wet diapers should be increasing by day, which means by five days old, your baby has at least six wet diapers per day. Breastfed babies will also have several poops a day for the first couple of months (with the consistency changing from dark and sticky meconium in the first 48 hours to seedy, loose and golden yellow after that).
- 3 You can see their eyes:** Your baby's chin is pressed into your breast, and their nose may also be visible. (It's OK if you can see only one nostril—they can still breathe.) If their eyes are open and they're positioned correctly, you should be able to make eye contact with them, says McHardy.
- 4 Duck lips are a good thing:** Your baby's lips are flanged outward like a duck (and not tucked in). Their mouth is open nice and wide, with full cheeks, and it doesn't look like they're sucking on a straw with their cheeks caved inward. Your nipple, as well as some of the areola surrounding it, should be inside your baby's mouth. Their tongue will also be extending over their bottom gum, to cushion your nipple.
- 5 Your nipple is staying put during the feed:** The nipple remains firmly in your baby's mouth while feeding without sliding off. After a feed, it shouldn't be lipstick-shaped, flattened, creased or pinched, says Kylie Field, a lactation consultant and postpartum doula in Halifax. Initially, some mild discomfort and tenderness or a stretching sensation is normal, but you shouldn't have any skin damage on your nipple. If you're struggling with nipple pain, make sure to use a lanolin cream or consider a prescription for APNO—all-purpose nipple ointment (see next page).



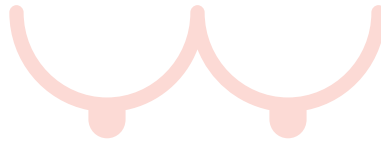
6 Sucking and swallowing has a rhythm: Your baby's jaw is moving as they suck (sometimes a baby's ears will also wiggle in sync... awww!). Their chin may look like it's paused or you may hear a soft "K" sound when they swallow milk, whereas soothing sucking movements are quicker and more like a flutter.

7 Your baby tells you a story with their hands: When your baby first starts sucking, they may splay their hands and stretch the fingers or make tight fists. This is a sign that they're concentrating on sucking. As the feed goes on, their hands will relax and go back to their usual curved position.

8 Baby is relaxed and content after a feed: When things are going well, your baby will go to the breast without fussing or pulling away. A well-fed baby will look calm and relaxed (or milk drunk) after feeding, says Field. "They will also be able to drift off to sleep or be quietly alert after a feed."

9 Weight gain is following a schedule: Even though most babies lose weight soon after birth, a steady weight gain is a very good sign they're getting enough to eat. You should be offering both breasts at each feed, to keep up an adequate milk supply. "Think of it as meat and potatoes on one side, and dessert on the other," suggests McHardy. If your baby keeps falling asleep, a quick diaper change can wake baby enough to take the other side. At your well-baby checkups, your baby's weight will be tracked, and they should be back to their birth weight within 10 to 14 days.

10 You feel confident and content feeding your baby: Even though you may be breastfeeding for the first time and swimming in self-doubt or exhaustion, listen to your instincts. "If you're having difficulty with breastfeeding, physically or emotionally, don't hesitate to ask for help," says Field. "But also trust yourself when things are going well."
—LOUISE GLEESON



All about APNO

Do you need an all-purpose nipple ointment to heal your sore nipples?

Natural remedies and over-the-counter ointments for nipple pain work just fine for some new moms, but others may need a more potent treatment. Jack Newman, a Toronto paediatrician and breastfeeding expert, developed a compound to treat sore nipples and it remains one of the most commonly prescribed treatments. APNO contains an antibiotic ointment called mupirocin, a corticosteroid ointment called betamethasone, and an anti-fungal powder called miconazole. "The corticosteroid helps with any nipple pain related to inflammation and accelerates the healing of abrasions and cracks. The anti-fungal treats candida, or yeast, which baby can pass on to Mom when they nurse," says Simone Rosenberg, a Toronto midwife.

Your doctor or midwife can write a prescription for APNO. It needs to be filled at a compounding pharmacy, where a pharmacist will mix up the ingredients to form the ointment.

Newman suggests applying just enough APNO to make the nipples and areolas shiny. "I recommend using a pea-sized amount on each nipple," says Rosenberg. "A little bit goes a long way. You apply it right after you nurse."

The medicines in APNO are in such low doses that it's not a concern for your baby to ingest them, says Jarron Yee, a compounding pharmacist in Regina. Rosenberg adds that most of the ointment is absorbed by your skin between feedings. "Long-term use of corticosteroids can thin the skin, so we usually suggest applying them for no longer than two weeks and then taking a couple of days off and starting again if you still need them."

