

Rethinking Dessert

5 or more
fruits &
vegetables
every day

Dessert, the end of a meal, is a great way to extend family time with your loved ones. When you think of dessert, you probably think about a sweet, sugar-filled treat, but that doesn't have to be the case! If you are looking for a way to indulge your sweet tooth in a healthy way, Harvard School of Public Health recommends a combination of the Three Pleasures:¹

1. **Fruit:** a naturally sweet option that will lower the need to add sugar to your dessert
2. **Nuts:** a great source of healthy fat and protein
3. **Dark chocolate:** (cocoa of 70% or higher) complements the sweetness of fruit and a great source of heart healthy antioxidants

The Three Pleasures are a quick and easy way to indulge your sweet tooth at home or even at a restaurant. If you are looking for other ways to indulge in a healthier dessert, try some of the suggestions below!



DESSERT SUGGESTIONS

- Make ice cream with mashed bananas. It cuts down on added sugar and tastes great! Experiment with other fruit mixtures, or try adding some spinach or avocado. The sweetness of the fruit masks the taste and your family will have no idea that it's in there!³
- Create a beautiful fruit salad. Cut out fruits with cookie cutters to make them into fun shapes.
- Create a yogurt bar using low-fat plain yogurt and spice it up with a variety of fruit and crunchy toppings like nuts, toasted coconut or granola.
- Make a watermelon pizza by slicing watermelon, topping it with a low-fat yogurt "sauce" and adding sliced fruit and mint as toppings.⁴
- Drizzle fruit with dark chocolate.
- Freeze yogurt drops with some fruit for a cool, refreshing snack.⁴
- Stuff apples with oats, nuts and just a little bit of a honey, and pop them in the oven for warm, baked apples in the chilly months.⁴

Sources

1. "Dessert by Design: The Three Pleasures." *The Nutrition Source*, www.hsph.harvard.edu.
2. "30 Sugar Substitutes for Any and Every Possible Situation." *Greatist*, www.greatist.com.
3. "5 Ingredient Feast: Homemade Fruit Ice Cream." *Small Kitchen College*, <http://college.biggirlssmallkitchen.com>.
4. "How to Make Fruit Pizza with Watermelon, Berries and Yogurt." *Eating Well*, www.eatingwell.com.

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