

# *5 Healthy Dessert Recipes*



# Grapefruit Mango Sorbet

*A super light dessert, that won't weigh you down on active nights.*

## Ingredients

1/2 cup water  
1/4 cup brown sugar  
1/2 tsp. ground ginger  
2 large grapefruit, cut into segments  
4 small scoops mango sorbet  
mint sprigs (optional)

## Directions

1. Simmer water, sugar, and ginger in small heavy saucepan until reduced to 1/4 cup, about 5 minutes.
2. Divide grapefruit sections among 4 dessert dishes.
3. Pour spiced syrup over grapefruit, dividing evenly.
4. Top each portion with a scoop of mango sorbet and garnish with a mint sprig, if desired. Makes 4 servings.

**Calories per Serving: 226**



# Fruity Parfait

*This treat uses non-fat yogurt for its creamy texture.*

## Ingredients

2 8-ounce containers or 2 cups nonfat peach yogurt

1/2 pint fresh raspberries (about 1 1/4 cups)

1 1/2 cups fresh, frozen or canned pineapple chunks

## Direction

Divide and layer yogurt, raspberries and pineapple into 4 glasses.

(Makes 4 Servings)

**Calories per Serving: 109**



# Banana Quesadillas

*This dessert take on a Mexican meal is a treat for the whole family will enjoy.*

## Ingredients

- 2 whole wheat tortillas
- 1 ripe banana
- 1 tbsp. peanut butter
- a few chocolate chips (optional)

## Directions

1. Mash banana in bowl with potato masher.
2. Spread peanut butter and mashed banana on tortilla. Add chocolate chips, and top with other tortilla.
3. Warm in microwave for 20 seconds. Take note, time may vary depending on your microwave.
4. Slice and serve. Makes 2 servings.

**Calories per Serving:** 240 (without chocolate chips)



# Broiled Mango

*This is a quick and simple treat that will still impress guests.*

## Ingredients

1 peeled and sliced mango  
lime cut into wedges

## Directions

1. Position rack in upper third of oven and preheat broiler. Line a pan with foil.
  2. Arrange mango slices in a single layer in the prepared pan.
  3. Broil until browned in spots, 8 to 10 minutes.
  4. Squeeze lime wedges over the broiled mango and serve.
- Makes 2 servings.

**Calories per Serving: 69**



# Sesame Squares

*Sesame seeds are tasty calcium packed powerhouses.*

## Ingredients

- 1/3 cup honey
- 1/3 cup peanut butter
- 3/4 cup nonfat dry milk
- 3/4 cup sesame seeds
- 1/4 cup raisins
- 1/4 cup shredded coconut



## Directions

1. In a large bowl, combine the honey, peanut butter, dry milk, sesame seeds, raisins, and coconut.
  2. Spread the mixture into an 8 x 8-inch baking pan and refrigerate for 4 hours.
  3. Cut into 1-inch squares.
- (Makes 32 Servings, 2 squares per serving)

**Calories per Serving: 58.4**

