

HEALTHY DESSERT IDEAS

Frozen Fruit: Pour some in a bowl and eat it with your fingers. Best: Grapes, cherries, blueberries, strawberries, blackberries, raspberries, cantaloupe, honeydew, peaches, plums.

Fruit on a Stick: Place fruit chunks on a skewer and enjoy. Optional: Freeze before eating.

Fruit “Ice Cream”: Run frozen bananas and other frozen fruits (such as berries) through a Champion juicer or in your blender for an all fruit “ice cream”. Yum! For an extra special treat, drizzle defrosted, organic, frozen juice concentrate over the top. Note: Frozen bananas give a creamy, soft ice cream texture. Frozen fruit gives a sorbet or Italian ice texture.

Apple Slices with Raw Nut Butter and Shredded Coconut: Slice apples and spread with raw nut butter (almond, cashew, pecan, etc.) and sprinkle with shredded coconut.

Steamed Apple, Pear or Peach: Core fruit, then steam fruit in a vegetable steamer until soft and warm. Optional: Sprinkle on a little bit of cinnamon. Enjoy!

Cantaloupe Snow Cone:

4 cups cantaloupe chunks, peeled, seeds removed
1 tablespoon agave, optional

Blend the cantaloupe chunks in a blender or process in a food process. Pour the cantaloupe juice into a freezer friendly container and place in the freezer. When the cantaloupe juice is frozen, remove the container from the refrigerator and allow the cantaloupe ice to thaw just a bit, about 10 minutes. Begin shaving the top of the cantaloupe ice with an ice cream scoop or sturdy utensil. Continue until you have enough shaved ice to create a snowball. Use a glass with a short bowl and wide enough rim to pack in the shaved ice. Pack the shaved ice up to the rim, then top with more shaved ice and shape to create a dome. Serve immediately and enjoy.

Apple and Grape Parfait with Mint Infused Orange Juice:

1/3 cup orange juice, fresh squeezed	A pinch of cinnamon
12 mint leaves, finely chopped	1 Gala apple, peeled, cored and diced
1 ½ tablespoon cold pressed extra-virgin olive oil	1 cup mixed grapes, sliced in half
1/4 teaspoon organic vanilla extract (optional)	

Pour the orange juice into a small mixing bowl or cup. Add the chopped mint leaves, olive oil, vanilla extract, and cinnamon, mix well and set aside. Make four layers by alternating in each glass the chopped apples, then the sliced grapes; repeat with the remaining chopped apples and sliced grapes. Stir the mint infused orange juice and pour over the fruit in each glass. Garnish with mint sprigs and sprinkle with a dash of cinnamon.

Note: Remember presentation is half of it! Serve in special dishes, a champagne glass instead of a cereal bowl, add a sprig of fresh mint, etc. Use color and texture for “eye candy” appeal.