

CLEAN EATING

HEALTHY DESSERT

Delicious and Nutritious





CLEAN EATING

FRUIT POPS

A twist on a classic

Fruit Pops

Makes 4 servings

- 1 cup freshly squeezed orange juice
- 2 cups strawberries (stemmed and cut in half) OR
- 3 cups kiwi (peeled and chopped) OR
- 3 cups cantaloupe or watermelon (chopped)
- 4 ounce paper cups
- 4 wooden sticks or spoons

Blend juice and fruit until smooth in a blender. Pour mixture into cups and freeze for up to 1 hour, or until semi-frozen. Pull out and place wooden sticks or spoons in the center of each cup. Freeze up to a minimum of 3 hours. Prior to serving, peel away cups.

Using Strawberries: 51 kcal, 1g pro, 12g carbs, 0g fat, 0g sat, 0mg cholesterol, 1.5g fiber, 8.7g sugar, 1mg sodium, 1.8% calcium, 2.3% iron

CLEAN EATING

ORANGE JULIUS

Fruity goodness

Orange Julius

Makes 2 servings

1 cup ice

1 cup frozen strawberries

$\frac{3}{4}$ cup freshly squeezed orange juice

$\frac{1}{2}$ teaspoon orange zest

$\frac{1}{2}$ cup Almond milk (fortified) or coconut cream

$\frac{1}{2}$ teaspoon vanilla extract

Blend all ingredients until smooth. Serve immediately.

88 kcal, 3.4g pro, 16.5g carbs, 1.5g fat, 0g sat, 0mg cholesterol, 2.6g fiber, 11.6g sugar, 9mg sodium, 3.2% calcium, 5.2% iron

CLEAN EATING

FRUIT SALAD

Party ready

Fruit Salad

Makes 4 servings

- 2 ½ cups romaine or butter leaf lettuce
- 1 cup canned pineapple chunks, drained and juice saved
- 1 cup strawberries, sliced
- 3 kiwi, peeled and sliced
- ½ cup low-fat organic yogurt
- 4 tablespoons pineapple juice
- ½ lemon juiced

In a small bowl mix yogurt, pineapple juice and lemon juice together. Place lettuce, yogurt and cut fruit in a large salad dish, serve with dressing on top.

114 kcal, 2.8g pro, 26.5g carbs, 0.9g fat, 0g sat, 0.8mg cholesterol, 3.1g fiber, 21.9g sugar, 24mg sodium, 7.9% calcium, 4.4% iron

CLEAN EATING

FRUIT DIPS

An easy on the go dessert

Fruit dips

Makes 4 servings

½ cup plain low fat yogurt (may sub with coconut cream)

8 large strawberries

2 large bananas, peeled and cut into quarters

¼ cup chopped almonds or walnuts

Dip fruit into yogurt, sprinkle with nuts and serve cold.

209 kcal, 5.2g pro, 41.2g carbs, 4.9g fat, 0.6g sat, 1.7mg cholesterol, 8.2g fiber, 25.8g sugar, 20mg sodium, 10.9% calcium, 8.8% iron



CLEAN EATING

FRUIT SMOOTHIE

Fruit explosion

Mango Strawberry Banana Smoothie

Makes 4 servings

2 cups strawberries

2 ripe mangoes, chopped or 2 cups frozen cut mangoes

1 large banana

$\frac{3}{4}$ cup ice cubes

Blend all ingredients until smooth, serve immediately

111 kcal, 1.7g pro, 27.8g carbs, 0g fat, 0g sat, 0mg cholesterol, 3.9g fiber, 21.3g sugar, 2mg sodium, 2.4% calcium, 3% iron

CLEAN EATING

BAKED APPLES

A little comfort food

Baked Apples

Makes 4 servings

4 large golden delicious apples, cored. Cut 1 inch off the top, save. (may use pears)

$\frac{3}{4}$ cup raisins

$\frac{1}{2}$ cup water or 100% apple juice

$\frac{1}{2}$ cup chopped almonds or walnuts

$\frac{1}{4}$ lemon juiced

1 teaspoon lemon zest

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{8}$ teaspoon nutmeg

Preheat oven 375 F degrees. Place cored apples upright in a baking dish, filled with $\frac{1}{2}$ cup of water or juice (enough to fill the bottom completely). Inside each apple, place even amount of raisins and all remaining ingredients. Place sliced top on each apple. Bake until each apple is tender, about 45 minutes.

259 kcal, 3.8g pro, 50.5g carbs, 6.2g fat, 0.5g sat, 0mg cholesterol, 6.6g fiber, 36.5g sugar, 8mg sodium, 5.7% calcium, 6.6% iron



CLEAN EATING

GRILLED FRUIT

Simple and delicious

Grilled Fruit

Makes 4 servings

4 peaches, plums or nectarines halved and pitted
drizzle of honey
1 teaspoon cinnamon

Preheat barbeque/grill until hot. Place fruit over medium indirect heat for 6-8 minutes, covered. Turn after 3-4 minutes. Remove and drizzle with honey and sprinkle with cinnamon. Serve hot.

59 kcal, 1g pro, 15g carbs, 0g fat, 0g sat, 0mg cholesterol, 2g fiber, 13g sugar, 0mg sodium, 1% calcium, 2% iron

CLEAN EATING

DATE BARS

The perfect date

Date Bars

Makes 16 servings

1 ½ cups oats

1 ½ cups raw almonds

¾ teaspoon sea salt

10 dates, pitted and chopped

¼ cup coconut oil

20 dates, pitted and chopped

½ cup water

In a baking dish, line with parchment or wax paper. Meanwhile, using a food processor, place first 4 ingredients until a fine crumble. Melt the coconut oil over medium heat on the stovetop if not using a microwave. Add to the crumble in the food processor and blend until sticky. Remove all the mixture into a dish. Using ½ cup of the mixture, press into lined baking dish firmly.

Next, add remaining dates and water to the food processor, blend until a paste. Add a bit more water as needed. Spread mixture in the baking dish. Then add remaining crumble and gently press until firm. Cover and chill for 2 hours.

291 kcal, 6.2g pro, 46g carbs, 11.6g fat, 3.7g sat, 0mg cholesterol, 5.9g fiber, 30.8g sugar, 77mg sodium, 6.9% calcium, 8.6% iron