



# Cinnamon Baked Golden

*Serve alone or with vanilla frozen yogurt and a sprinkle of lowfat granola.*

**Makes 4 servings.** 1 apple per serving.

**Prep time:** 10 minutes **Cook time:** 10 minutes

## Ingredients

4 large golden delicious apples, cored	1 tablespoon lemon juice
¼ cup raisins	1 teaspoon grated lemon peel
½ cup 100% apple juice	½ teaspoon ground cinnamon
2 tablespoons brown sugar	⅛ teaspoon nutmeg

## Preparation

1. Place apples in a microwave safe baking dish.
2. Fill each apple with an equal amount of raisins.
3. Combine all remaining ingredients in a small bowl and pour over apples. Cover with plastic wrap and microwave on high for 5 minutes or until apples are tender.
4. Carefully remove apples from dish with a slotted spoon and set aside.
5. Place baking dish back in the microwave and cook on high, uncovered, for 3 to 5 minutes more or until mixture has thickened to a glaze. Drizzle over apples and serve while hot.

**Nutrition information per serving:** Calories 156, Carbohydrate 41 g,  
Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg



# Fruit Dip

*Use fresh orange segments and kiwifruit slices when winter fruits are in season.*

**Makes 4 servings.** *¼ recipe per serving.*

**Prep time:** 15 minutes



## Ingredients

- |   |                                       |
|---|---------------------------------------|
| 1 (8-ounce) container lowfat vanilla yogurt | 2 medium red apples, cored and sliced |
| 2 tablespoons 100% orange juice             | 1 medium pear, cored and sliced       |
| 1 tablespoon lime juice                     | 1 medium plum, sliced                 |
| ½ tablespoon brown sugar                    | 8 large strawberries                  |

## Preparation

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.

**Nutrition information per serving:** Calories 140, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

# Amazing Fruit Salad

**FUN FACT:** Romaine, red leaf, and butter lettuce all have more nutrients than iceberg lettuce. Kiwifruit and strawberries both have lots of vitamin C.



## Ingredients

- 2 cups washed and torn lettuce leaves (such as romaine, red leaf, or butter lettuce)
- 1 cup drained, canned\* pineapple chunks
- 1 cup sliced strawberries
- 2 kiwifruit, peeled and sliced
- ½ cup lowfat, fruit-flavored yogurt
- 3 tablespoons frozen lemonade concentrate, thawed

## Preparation

1. Place torn lettuce leaves into a large salad bowl.
2. Add pineapple chunks, strawberries, and kiwifruit.
3. In a small bowl, stir together yogurt and lemonade concentrate.
4. Drizzle yogurt mixture over salad. Serve.

**Makes 4 servings.**

**One serving equals 1¼ cups.**

**Preparation time: 15 minutes**

*\* canned fruit packed in 100% juice*



# Fudgy Fruit

*Chocolate covered fruit is a great after-dinner treat!*

**Makes 4 servings.** *½ banana, 2 strawberries per serving.*

**Prep time:** 15 minutes **Cook time:** 30 seconds

## Ingredients

- |   |                                |
|---|--------------------------------|
| 2 tablespoons semi-sweet chocolate chips      | 8 large strawberries           |
| 2 large bananas, peeled and cut into quarters | ¼ cup chopped unsalted peanuts |

## Preparation

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

**Nutrition information per serving:** Calories 151, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

# Peach Crumble

*A light and healthy dessert that takes just minutes to prepare.*

**Makes 12 servings.** *½ cup per serving.*

**Prep time:** 5 minutes **Cook time:** 25 minutes

## Ingredients

- nonstick cooking spray
- 4 (15-ounce) cans juice packed peach slices, drained\*
- 2 tablespoons cornstarch
- 1 teaspoon vanilla
- 1¼ teaspoons ground cinnamon
- ⅔ cup old fashioned oats
- ¼ cup brown sugar
- ⅓ cup flour
- 2½ tablespoons butter



## Preparation

1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

\*Canned fruit packed in 100% fruit juice.

**Nutrition information per serving:** Calories 139, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 25 mg



## Rice Pudding

Top Rice Pudding with canned fruit packed in 100% fruit juice when fresh berries and mangos are not in season

**Makes 12 servings.** *½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 30 minutes

**Nutrition information per serving**

Calories 263, Carbohydrate 54 g, Protein 5 g,  
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 17 mg,  
Sodium 47 mg, Dietary Fiber 2 g

### Ingredients

- nonstick cooking spray
- 2½ cups cooked white rice
- ¼ cup granulated sugar
- 2 tablespoons margarine, melted
- 1½ cups 1% lowfat milk
- 1 egg
- 1 egg white
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ cup raisins
- 5 cups fruit, such as sliced strawberries, blueberries, or chopped mangos

### Preparation

1. Heat oven to 350°F. Spray a 13 x 9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit.





## Paradise Freeze

*This dessert is simple to make, using just a few ingredients and a blender.*

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### Makes 4 servings.

1 cup per serving.

**Prep time:** 5 minutes

### Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

### Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

**Nutrition information per serving:**

Calories 121, Carbohydrate 31 g,  
Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 3 mg

## Savory Grilled Fruit

*Try this sweet and juicy recipe at your next family barbecue. Fruit that is firm can be used in most baked or grilled recipes.*

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### Makes 8 servings.

½ piece fruit per serving.

**Prep time:** 5 minutes

**Cook time:** 8 minutes

### Ingredients

- 4 peaches, plums, or nectarines, halved and pitted

### Preparation

1. Cook 4 halved peaches, plums, and/or nectarines over medium, indirect heat for 8 minutes in a covered barbecue grill. Turn after 4 minutes. Serve while hot.

**Nutrition information per serving:**

Calories 19, Carbohydrate 5 g,  
Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 0 mg



# Spicy Apple-Filled Squash

*Cinnamon and cloves spice up traditional acorn squash wedges.*

**Makes 4 servings.** 1 wedge per serving.

**Prep time:** 10 minutes **Cook time:** 60 minutes

## Ingredients

- |  |                               |
|--|-------------------------------|
| 1 large acorn squash<br>(about 1 pound)      | 1 tablespoon brown sugar      |
| 1 cup water                                  | ¼ teaspoon ground<br>cinnamon |
| 2 teaspoons butter                           | ⅛ teaspoon ground cloves      |
| 1 large apple, cored, peeled,<br>and chopped | ⅛ teaspoon nutmeg             |

## Preparation

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

**Nutrition information per serving:** Calories 99, Carbohydrate 21 g,  
Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg