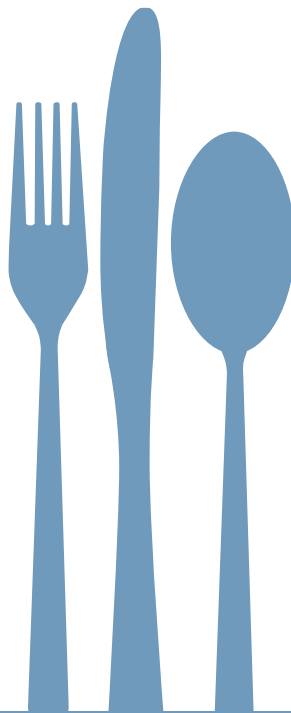


# Banana Split Bites

## DIRECTIONS

1. Cut strawberries in half. For each strawberry half, cut an equal size piece of banana and pineapple.
2. Place on skewers: pineapple, banana, strawberry.
3. Freeze for 10 minutes.
4. Line tray with parchment or wax paper.
5. Place chopped nuts on a plate for dipping.
6. Melt chocolate for 30 seconds, stirring and repeating until melted.
7. Dip cold fruit in chocolate, then nuts.
8. Refrigerate for 10 minutes, then serve!



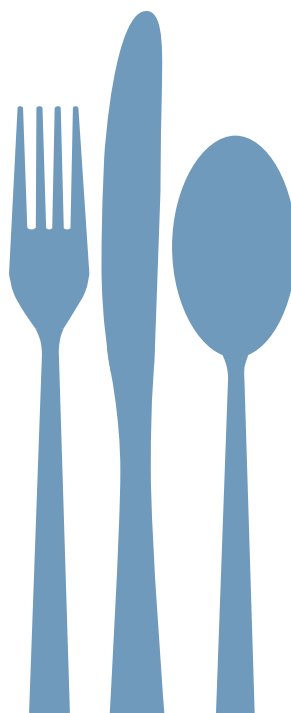
## INGREDIENTS

- 3 bananas
- 1/4 lb. cored pineapple
- 6 strawberries
- 1 cup dipping chocolate
- 1/4 cup chopped peanuts
- 12 popsicle sticks or skewers

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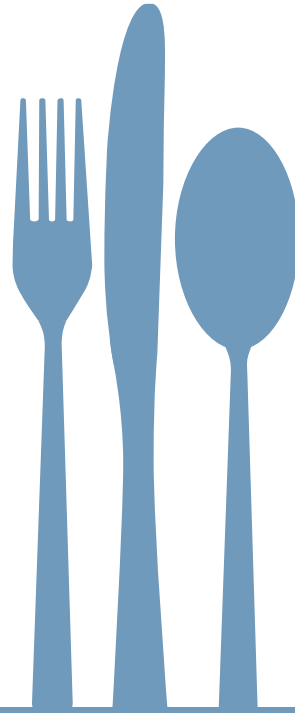
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# Apple Donuts

## DIRECTIONS

1. Slice apples 3/4" thick, use a knife to make a 'donut' hole in the center.
2. In a blender/food processor, combine yogurt, raspberry and honey. Spread over apple.
3. Top with desired toppings!



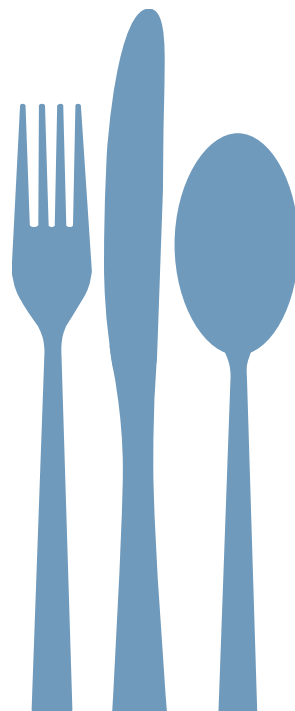
## INGREDIENTS

Apples  
Raspberry  
Honey,  
Yogurt  
Toppings: coconut  
flakes, chocolate chips,  
dried fruit, etc.

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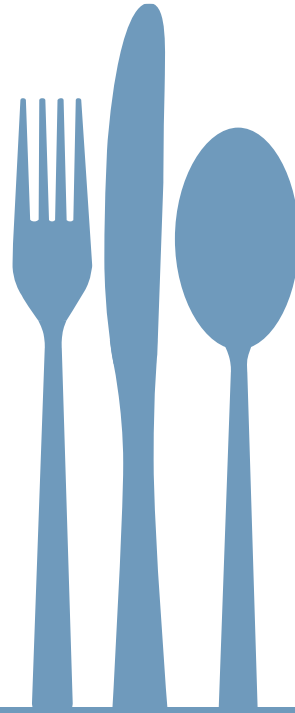
# Poolside Popsicle

## DIRECTIONS

1. Combine mango, raspberry and halved strawberries in a popsicle mold.
2. Fill molds with white grape juice.
3. Insert popsicle sticks and freeze until solid.

