

# Create a Fruity Dessert

Create a delicious fruity dessert from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

## 1 Choose one or more fruits to make 4 cups

- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cherry
- Chokecherry
- Clementine
- Coconut
- Cranberry
- Dragon fruit
- Elderberry
- Grapefruit
- Grapes
- Guava
- Honeydew
- Huckleberry
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Rhubarb
- Strawberry
- Watermelon

## 2 Choose a preparation method

- **Fresh:** Just wash, peel, and slice before enjoying the fruit.
- **Crumble:** Preheat oven to 375° F. Cut fruit into uniform 1" cubes and layer on the bottom of a 9" baking dish. Combine the topping ingredients together in another bowl. Distribute the topping mixture evenly over the fruit. Bake for 35-40 minutes or until the fruit is bubbling and the topping is golden brown.

### Crumble Topping

- ½ cup oats
- ¼ cup brown sugar
- ¼ cup whole-wheat flour
- 2 tablespoons canola oil
- 1 teaspoon cinnamon

- **Parfait:** Wash and cut fruit into bite-sized pieces. Choose any variety of base ingredients and toppings; layer base, fruit, and toppings. Enjoy!

- **Base:** yogurt (Greek), cottage cheese, oats, pudding
- **Toppings:** crumble topping from above, granola, nuts, honey, crumbled graham crackers

## Directions

Select fruit and preparation method. Follow instructions for desired method. The options and combinations are truly endless, so use your creativity in putting the fruity dessert together and the whole family is sure to enjoy your creation.

# Fruity Dessert Recipes

A pantry that is stocked with whole foods will help you create great tasting fruity desserts like these!

## RHUBARB AND STRAWBERRY CRUMBLE

### Filling:

- 4 cups rhubarb, cut into ½" pieces
- 2 cups strawberries, quartered
- ½ cup sugar
- 2 tablespoons whole-wheat flour

### Crumble Topping:

- ½ cup rolled oats
- ½ cup whole-wheat flour
- ½ cup brown sugar
- 1 tablespoon butter, softened
- 1 tablespoon canola oil
- 1 tablespoon fruit juice (any flavor)
- ¼ cup chopped nuts

Preheat oven to 375°F. In a large bowl, toss together rhubarb, strawberries, sugar, and flour. Place this mixture in a 9" square baking dish. In the same bowl, combine oats, flour, brown sugar, butter, and oil. With a fork or your fingers, combine the ingredients until the mixture is crumbly. Stir in the juice and nuts until evenly moistened. Distribute the topping mixture over the fruit. Bake for 35-40 minutes, or until the fruit is bubbling and the topping is golden.

## MAKE-AHEAD FRUIT AND YOGURT PARFAITS

- 6 ounces low-fat yogurt
- 1/3 cup old fashioned oats, uncooked
- 2 tablespoons skim milk
- 1 cup fruit of choice

In a bowl combine yogurt, oats, and milk. Stir to combine. Layer with the fruit in a mason jar or any other container. Refrigerate for a few hours or overnight.

*Yield: 1 serving*

