

## *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.