## INGREDIENTS

White grape  
juice  
Mango  
Raspberry  
Strawberries



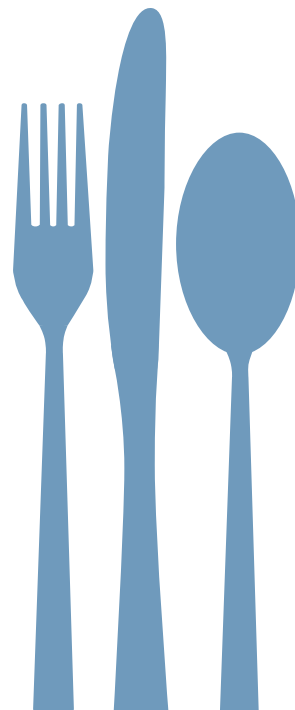
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Mango  
Raspberry  
Strawberries



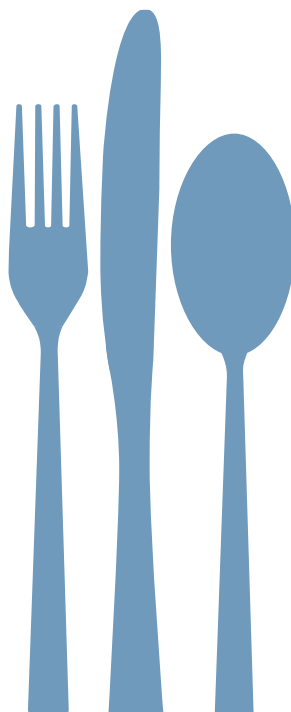
# Chocolate Mousse

## DIRECTIONS

1. Finely chop, grate, or shave the chocolate.
2. Pour the milk into a saucepan and add the chocolate. Turn heat to low and gently heat the milk until the chocolate melts, making sure not to boil.
3. Once the chocolate is melted, add honey and vanilla extract and mix well.
4. Spoon the Greek yogurt into a large bowl and whisk to a light and airy texture.
5. Pour the chocolate mixture over the yogurt, stir to combine.
6. Transfer the mousse to the individual serving cups.
7. Chill for 2 hours.
8. Serve the mousse topped with fresh berries.

## INGREDIENTS

$\frac{3}{4}$  cup milk  
 3  $\frac{1}{2}$  oz dark chocolate  
 2 cups plain fat free or low fat Greek yogurt  
 1 Tbsp honey or maple syrup  
 $\frac{1}{2}$  tsp vanilla extract  
 Berries to serve



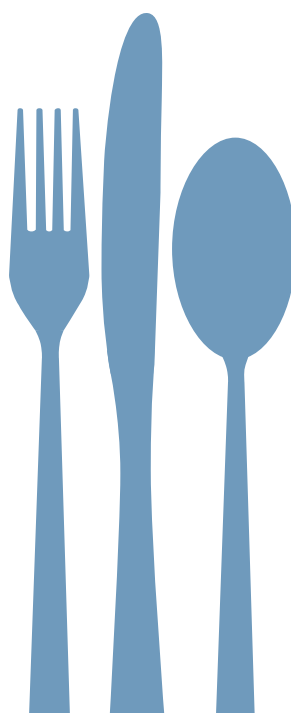
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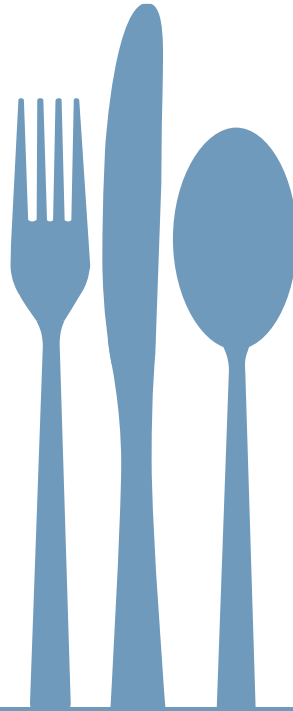
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 Berries to serve



# Grilled Peaches with Yogurt

## DIRECTIONS

1. Cut fresh peaches in half and pit.
2. Drizzle with olive oil and sprinkle cinnamon over peaches. Grill until tender.
3. Serve with vanilla yogurt.



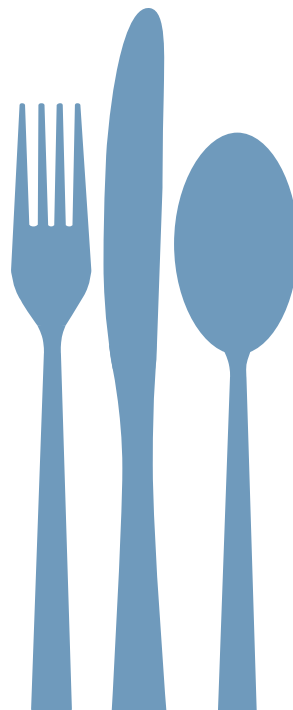
## INGREDIENTS

Whole peaches  
Vanilla yogurt or  
plain yogurt with  
vanilla extract  
Olive oil  
Cinnamon

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3. Serve with vanilla yogurt.



## INGREDIENTS

Whole peaches  
Vanilla yogurt or  
plain yogurt with  
vanilla extract  
Olive oil  
Cinnamon