As long as your baby is latching well, using APNO for a couple of weeks will be enough to make your nipples healthy again. Rosenberg goes by the skin's appearance and mom's experience. "I consider it to be healed when there are no visible cracks or abrasions on the nipples," she says. "When your baby is latching, there shouldn't be any discomfort after the first 10 seconds at the breast." If your nipple pain flares up again later on, Yee says that it's fine to use your existing APNO rather than getting a new prescription. And, of course, talk to a medical professional, like a lactation consultant, to get to the bottom of where the pain is coming from in the first place. —**BONNIE SCHIEDEL**

Breastfeeding isn't easy, and it can have a huge impact on a new mom's mental health. If you need support, check out these online resources.

Go to todaysparent.com/breastfeeding for articles on just about everything related to breastfeeding, including combination feeding (bottle + boob), and for videos on how to get a good latch. (We're on YouTube, too!)

The MyMedela app (Android and Apple) offers a 24/7 lactation consultant add-on option. A one-month, three-month or 12-month membership includes live breastfeeding support via video chat, at various price points.

Check out [KellyMom.com](https://kellymom.com) for evidence-based breastfeeding info. The site is run by a lactation consultant with a science background and is a trusted go-to resource for moms on staff at *Today's Parent*.

The International Breastfeeding Centre website (ibconline.ca), which is affiliated with the Newman Breastfeeding Clinic in Toronto, is also a great site to bookmark. The library of videos under the "Info & Videos" tab provides examples of what breastfeeding looks like as an infant grows and demonstrates the difference between nibbling and "good drinking." **TP**



**HALLOUMI AND
VEGGIE SKEWERS
ON ISRAELI
COUSCOUS**

P. 80

RECIPES BY
THE CHATELAINE KITCHEN

PHOTOGRAPHY BY
ERIK PUTZ

FOOD STYLING BY
ESHUN MOTT

PROP STYLING BY
MADELEINE JOHARI

PRODUCED BY
SIMONE OLIVERO

ART DIRECTION BY
EMILY VEZÉR

KEEP CALM

-AND-

GRILL ON




**GRILLED CHICKEN
DRUMSTICKS WITH
COLESLAW**

P. 80

Skip the stove and head outside to make the most of barbecue season.




**GRILLED
HAWAIIAN PIZZA**
P. 80

Golden Books

-BBQ TIP-

Get your grill nice and hot before you start cooking so it's easier to scrape off food or sauce that may be stuck to the grate from your last barbecue.



**GRILLED TOFU
BAHN MI BURGER**
P. 81

**GRILLED PEACHES
WITH GRANOLA
AND MASCARPONE**

P. 81



JAPANESE HOT DOG**PREP 10 MIN TOTAL 20 MIN**

- ½ cup ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp soy sauce
- ½ cup mayonnaise
- 85-g pkg ramen noodles, crumbled (discard seasoning packet)
- 1 sheet nori, cut into small strips

- 1.** Combine ketchup, Worcestershire and soy sauce in a small zip-top bag.
- 2.** Heat a medium non-stick frying pan over medium. Add ramen. Toast, stirring occasionally, until golden, 3 min.
- 3.** Cut a small piece off the corner of the bag. Drizzle ketchup mixture and mayonnaise over hot dogs. Top with ramen and nori strips.

SERVES 8. PER SERVING: 150 CALORIES, 2 G PROTEIN, 10 G CARBS, 12 G FAT, 1 MG IRON, 250 MG SODIUM.

Kitchen tip Use scissors to cut the nori thinly.

MEXICAN HOT DOG**PREP 10 MIN TOTAL 15 MIN****SALSA**

- 1 cup frozen corn kernels
- 1 large tomato, finely chopped
- ¼ cup packed chopped cilantro
- 2 tbsp lime juice
- ¼ tsp salt

GUACAMOLE

- 2 ripe avocados, peeled and pits removed
- 2 tsp lime juice
- ¼ cup chopped cilantro
- ¼ tsp salt
- ½ cup crumbled tortilla or nacho chips (optional)

1. Salsa: Heat a large non-stick pan over medium-high. Add corn to dry pan. Cook, stirring occasionally, until golden, 4 to 5 min. Combine corn with tomato, cilantro, lime juice and salt in a medium bowl.

2. Guacamole: Mash avocados with lime juice, cilantro and salt in another medium bowl.

3. Top hot dogs with guacamole and salsa. Sprinkle with crumbled chips, if desired.

SERVES 8. PER SERVING: 100 CALORIES, 2 G PROTEIN, 10 G CARBS, 8 G FAT, 4 G FIBRE, 1 MG IRON, 150 MG SODIUM.

