

[HEALTHY FRUIT DESSERTS RECIPES](#)



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We love serving fruit every which way for dessert. Depending on the season and your mood, it's delicious grilled, chilled in an icy shake, or baked in a

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Healthy Fruit Desserts Food Network Healthy Meals

Fresh fruit takes center stage in these healthy-yet-satisfying desserts by Food Network Kitchen. Not only do they scale back on added sugar, but they're incredibly easy, coming together with just five ingredients or less.

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Healthy And Light Fruit Dessert Recipes And Ideas Genius

recipe Sugar Cookie Crust Fruit Pizza. If pizza were a cookie, this is what you'd get. A light, crisp cookie crust topped with smooth, sweet spread and topped with fresh fruit.

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Healthy Dessert Recipes with Fruit EatingWell

Find healthy, delicious fruit desserts. Healthier recipes, from the food and nutrition experts at EatingWell.

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Healthy Dessert Recipes Allrecipes com

Healthy Dessert Recipes Cheesecake, cookies, and chocolate done healthy! Pick a healthy dessert from more than 280 recipes, tested and reviewed by home cooks like you.

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Healthy Fruit Dessert Recipes WebMD

When your pie recipe calls for dotting butter or margarine on top of the filling or on top of the crust, just skip this step. You'll save 100 calories, 11.5 grams fat, 7 grams saturated fat, and 30 milligrams cholesterol for every tablespoon of butter you leave out. Reduce the sugar called for in any fruit dessert recipe by 25%.

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Healthy dessert recipes BBC Food

This quick and easy dessert is a light way to finish off a South-east Asian meal. Each serving provides 234kcal, 7g protein, 26g carbohydrate (of which 26g sugars), 10g fat (of which 7g saturates), 4g fibre and 0.2g salt.

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50 Best Fruit Dessert Recipes Easy Desserts with Fruit

The best way to get your daily serving of fruit? In dessert, duh. Try our favorite fruit dessert recipes.

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20 Easy Healthy Desserts Best Recipes for Healthiest

This four-ingredient dessert is just 70 calories per serving, making it the perfect summer treat. Filled with walnuts, dried fruit, oats, cinnamon, and

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25 Sweet and Easy Fruit Dessert Recipes Country Living

25 Sweet and Easy Fruit Dessert Recipes. Naturally sweet and full of flavor, fruit makes the perfect addition to cakes, pies, and other enticing treats.

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60 Healthy Low Calorie Desserts Recipes for Diet

A dessert you can feel good about. Get the recipe from Delish. Buy Now Food Processor, \$150; amazon.com.

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Healthy Fruit Desserts Food Wine foodandwine com

Healthy fruit dessert recipes, including maple, pear, and ricotta parfaits.

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Puddings Desserts Recipes Jamie Oliver

Hot or cold, our dessert recipes can turn an average meal into a memorable event; we have a great selection of pudding recipes, come and have a look.

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RELATED 25 Healthy Fruit Dessert Recipes for the Perfect

From watermelon pizza (yep!) to low-cal pavlovas and refreshing sorbets, we've got your summer dessert menu on lock. And while the main thing that will

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