Create Better Health

# Create a fruity dessert from simple foods. Just choose an item from each category. Then follow the directions. Use your imagination! Each dish serves 4 adults.

## Step 1: Choose 1 or more fruits from the following list. Depending on the type of dessert you want to make, choose from the following 3 lists. Make 4 cups of fruit total.

Fresh Preparation Dessert:

1. Apple
2. Apricot
3. Banana
4. Blackberry
5. Blueberry
6. Cantaloupe
7. Cherry
8. Chokecherry
9. Clementine
10. Coconut
11. Cranberry
12. Dragon fruit
13. Elderberry
14. Grapefruit
15. Grapes
16. Guava
17. Honeydew
18. Huckleberry
19. Kiwi
20. Lemon
21. Lime
22. Mango
23. Nectarine
24. Orange
25. Papaya
26. Passion fruit
27. Peach
28. Pear
29. Pineapple
30. Plum
31. Pomegranate
32. Raspberry
33. Rhubarb
34. Strawberry
35. Watermelon

Baked Desserts:

1. Apple
2. Apricot
3. Banana
4. Blackberry
5. Blueberry
6. Cherry
7. Chokecherry
8. Coconut
9. Cranberry
10. Elderberry
11. Huckleberry
12. Nectarine
13. Peach
14. Pear
15. Raspberry
16. Rhubarb
17. Strawberry

Parfait Dessert:

1. Apple
2. Apricot
3. Banana
4. Blackberry
5. Blueberry
6. Cantaloupe
7. Cherry
8. Chokecherry
9. Clementine
10. Coconut
11. Cranberry
12. Dragon fruit
13. Elderberry
14. Grapefruit
15. Grapes
16. Guava
17. Honeydew
18. Huckleberry
19. Kiwi
20. Lemon
21. Lime
22. Mango
23. Nectarine
24. Orange
25. Papaya
26. Passion fruit
27. Peach
28. Pear
29. Pineapple
30. Plum
31. Pomegranate
32. Raspberry
33. Rhubarb
34. Strawberry
35. Watermelon

## Step 2: Choose a way to make the dessert from the following list:

1. Fresh: just wash, peel, and slice before eating the fruit
2. Crumble
   1. To prepare a crumble use the following recipe:
      1. ½ cup oats
      2. ¼ cup brown sugar
      3. ¼ cup whole-wheat flour
      4. 2 tablespoons canola oil
      5. 1 teaspoon cinnamon
      6. Fruit of choice to equal 4 cups
      7. Directions:
         1. Preheat the oven to 375 degrees Fahrenheit.
         2. Cut fruit into 1” cubes and layer on the bottom of a 9” baking dish.
         3. Combine the topping ingredients together in another bowl.
         4. Distribute the topping mixture evenly over the fruit.
         5. Bake for 35-40 minutes or until the fruit is bubbling and the topping is golden brown.
3. Parfait
   1. To prepare a parfait use the following recipe:
      1. Wash and cut fruit of choice into bite-sized pieces.
      2. Choose any of the base ingredients and toppings.
      3. Layer base, fruit, and toppings.
      4. Enjoy!

Base can be Greek yogurt, cottage cheese, oats, pudding.

Toppings can be the crumble topping from #2, granola, nuts, honey, or crumbled graham crackers.

# Step 3: Make a fruity dessert using the following directions:

1. Choose a fruit and a way to make the dessert
2. Follow instructions for how to make it.

The ways to eat fruit are truly endless. Be creative about putting the fruity dessert together and the whole family will enjoy.

# Fruity Dessert Recipes

### A pantry that has these whole foods will help you create a great tasting fruity dessert like these!

Rhubarb and Strawberry Crumble

* Filling ingredients
  + 4 cups rhubarb, cut int 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 of any flavor
  + ¼ cup chopped nuts

Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large bowl, toss together rhubarb, strawberries, sugar, and flour.
3. Place this mixture in a 9” square baking dish.
4. In the same bowl, mix oats, flour, brown sugar, butter, and oil.
5. With a fork or your fingers, mix the ingredients until it is crumbly.
6. Stir in the juice and nuts until the mixture is all moist.
7. Sprinkle the topping mixture over the fruit. Bake for 35-40 minutes or until the fruit is bubbling and the topping is a brown color.

Overnight Oats

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

Directions:

1. In a bowl, combine yogurt, oats, and milk. Stir to mix.
2. Layer with the fruit in a mason jar or any other container.
3. Put in the fridge for a few hours or overnight.

Yield: 1 serving

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