

3 Free Summer Dessert Ideas

PINEAPPLE MANGO "ICE CREAM"

Ingredients:

16 oz frozen pineapple
1 large mango, peeled and seeded or a cup of frozen mango
1 tbsp lemon juice

Preparation:

Blend everything to smooth, adding a small amount of water for reducing thickness. Eat right away!

GRILLED HONEY CINNAMON PEACHES

Ingredients:

1 peach, cut in half and pitted
1 tbsp honey
1/4 cup vanilla Greek yogurt
Cinnamon to taste

Preparation:

Mix the cinnamon and yogurt. Grill the peaches on BBQ grill on low until they're soft - 3-4 minutes on each side. Top with yogurt and finish with a drizzle of honey.

CHOCOLATE DIPPED FRUIT

Ingredients:

Fruit of choice
1 cup dark chocolate chips
2 tsp coconut oil

Preparation:

Heat oil and chocolate on 50% in the microwave and stir to smooth. Dip fruit pieces into melted chocolate. Place on parchment paper lined pan and freeze for 15-20 minutes prior to enjoying.