

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



Nutrition Facts	
Servings Per Container 1	
Amount Per Serving	
Calories 85	
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 90mg	4%
Potassium 355mg	8%
Total Carbohydrate 14.8g	5%
Dietary Fiber 2.8g	10%
Sugars 11.5g	
Protein 6.3g	
Vitamin A	0%
Vitamin C	13%
Calcium	18%
Iron	1%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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

Nutrition Facts	
Serving Size 1 popsicle	
Servings Per Container 3	
Amount Per Serving	
Calories 42	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Potassium 33mg	1%
Total Carbohydrate 11.2g	4%
Dietary Fiber 0.5g	2%
Sugars 9.8g	
Protein 0.1g	
Vitamin A	13%
Vitamin C	72%
Calcium	0%
Iron	1%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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.)

Nutrition Facts	
Serving Size ½ cup (136g)	
Servings Per Container 1	
Amount Per Serving	
Calories 121	Calories from Fat 4
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 31.1g	10%
Dietary Fiber 3.5g	14%
Sugars 16.6	
Protein 1.5g	
Vitamin A	2%
Vitamin C	20%
Calcium	1%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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