

8 EASY DESSERT RECIPES

for Summer



8 Easy Dessert Recipes for Summer

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us throughout the year. If you feel too overwhelmed with all the unhealthy foods that come around, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, *8 Easy Dessert Recipes for Summer*, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality this year. Thanks to this definitive collection of delicious, simple dessert recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight-loss recipes, including recipes for homemade popsicles, homemade frozen yogurt, and a plethora a fresh fruit ideas. Regardless of your reason for wanting healthy recipes, know that this list has dishes that you are sure to devour.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are inspired by the summer season. Make one or make several, and discover the delights that can be found cooking with your family!

For additional healthy recipes, be sure to visit FaveHealthyRecipes.com. While you're there, [subscribe to our free healthy recipes newsletter](#), to get free recipes delivered to your inbox every week.

Sincerely,

The Editors of FaveHealthyRecipes

www.FaveHealthyRecipes.com

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Summer Desserts with Fruit

Grilled Pineapple with Coconut Ice Cream

By: [Valerie Marshall from ValSoCal.blogspot.com](http://ValSoCal.blogspot.com)



Ingredients

1 pineapple, core removed and cut into chunks
2 limes, juiced
1/3 cup honey
1 teaspoon cinnamon
1 pint pineapple coconut ice cream
toasted coconut
macadamia nuts
maraschino cherries

We can't imagine not having coconut during the warmer months. We also can't eat coconut without thinking of tropical skies, sandy beaches and the best weather possible. Ahh ... paradise. So when you're in the mood to experience the wonders of a tropical island in your own kitchen, or even better ... dare I say, on the couch and in your comfy clothes, reach for this simple recipe for Grilled Pineapple With Coconut Ice Cream. Double or triple this recipe for crowds. It tastes just as fabulous as it looks.

Instructions

- 1) In a bowl place pineapple, lime juice, honey and cinnamon. Mix and let sit 30 minutes.
- 2) Meanwhile heat your grill pan or outdoor grill. Place pineapple in pan and cook until seared.
- 3) Place pineapple in the pineapple shell. Put 2 dollops of ice cream on top and place your toasted coconut, nut and cherries. Serve.

24-Hour Fruit Salad

By: [FaveHealthyRecipes Test Kitchen](#)

Make a mouthwatering fruit salad overnight! This 24-Hour Fruit Salad features all the healthy fruits you need in your diet. This is a perfect salad for the summer because all of these healthy fruits are ripe and ready to go.



Ingredients

2 cups fat-free plain yogurt
1 orange
2 cups fresh, frozen, or canned pineapple chunks, packed in pineapple juice
2 cups fresh or frozen berries
1 cup fresh or frozen peaches or nectarines, diced
¼ cup unsweetened coconut flakes, toasted to a light brown

Instructions

1. Place sour cream into a very large bowl. Remove 1 teaspoon of zest from the orange and add to the sour cream and stir. Peel and cut the orange into segments and then into bite size pieces and add to the bowl.
2. Add pineapple, blueberries, and the peach to the bowl. Gently stir to coat. Salad may be served right away but it's even better if covered and refrigerated overnight before serving.
3. When ready to serve, sprinkle coconut over the top and garnish with a few fresh berries.

Notes

1. To use frozen fruits, thaw completely and drain well. Then pat dry on paper towels. To use canned pineapple, drain very well and pat dry on paper towels.

Orange Creamsicle Smoothie

The creamsicle popsicle taste that you know and love can now be made into smoothie form with this quick and easy smoothie recipe. With cantaloupe, orange juice, vanilla and honey, this smoothie is sure to refresh the creamsicle lover in you.

Ingredients

2 cantaloupe pieces
1 cup orange juice
1 tablespoon honey
1 teaspoon vanilla
ice cubes (optional, to thicken)

Instructions

Blend all ingredients in blender until smooth.

Plum Raspberry Port Wine Sorbet

With plums and raspberries this recipe will definitely make your mouth water. Its deep red color is decadently rich and romantic, and keep in mind, its flavor is something for an adult palette (only). Enjoy this recipe with friends at a picnic, dinner party, or with your significant other on a hot summer night.

Ingredients

3/4 cup water
1/2 cup granulated sugar
1/2 pound ripe red plums, peeled, pitted, cut into chunks
1 cup raspberries
3/4 cup port wine
Mint sprigs and raspberries for garnish

Instructions

1. In a small saucepan over high heat, bring water and sugar to a boil; cook until sugar is dissolved.
2. Set aside. In a food processor or blender, puree plums, raspberries, port wine, and cooled sugar mixture until smooth.
3. Pour into 8- by 8-inch baking dish. Freeze at least 8 hours or until firm. To serve, scoop sorbet into wine or champagne glasses. Garnish with mint sprigs and raspberries.

