



Sweet Tooth Solutions



These fruit-based recipes are packed with flavor along with good-for-you nutrients to support your health goals.

Goat Cheese Stuffed Dates

fill pitted medjool date with goat cheese



Berry Medley & Dark Chocolate

pair fresh berries with dark chocolate



Apples & Almond Butter

dip sliced apples in almond butter



Frozen Grapes

wash & freeze seedless grapes



Peanut Butter Banana Bites

top banana slices with PB & dash of cinnamon



Apple Slices with Cheese

sliced apple with brie cheese & drizzle of honey



Strawberry Yogurt Sundae

top Greek yogurt with sliced strawberries & mini chocolate chips



Dark Chocolate Covered Apricots

dip dried apricots in melted dark chocolate



Frozen Yogurt Covered Blueberries

dip blueberries in Greek yogurt & freeze



Chili Lime Salted Watermelon

sprinkle sliced watermelon with lime juice, sea salt & chili powder





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These suggestions contain fiber and protein to help fill you up. Choose a base, choose a flavor, and embrace natural sweetness.



BASE: PLAIN GREEK YOGURT

- **Blueberry:** + ½ cup warmed frozen blueberries + dash cinnamon + 1 tablespoon ground flaxseed
- **Raspberry Royale:** + ½ cup fresh raspberries + 1 tablespoon dark chocolate chips (or cocoa powder)
- **Chunky Monkey:** + ½ banana + 1 tablespoon drizzled peanut butter
- **Cherry Crunch:** + ¼ cup granola + 2 tablespoons dried cherries

BASE: CHIA PUDDING

(1½ cups nut milk + ½ cup chia seeds + 1 tablespoon maple syrup + 1 teaspoon vanilla extract – makes 4 servings)

- **Tropical Twister:** 1 cup pineapple + ¼ cup coconut flakes
- **Blueberry Pie:** 1 cup blueberries + ½ teaspoon cinnamon + ¼ teaspoon nutmeg
- **Chocolate Lover's Chia:** 2 tablespoons cocoa powder + 1 cup raspberries



BASE: BANANA "NICE CREAM"

(1 peeled banana, chopped and frozen + ¼ cup unsweetened milk, blended)



- **Nutty Buddy:** 1 teaspoon nut butter + 1 tablespoon chopped nuts + dash cinnamon
- **Peanut Butter Cup:** 1 tablespoon peanut butter + dash cinnamon + 1 tablespoon chocolate chips
- **PB&J:** ½ cup frozen berries + 1 tablespoon nut butter + ⅛ teaspoon vanilla extract
- **Chocolate Chip:** 1 tablespoon chocolate chips
- **Pina Colada:** (use coconut milk for base) + ½ cup pineapple + ¼ cup Greek yogurt



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These recipes offer new ways to add more fruit (and fiber) to your day.

Baked Pear with Cinnamon

- Combine $\frac{1}{2}$ teaspoon cinnamon, 1 teaspoon brown sugar, 1 tablespoon walnuts, and 1 tablespoon melted butter in a small bowl
- Cut pear in half, remove the core, and place on parchment lined baking sheet
- Sprinkle mixture over pear slices and bake @ 350 degrees until softened



Raspberry Almond Milk

- Blend $\frac{1}{3}$ cup frozen raspberries, 1 cup unsweetened almond milk, and 1 teaspoon maple syrup

Sunset Sorbet

- Blend together $\frac{1}{3}$ cup frozen mango + $\frac{1}{4}$ cup frozen raspberries + dash cinnamon + $\frac{1}{4}$ teaspoon lime juice for 2 to 3 minutes (or until creamy)



Silky Sweet Potato Pie Smoothie

- Roast sweet potato in the oven @ 400 degrees for 30 to 45 minutes (until easily pierced with a knife) – remove and let cool
- Blend $\frac{1}{2}$ cup sweet potato, $\frac{1}{2}$ frozen banana, $\frac{1}{2}$ cup almond milk, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, and $\frac{1}{4}$ teaspoon vanilla extract until smooth and creamy
- Top with 1 tablespoon walnuts or pecans (add a drizzle of maple syrup, if desired)