Delicious Desserts
“Let's have our dessert and eat it too, especially when it’s healthy for you”

As we get older, we do not need to eat as much, but our nutrient requirements remain the same. We can still eat our favorite desserts that we love, but in moderation because they may have high amounts of sugar, fats, and salts.

Delicious Dessert Ideas:
• Grilling fruit or fruit kabab
• Ethnic Traditions:
  o Fruit soups
  o Almond float
  o Taro pudding
  o Sticky rice with fruits
• Fruit smoothie
• Fruit sorbet
• Fruit bread
• Fruit pudding
• Veggie muffin
• Fruit crumble
• Fruit tart
• Fruit salad with yogurt, tapioca, pudding, ricotta or cottage cheese, or low-fat ice cream
• Fruit sauce

Tips:
• Choose fruit as dessert more often.
• Choose low-fat ingredients and products.
• Choose baked rather deep-fried desserts.
• Make our own desserts.

PINA COLADA SAUCE
Ingredients: Makes about 1 cup
• 1 (6-ounce) container lowfat vanilla yogurt
• ⅓ (12-ounce) can frozen 100% pineapple juice concentrate
• Coconut extract flavoring to taste

Directions:
1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE.
3. SERVE with sliced fruit OR vegetable sticks.

* Please check with your doctor or health care professional before making dietary changes

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