Creamy Frozen Desserts

Rocket Pops

By: [Patricia from TwoGirlsCookingBlog.com](http://TwoGirlsCookingBlog.com)



You don't have to wait on the sidewalk for the ice cream truck anymore. This easy, kid-friendly recipe for Rocket Pops is not only a great treat, it's a fun activity for the youngsters in your house.

Instructions

1. Combine dry cherry gelatin mix and 1/2 cup of the sugar in medium bowl. Add 1 cup of the boiling water; stir at least 2 min. until gelatin is completely dissolved. Add enough ice cubes to 1 cup of the cold water to measure 2 cups. Add to gelatin; stir until ice is completely melted. Pour evenly into 16 (5-oz.) paper or plastic cups, adding about 1/4 cup of the gelatin to each cup. Freeze 1 hour.

2. Meanwhile, combine dry blue gelatin mix and remaining 1/2 cup sugar in medium bowl. Add remaining 1 cup boiling water; stir at least 2 min. until gelatin is completely dissolved. Add enough ice cubes to remaining 1 cup cold water to measure 2 cups. Add to gelatin; stir until ice is completely melted. Refrigerate 1 hour.

3. Spoon about 3 Tbsp. of the whipped topping over red gelatin in each cup; top evenly with blue gelatin, adding about 1/4 cup of the gelatin to each cup. Freeze 1 hour or until almost firm. Insert wooden pop stick or plastic spoon into center of each cup for handle. Freeze an additional 4 hours or overnight. To remove pops from cups, place bottoms of cups under warm running water for 15 sec. Press firmly on bottoms of cups to release pops. (Do not twist or pull pop sticks.) Store leftover pops in freezer.

Ingredients

1 pkg. (4-serving size) JELL-O Cherry Flavor Gelatin
1 cup sugar, divided
2 cups boiling water, divided
ice cubes
2 cups cold water, divided
1 pkg. (4-serving size) JELL-O Berry Blue Flavor Gelatin
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

Orange Vanilla Frozen Yogurt Pops

By: [Brenda from SugarFreeMom.com](http://SugarFreeMom.com)



Looking for a healthy snack recipe? Orange Vanilla Frozen Yogurt Pops are a simple treat with no fat, no added sugar, protein and only 9 calories per pop.

Ingredients

1 cup Greek Yogurt, plain
1/2 cup frozen orange juice from concentrate, no added sugar
1/4 teaspoon Sweetleaf Stevia, vanilla creme, liquid form
1/2 teaspoon pure vanilla extract

Instructions

1. Mix the yogurt in a bowl with the orange juice.
2. Once well blended add the stevia and vanilla extract.
3. If you want the orange color at the top of the pop, add some frozen juice to the bottom of each cup first.
4. Pour the yogurt mix carefully into each ice cube cup.
5. Insert a toothpick into each.
6. Freeze for 3 hours or until hardened.
7. When ready to serve, let them sit on the counter for a minute or two, then from the bottom push up and they should pop out easily.

Toasted Marshmallow Milkshakes

By: [Valerie Marshall from ValSoCal.blogspot.com](http://ValSoCal.blogspot.com)



Whoa nelly! Using low-calorie marshmallows to make Toasted Marshmallow Milkshakes like this is worthy of a prize. To make this mason jar recipe even healthier, use low-fat milk and ice cream.

Ingredients

- 1 bag of large marshmallows
- 2 cups of milk
- 2 cups vanilla ice cream

Instructions

1. Line a large cookie sheet with tin foil.
2. Place marshmallows on cookie sheet and broil in oven until toasty. About 1 to 2 min. Stand by the oven. It happens fast.
3. Place milk, ice cream and most of the toasted marshmallows in the blender, save a few for the top.
4. Blend until smooth and serve with cute straws.

Dairy-Free Vanilla Ice Cream

This recipe for Dairy-Free Vanilla "Ice Cream" has no milk, but it is still one of the ultimate frozen desserts out there. While this recipe contains no dairy products, the texture remains rich and creamy, just like we like it. This recipe is perfect for those of us who are lactose-intolerant and are trying to keep the recipes we love.

Ingredients

1 cup sugar substitute
3 cups light soy milk
2 teaspoons vanilla
1/4 cup light oil
1 pinch salt
3/4 teaspoon liquid soy lecithin

Instructions

1. Blend together sugar substitute, soy milk, vanilla, oil and salt until thoroughly combined. Add liquid soy lecithin.
2. Chill, then put into an ice cream machine and follow the manufacturer's instructions.

Thanks to all the bloggers who helped make this eCookbook possible!



[Patricia from Two Girls Cooking](#)

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