

Paradise Freeze

This dessert is simple to make, using just a few ingredients and a blender.

Makes 4 servings.

1 cup per serving. Prep time: 5 minutes

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- 1/2 cup of ice cubes

Preparation

- Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
- 2. Pour into glasses and serve.

Savory Grilled Fruit

Try this sweet and juicy recipe at your next family barbecue. Fruit that is firm can be used in most baked or grilled recipes.

Makes 8 servings.

1/2 piece fruit per serving. Prep time: 5 minutes Cook time: 8 minutes

Ingredients

4 peaches, plums, or nectarines, halved and pitted

Preparation

 Cook 4 halved peaches, plums, and/or nectarines over medium, indirect heat for 8 minutes in a covered barbecue grill. Turn after 4 minutes. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg



Nutrition information per serving: Calories 121, Carbohydrate 31 g,

Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg