

Yogurt Parfait

Makes 1 serving
268 calories/serving



Ingredients

1 cup greek vanilla yogurt
1/4 cup granola
1/2 cup fresh or frozen fruit

Instructions

Layer yogurt, granola and fruit in a large glass. Repeat layers. Enjoy! Experiment with different fruits (mixed berries, mango/pineapple, etc.).

Skinny Sangria

Makes 6 servings
130 calories/serving



Ingredients

1 bottle of white wine
1-2 cups of fresh blueberries and strawberries
20 oz seltzer water or Sprite Zero
1/4 cup vodka (Berry flavors work well!)

Instructions

Mix fruit, wine, and vodka and chill overnight. Before serving, mix in Sprite or seltzer water. Don't forget to provide some fruit for garnish!

Patriotic Fruit Popsicles

Makes 9-10 servings
40 calories/serving



Ingredients

1 1/2 cups fresh strawberries or raspberries
1 1/2 cups blackberries or blueberries
3 packets stevia
1 tsp vanilla extract
1 cup light coconut milk

Instructions

Puree each of the fruits separately in a blender or food processor with 1 packet stevia. Mix coconut milk, 1 packet of stevia and vanilla extract. Start with 1 layer of fruit in popsicle mold., let freeze until solid, add coconut milk mixture and let freeze until solid. lastly, add final layer of fruit mixture and freeze until solid.

Tip: if you have trouble removing pops from mold, dip in warm water until they come out easily.

