



→ IDEAS FOR ←

# HEALTHY DESSERTS

**Desserts are meant to be a treat, something to have on occasion. When the event calls for it, there are delicious ways to cap off a healthy catered meal with an equally healthy and tasty dessert.**

Make fruit the centerpiece for a yummy dessert. Serve desserts that don't exceed 175 calories, do incorporate whole-grain fiber as a main ingredient, and are made with healthy fats.

Try these healthy fruit-focused dessert ideas that taste great, are easy to prepare, and meet Kaiser Permanente's Healthy Picks criteria:

Baked Apples with Cinnamon and Raisins

Berries Topped with Greek Yogurt and Cacao Nibs

Cherries with Low-fat Ricotta and Toasted Almonds

Dates Stuffed with Almonds

Fruit Kabobs

Grilled Pineapple or Peach Halves

Poached Pears

Roasted Bananas with Walnuts

Seasonal Fruit Compote

Sliced Oranges with Almonds and Ginger

Strawberries Dipped in Dark Chocolate

Balsamic Glazed Figs