Healthy Dessert Recipes

Eating healthy is an important part of improving health and losing weight. Here are some ideas for making changes to your desserts.

These suggestions are for a healthy adult with the goal of losing weight and improving overall health. Talk with your doctor if you have a medical condition that may need special dietary considerations.

Dessert Alternatives

### Frozen Greek Yogurt Drops

**INGREDIENTS**
- 1 cup nonfat plain Greek yogurt
- ½ cup frozen berries, mashed

**DIRECTIONS**
Stir yogurt and berries together. (Tip: Put mixture in a ziplock bag for easy pouring.)
Line a baking sheet with parchment paper (needs to be small enough to fit in freezer).
Place 1 tablespoon drops of mixture on baking sheet. Place far enough apart that they are not touching. Freeze until solid (at least 3 hours).
Once frozen, store drops in a plastic container in freezer.

### Fruit Popsicles

**INGREDIENTS**
- Fruit of choice (about 2 cups, depending on fruit)
- Juice (about ¼ cup)
- Citrus juice (lemon, lime, or orange)

**Suggested combinations**
- Watermelon with lime juice
- Mango with orange juice
- Pears, peaches, or berries with apple juice and lemon juice

**DIRECTIONS**
Puree fruit.
Add juices (and banana or yogurt, if desired).
Pour into ice cube trays, popsicle molds, or paper cups.
Freeze for at least 4 to 6 hours.

**Give your pops a creamy texture by adding pureed banana or a small amount of nonfat Greek yogurt.**
Banana “Ice Cream”

### INGREDIENTS
- 1 large ripe banana

For best results, use soft, ripe bananas. See additional ingredient ideas for other flavor ideas (nutrition label will change with ingredients that are not “free”).

### DIRECTIONS
Slice banana into small, even pieces. Place in an airtight container or bag. Freeze for at least 2 hours or overnight.

Remove from freezer and blend for 3 to 5 minutes (a food processor tends to work better than a blender). Occasionally scrape down the sides of the food processor as you blend. The banana will take on different consistencies as it blends. You will know it’s done when it turns smooth and creamy. Stir or blend in any flavors desired.

Transfer to an airtight container or bag. Freeze until solid. (You can eat after blending but it will be very soft.)

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### Nutrition Facts

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<th>Serving Size</th>
<th>½ cup (136g)</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 121</td>
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<tr>
<td>Total Fat</td>
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<tr>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.*

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### Eat it plain or try some of these flavor ideas (ingredients per 1 banana):

- 1 teaspoon vanilla extract
- ½ tablespoon nut butter
- 1 tablespoon chocolate chips
- 1 tablespoon chopped nuts
- ½ tablespoon cocoa powder
- ½ teaspoon cinnamon, cardamom, or ginger
- 2 tablespoons shaved coconut
- Orange, lemon, or lime zest
- 1¼ cups fresh strawberries (blend some berries into the bananas and chop and stir in the rest)
- Lime juice with 2 crumbled graham crackers
- 1 teaspoon toasted almonds, 1 teaspoon coconut, 1 teaspoon chocolate chips
- ¼ teaspoon mint extract and 1 tablespoon chocolate chips
- 1 tablespoon nut butter and 1 tablespoon cocoa powder