SPANISH HOT DOG**PREP 15 MIN TOTAL 35 MIN**

- 1 tbsp olive oil
- 1 onion, thinly sliced
- 4 garlic cloves, thinly sliced
- 4 cups cherry tomatoes, halved
- ¼ cup honey
- 2 tbsp sherry vinegar
- 1½ tsp paprika
- ½ tsp salt
- 1 cup crushed barbecue-flavoured chips
- 2 tbsp chopped flat-leaf parsley

1. Heat oil in a large non-stick frying pan over medium. Add onion and garlic. Cook until onion starts to soften, 3 to 4 min. Add tomatoes, honey, vinegar, paprika, salt and ½ cup water. Cook, stirring occasionally, until thickened but saucy, about 8 min.

2. Top hot dogs with tomato sauce. Sprinkle with chips and parsley.

SERVES 8. PER SERVING: 110 CALORIES, 2 G PROTEIN, 18 G CARBS, 5 G FAT, 2 G FIBRE, 190 MG SODIUM.

HOT DOG BASICS

Each recipe makes enough toppings for 8 hot dogs. We recommend barbecuing hot dogs for 5 to 10 min. (depending on size), until grill marks form and hot dogs are cooked through. Lightly toast buns on the grill, if desired. Serve hot.

HALLOUMI AND VEGGIE SKEWERS ON ISRAELI COUSCOUS



PREP 15 MIN TOTAL 45 MIN

- 8 long wooden skewers
- 6½ tbsp olive oil, divided
- 2 tsp lemon zest
- ¼ cup lemon juice
- 2 tsp honey
- ½ tsp salt
- 1 zucchini, cut into ½-in. semi-circles
- 1 bell pepper, cut into 1-in. pieces
- 227-g pkg small button mushrooms
- 1 small red onion, finely chopped
- 2½ cups vegetable broth
- 2 cups Israeli or pearl couscous
- 250-g pkg halloumi, cut into 1-in. cubes
- ¼ cup roughly chopped mint

1. Soak skewers for 20 min. Preheat barbecue to medium. Whisk 6 tbsp oil with zest, lemon juice, honey and salt in a large bowl. Season with pepper. Add zucchini, bell pepper and mushrooms.

2. Meanwhile, heat remaining ½ tsp oil in a medium saucepan. Add onion and cook until softened, about 3 min. Stir in broth and couscous. Bring to a boil, then reduce heat to medium-low. Cook, covered, until just tender, 7 to 8 min.

3. Thread halloumi and vegetables onto skewers. Reserve marinade for serving. Oil grill and cook, turning occasionally, until halloumi is golden brown, 12 to 13 min.

4. Serve skewers over couscous, drizzled with marinade and a sprinkle of mint.

SERVES 4. PER SERVING: 790 CALORIES, 30 G PROTEIN, 86 G CARBS, 37 G FAT, 6 G FIBRE, 1 MG IRON, 1,460 MG SODIUM.

GRILLED CHICKEN DRUMSTICKS WITH COLESLAW



PREP 15 MIN TOTAL 35 MIN

- 10 chicken drumsticks (about 1 kg)
- 1 tbsp canola oil
- ½ tsp salt
- ½ cup ketchup
- 1 tbsp brown sugar
- 6 tsp cider vinegar, divided
- 5 tsp honey Dijon mustard, divided
- 1 tsp smoked paprika
- 1 tsp Worcestershire sauce
- ½ cup mayonnaise
- ¼ tsp celery seed
- 454-g pkg coleslaw mix

1. Preheat barbecue to medium. Toss drumsticks with oil and salt in a large bowl. Season with pepper.

2. Stir ketchup with brown sugar, 2 tsp vinegar, 1 tsp mustard, paprika and Worcestershire in a small saucepan set over medium-high. Bring to a boil, stirring, until sugar has dissolved, about 1 min. Reserve half of the sauce in a small bowl. Set aside to let cool slightly.

3. Oil grill. Barbecue drumsticks, with lid closed, for 10 min. Flip and brush with sauce from pan. Continue barbecuing, turning often, until springy when pressed, about 10 more min.

4. Stir mayonnaise with remaining 4 tsp vinegar, remaining 4 tsp mustard and celery seed in a large bowl. Add coleslaw mix and toss to combine. Serve slaw alongside drumsticks and reserved barbecue sauce.

SERVES 4. PER SERVING: 860 CALORIES, 43 G PROTEIN, 24 G CARBS, 64 G FAT, 3 G FIBRE, 3 MG IRON, 1,100 MG SODIUM.

GRILLED HAWAIIAN PIZZA



PREP 15 MIN TOTAL 30 MIN

- 700-g pkg store-bought pizza dough
- 2 tbsp olive oil, divided
- 213-mL can pizza sauce
- 1½ cups finely chopped pineapple
- 2 cups grated mozzarella
- 8 thin slices Genoa salami or prosciutto, about 130 g, cut into strips
- ½ cup coarsely chopped fresh basil

1. Preheat one side of the barbecue to medium-high. Leave other side unheated.

2. Divide pizza dough evenly into 6 pieces. Roll each piece on a lightly floured surface into a 6-in. circle about ⅛-in. thick. Brush about 1 tsp of oil on one side of each piece, making sure to cover the entire surface. Carefully place pieces of dough, oil-side down, on heated side of grill. Brush remaining oil over the tops of the pieces. Grill until dough starts to puff up and grill marks appear on the undersides, 3 to 4 min.

