

Berry Almond Smoothie (AICR, Summer 2007 newsletter)

¼ cup sliced almonds (optional)
2 cups fat-free milk
2 containers (6 oz. each) berry-flavored yogurt
1 pound of berries of choice (or 16 oz. frozen berries, unthawed)
1-2 Tbsp. honey (if desired)
½ to 1 tsp. almond extract

Cook almonds in skillet over low heat until golden and fragrant. Remove from heat and set aside. In blender, puree remaining ingredients until smooth. Serve in individual glasses sprinkled with toasted almonds, if desired. Makes 4 servings.

Berry Crisp (AICR Summer 2003 newsletter)

1/3 cup firmly packed light brown sugar
3 Tbsp. all-purpose flour
¼ tsp. cinnamon
Generous dash of salt
4 cups of fresh or unthawed frozen blueberries
2 cups sliced strawberries or unthawed frozen strawberries
1 cup low fat granola cereal (without dried fruits)
1 Tbsp. canola oil

Preheat oven to 350 degrees. In large bowl, stir together brown sugar, flour, cinnamon and salt. Add blueberries and strawberries. Toss to distribute sugar mixture. Place mixture in 8-inch baking dish. Mix granola with canola oil and sprinkle evenly on top. Bake until fruit is bubbling and topping is

lightly browned, 40 to 50 minutes. Let cool for 20 minutes before serving. Makes 6 servings.

Raspberry Peach Parfaits

(AICR 2003 newsletter)

**2 cups fresh raspberries
2 Tbsp. sugar or to taste
1-2 tsp. fresh lemon juice or to taste
5 ripe peaches, sliced
1 and ¼ cups low fat frozen yogurt
(vanilla, peach or raspberry)**

In blender process raspberries until smooth. Press through strainer to remove seeds, if desired. Stir sugar and lemon juice into raspberry sauce Refrigerate at least 1 hour. To assemble, place half of peaches in bottom of 5 glasses. Top each with ¼ cup frozen yogurt. Top yogurt with remaining peaches. Divide raspberry sauce among the parfaits.