



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

## Dietitian's Dish

### Sweeten Up Any Occasion!

Whether you're celebrating Cinco de Mayo, Mother's Day, or another event, dessert can sweeten up any occasion. But it doesn't have to be traditional. Find delicious ways to incorporate more nutrient-dense yogurt, fruits and nuts without adding a lot of sugar. Now that's something worth celebrating!

Try these for your next special occasion and keep the recipes handy to enjoy throughout the summer as a cool treat.

### Frozen Tropical Bark

#### Ingredients:

- 2-1/2 cups low-fat vanilla yogurt
- 1/2 cup finely chopped frozen mango chunks
- 2 Tbsps. agave syrup
- 1/4 cup chopped banana chips
- 1/4 cup coconut chips
- 3 Tbsps. finely chopped dried pineapple
- 2 Tbsps. mini dark chocolate chips



#### Directions:

1. Line 8 1/2 x 11-inch baking dish with aluminum foil extending 2 inches over opposite sides of dish.
2. In large bowl, stir yogurt, mango, and syrup; spread in prepared dish. Sprinkle with banana chips, coconut chips, pineapple, and chocolate chips; cover with plastic wrap and freeze at least 5 hours or until firm. Use foil to lift bark from dish; remove foil and cut bark into 24 squares.

### Strawberry Mango Banana Ice Cream

#### Ingredients:

- 2 Tbsps. raw pistachios, unshelled
- 2 Tbsps. unsweetened coconut flakes
- 2 bananas
- 1/2 cup frozen mango
- 1/2 cup frozen strawberries
- Dark chocolate chips (optional)



#### Directions:

1. Add pistachios and coconut flakes to a medium pan and toast over medium-high heat for 4 minutes or until highly browned and fragrant.
2. Place fruits into a food processor and pulse until coarse crumbs remain. Then, puree on high until smooth.
3. Transfer fruit puree into an airtight container and freeze for at least 2 hours or up to 2 weeks.
4. Scoop into dishes and top with toasted coconut and pistachio mixture. Add dark chocolate chips if desired.