

Desserts Done Right

Many common desserts, like cookies, cake, and candy, are **WHOA** foods because they provide very little nutrition. Save these desserts for special occasions. **Choose fruit and whole grains for nutritious desserts.**

DID YOU KNOW?

- Choosing fruit for dessert is an easy way to include more nutrients in your child's diet.
- Because fruit is naturally sweet, there is no need to add sugar or sugary toppings.



Freeze fruits like grapes, berries & peeled bananas **FOR A SWEET TREAT.**

LIKE SUNDAES? *Instead of regular ice cream and sugary toppings, try fat-free frozen yogurt topped with fresh fruit, like strawberries, and a little cocoa powder.*

REVAMP YOUR RECIPES!

WHOA PICKS → GO SUBSTITUTES

White, all-purpose flour	Whole-wheat flour
Butter, oil	Applesauce, mashed banana, pumpkin puree (use 1 cup fruit for every 1 cup butter or oil)
Heavy cream	Half-and-half or milk
Whole milk	Skim or 1% milk, unsweetened soy or almond milk
Cream cheese	Fat-free cream cheese
Sour cream	Low-fat or fat-free plain yogurt

TASTY TIPS FOR HEALTHY TREATS

- Fruit salad is always a good choice. Add mint or cinnamon for a unique taste.
- Use a blender to easily combine frozen fruit into a healthy sorbet.
- Frozen bananas make a delicious “ice cream” when blended. Add cocoa powder to make a healthier version of chocolate ice cream.
- Make a delicious dessert by warming fruit in the oven or microwave to bring out the sweet flavors. Try heating peach slices in the microwave with a dash of cinnamon.
- Choose healthy toppings: low-fat yogurt, chopped nuts, berries, a sprinkle of granola, or a teaspoon of peanut butter. Sprinkle fruit with cinnamon and nutmeg, or use cocoa powder and a drop of vanilla flavoring to turn regular fruit into a delectable, healthy dessert.