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A healthy alternative to a classic sundae, this dessert is made with frozen yogurt instead of ice cream. Dress up your favorite store-bought frozen yogurt for a sweet treat that's both special and entirely simple. Though this dessert barely needs a recipe, it's as great at a dinner party as it is on the couch watching Netflix on Wednesday.

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Healthy Strawberry Dessert Recipes Health

They add a natural sweetness, as well as a healthy dose of nutrients. In fact, just one cup of this superfruit contains more vitamin C than oranges, and plenty of folate and heart-healthy compounds. These recipes, from Mini Strawberry Shortcakes to Strawberry Crumble, are a tasty way to get started.

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Healthy Strawberry Recipes Cooking Light

This fun, kid-friendly indulgence was a hit at taste testing and received our highest rating. The recipe, featuring banana, strawberry, pineapple jam, peanut butter, honey, and chocolate, can easily be multiplied to make as many sandwiches as you need.

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20+ delicious and healthy strawberry recipes--the hardest part will be deciding which one to This healthy Fruit Dessert Pizza is one of my favorite

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Make these strawberry dessert recipes any time of the year for a seriously sweet treat.

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Try out this apple cobbler recipe made with fresh strawberries and Granny Smith apples. An easy and healthy dessert, you'll love this sweet strawberry

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Healthy Strawberry Recipes EatingWell

Find healthy, delicious strawberry recipes, from the food and nutrition experts at EatingWell.

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