

Pear Crisp with Ginger



INGREDIENTS

TOPPING

- ¼ cup whole wheat flour or oat flour (put oats in food processor and pulse till flour consistency)
 - *use oat flour
- ¾ cup old fashioned rolled oats
- ¼ cup plus 2 Tbsp. packed brown sugar
- ¾ tsp. ground cinnamon
- ⅛ tsp. salt
- ¼ cup canola oil

FILLING

- 3 lb. firm but ripe pears, peeled, cored, and thinly sliced
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. fresh ginger, grated (or ¼ tsp. ground ginger)
- 3 Tbsp. brown sugar
- 2 tsp. corn starch
- ¼ cup low fat ice cream or frozen yogurt, if desired

DIRECTIONS

1. Preheat oven to 375 degrees. Mix together all the dry ingredients for the topping. Drizzle oil over mixture and stir until all ingredients are moist.
2. In separate bowl, mix together pear slices, lemon juice and ginger. Stir in sugar and cornstarch until well combined.
3. Spray 8x8 inch baking dish with cooking spray.
4. Pour pear mixture into prepared dish. Evenly sprinkle the topping over pears.
5. Bake for about 40 minutes, until topping is slightly browned and pears are softened.
6. Let cool at least 10 minutes before serving.



NUTRITION FACTS *8 servings*

Calories: 266	Total Carbohydrate: 50 g
Fat: 8 g	Dietary fiber: 2 g
Sodium: 39 mg	Protein: 2 g

Fresh Fruit Bruschetta



INGREDIENTS

- 2 medium peaches, diced
- 1 banana, sliced
- 2 cups strawberries, diced
- 1 cup red raspberries
- 2 tsp. honey
- 2 tsp. of lime or orange juice
- Fresh mint, finely chopped (optional)
- 8 slices of store bought angel food cake

DIRECTIONS

1. Wash and chop peaches and strawberries. Gently stir in raspberries, sliced bananas, honey, juice, and mint.
2. Toast sliced angel food cake until golden brown. Top each slice with fruit and serve.

NUTRITION FACTS *8 servings*

Calories: 127 Total Carbohydrate: 29.6 g
 Fat: 0.6 g Dietary fiber: 3.2 g
 Sodium: 211 mg Protein: 2.6 g

Fruit Salad Sundae

INGREDIENTS

FRUIT MIX

- 1½ cups fresh pineapple, cubed
- 1½ cups fresh strawberries, sliced
- 2 kiwi fruit, peeled, halved, and sliced
- 2 bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup seedless grapes, halved
- 1 cup of blueberries
- Waffle cones or waffle cups (12 or so)

TOPPING

- 8 oz. vanilla Greek yogurt
- 4 oz. reduced fat cream cheese
- ½ tsp. vanilla extract
- 1 tsp. honey

NUTRITION FACTS

10 servings

Calories: 132

Fat: 3 g

Sodium: 80 mg

Total Carbohydrate: 24 g

Dietary fiber: 2.6 g

Protein: 5 g

(nutrition facts do not include cone)



DIRECTIONS

1. Wash and chop fruit. Gently combine and add a splash of orange or lemon juice to prevent browning.
2. Soften cream cheese for 10-15 seconds in microwave. Add yogurt, vanilla, and honey and mix until smooth and well combined.
3. Spoon the fruit mixture into the cones and place a dollop of yogurt topping on each.

Easy Chocolate Dipped Fruit



INGREDIENTS

- 1 cup (6 oz.) semi sweet chocolate chips
- 18 pieces bite-size fresh fruit (strawberries, apple, banana, pineapple, orange slices)
- 6 wooden skewers (4 inches long)

DIRECTIONS

1. Place wax paper on a baking sheet.
2. Microwave chocolate in microwave safe bowl for 1 minute and stir. If not fully melted, microwave at additional 10-15 second intervals, stirring each time until morsels are just melted.
3. Dip fruit and shake off excess or drizzle chocolate over fruit. Place fruit on prepared baking sheet.
4. Freeze 5-10 minutes or until chocolate is set.
5. Put 3 fruit pieces on each skewer to make 6 kebabs.



NUTRITION FACTS		6 servings
Calories: 221	Total Carbohydrate: 37 g	
Fat: 9.6 g	Dietary fiber: 5 g	
Sodium: 1 mg	Protein: 3.6 g	

Watermelon Strawberry Pops



INGREDIENTS

- 3-4 cups seedless watermelon, cut into chunks
- 2 cups strawberries, halved
- ¼-½ cup sugar (adjust according to sweetness of melon)
- Juice of 1 large lime or lemon (about 3 Tbsp.)
- 10 popsicle sticks

DIRECTIONS

1. Blend watermelon and strain through fine mesh strainer into bowl. Keep juice and throw away solid.
2. Blend strawberries and mix with melon juice. Add sugar and lime or lemon juice. Stir until sugar dissolves.
3. Pour mixture into ten 3 oz. ice pop molds or small paper cups and insert sticks. Freeze pops at least 3 hours (and up to 1 week).

NUTRITION FACTS

NUTRITION FACTS		10 servings
Calories: 62		
Fat: 0.2 g		
Sodium: 2 mg		
Total Carbohydrate: 16 g		
Dietary fiber: 1 g		
Protein: 0.7 g		

Cinnamon-Oatmeal Baked Apples



INGREDIENTS

- 4 large baking apples
- ¼ cup maple syrup
- ¼ cup rolled oats
- ¼ cup walnuts or pecans, chopped
- 1 tsp. cinnamon
- ¾ cup hot water

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Use a sharp knife or apple corer to remove cores of apples. Create a well that's about ¾ inch wide and leave about ½ inch at bottom.
3. Mix oats, maple syrup, nuts and cinnamon. Divide the mixture between apples and pack the centers of the apple with the mixture.
4. Arrange apples in a baking dish. Pour water into the bottom of the dish and bake for 35-45 minutes. Apples should be tender but not mushy.

NUTRITION FACTS *4 servings*

Calories: 108 Total Carbohydrate: 29 g
 Fat: 0.4 g Dietary fiber: 5 g
 Sodium: 2 mg Protein: 1 g

Grilled Peaches



INGREDIENTS

- 2-3 sweet ripe peaches, sliced in half, pits removed
- 1 Tbsp. honey
- ¼ tsp. cinnamon

NUTRITION FACTS

2-3 servings
 Calories: 80
 Total Carbohydrate: 19 g
 Dietary fiber: 2 g
 Protein: 1.4 g

DIRECTIONS

1. Heat a grill pan on the stove (or outside grill) over med-high heat. Place the peach halves face down on the grill and cook for about 5 minutes until nice grill marks are achieved and the peaches have softened a bit, turning the peaches 90 degrees halfway through cooking. Mix honey and cinnamon and drizzle over the grilled peaches before serving.

Juicy Fruit Salad



INGREDIENTS

- 1 (15 oz.) can pineapple chunks, with juice reserved
- 1 apple, cored and diced
- 1 orange, peeled and diced with juice reserved
- 1 banana, sliced
- 1 cup seedless grapes, halved

NUTRITION FACTS

6 servings
 Calories: 130
 Total Carbohydrate: 32 g
 Dietary fiber: 3 g
 Protein: 1 g

DIRECTIONS

1. In a large bowl, toss the fruit together.
2. Add the orange and pineapple juice to the fruit. Refrigerate until serving.