

Winter Fruit Desserts - More Fruit, Fewer Calories

Pummelo Citrus Cup

1 large pummelo or 2 grapefruit
1 tsp warm honey
zest and juice of 1 lime
tangerine segments

Peel and core the pummelo. Cut into sections and remove the seeds. Place the sections on a serving platter and drizzle with warm honey. Top with grated lime zest and juice. Add tangerine segments. Serve immediately in footed bowls or chill for later use. Serves 4.

Apple Ambrosia

1 diced apple
1/2 can crushed pineapple in juice
1/2 cup vanilla light yogurt
1 tablespoon whipped cream
1/2 tablespoon chopped toasted almonds

Place the diced apple in a large bowl. We used ambrosia apples but any crunchy flavorful apple will work. Fold in the remaining ingredients. Chill until ready to use. Serve with more pineapple and almonds on top. Serves 4.



The citrus cup is perfect any time of day.



“The pineapples keep the apples from turning brown, even when refrigerated overnight.”

Judy Doherty
Chef and Publisher

<http://foodandhealth.com/blog/>

TIME FOR DESSERT!

Cranberry Pears

4 pears
1 cup fresh cranberries
1 cup water
1/4 cup brown sugar
1/4 cup Splenda
1 tsp pumpkin pie spice (or cinnamon)

Place the pears, cranberries, water, sugar and spice in a large microwave-safe dish.

Stir the fruits together and cover with a lid or plastic wrap.



Microwave on high for 6 minutes or until pears are tender. Serve warm on plate. Serves 4.

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