3. Using tongs, flip the crusts over and continue grilling until dough firms up, 2 to 3 min. Transfer to unheated side of grill. Divide pizza sauce among crusts and spread to edges. Arrange pineapple and cheese among crusts, dividing evenly. Grill, covered, until cheese melts and undersides are dark golden, 9 to 12 min. Remove from grill. Sprinkle salami and basil overtop just before serving.

SERVES 6. PER SERVING: 880 CALORIES, 36 G PROTEIN, 95 G CARBS, 40 G FAT, 5 G FIBRE, 7 MG IRON, 1,790 MG SODIUM.

Kitchen tip We love using Genoa salami or prosciutto slices, which don't require cooking. You can substitute with cooked bacon, if you prefer.

GRILLED TOFU BAHN MI BURGER



PREP 15 MIN TOTAL 35 MIN

TOFU

- 350-g pkg extra-firm tofu, drained
- 2 tbsp soy sauce
- 1 tbsp honey
- 2 tsp finely grated ginger

PICKLED VEGETABLES

- 1 cup carrot matchsticks
- ¼ cup rice vinegar
- 2 tsp granulated sugar
- ¼ tsp salt
- 2 baby cucumbers, thinly sliced
- 4 burger or ciabatta buns, halved
- ¼ cup mayonnaise
- 1 tbsp sriracha (optional)
- ½ cup chopped cilantro

1. Cut tofu crosswise, then lengthwise, to make 4 burger-size squares. Using a skewer, poke holes in the tofu, then pat dry with paper towels. Stir soy sauce, honey and ginger in a shallow dish and turn each square of tofu to coat. Set aside.

2. Bring carrots, vinegar, sugar and salt to a boil in a small saucepan, then remove from heat. Stir in cucumbers. Set aside.

3. Preheat barbecue to medium. Oil grill and barbecue tofu, reserving marinade, until grill marks form, 2 to 3 min per side. Return tofu to dish and turn each square to coat. Lightly toast buns on grill.

4. Assemble burgers with tofu, mayo, sriracha (if desired), pickled vegetables and cilantro. Drizzle burgers with remaining marinade for extra flavour.

SERVES 4. PER SERVING: 350 CALORIES, 15 G PROTEIN, 35 G CARBS, 17 G FAT, 3 G FIBRE, 4 MG IRON, 770 MG SODIUM.

GRILLED PEACHES WITH GRANOLA AND MASCARPONE



PREP 10 MIN TOTAL 10 MIN

- 2 firm ripe peaches, halved and pitted
- ½ cup mascarpone cheese or plain Greek yogourt
- ½ cup store-bought granola
- 2 tbsp honey
- mint leaves (optional)
- raspberries (optional)

1. Preheat barbecue to medium.

2. Oil grill. Barbecue peach halves, cut-side down, rotating 180 degrees halfway, until grill marks form, 2 to 3 min.

3. Transfer each peach half to a dessert dish. Divide mascarpone otop, then sprinkle with granola. Drizzle with honey. Garnish with mint leaves and raspberries, if desired.

SERVES 4. PER SERVING: 157 CALORIES, 7 G PROTEIN, 24 G CARBS, 30 G FAT, 2 G FIBRE, 1 MG IRON, 35 MG SODIUM.

Kitchen tip If you don't have mascarpone or Greek yogourt on hand, vanilla ice cream or whipped cream also works well.

BBQ TOOL HIT

Want to up your grilling game this summer? These handy tools make barbecuing a no-brainer.



The Grilltider 2-piece barbecue tool set is all you really need to start grilling tonight. \$20, [IKEA.CA](#)



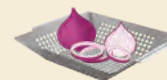
Dough won't get stuck to the grill when you use the Weber Gourmet BBQ System Pizza Stone. \$57, [HOMEDEPOT.CA](#)



Keep your kebabs splinter-free with these Grilltider stainless steel skewers. \$4/PACK OF 6, [IKEA.CA](#)



The Broil King Marinade Injector lets you pump extra flavour right into your meat or tofu. \$15, [LOWES.CA](#)



Don't risk veggies falling through the grill with this handy square grill basket. \$35, [CRATEANDBARREL.CA](#)



The Vermont Castings Wood BBQ Grill Scraper Paddle cleans your grill without any worrisome metal bristles. \$25, [CANADIANTIRE.CA](#)



The Weber Connect Smart Grilling Hub tracks your grilling for perfect results. \$170, [HOMEDEPOT.CA](#)