

BBQ Well Dessert Recipes

Berries with Mint Dressing- Serves 4

INGREDIENTS:

2 cups Strawberries
2 cups blueberries or blackberries
1 tablespoon orange peel
1 tablespoon honey
2 tablespoons orange juice
2 tablespoons mint leaves chopped
1 tablespoon chopped lavender (optional)

PREPARATION:

Combine orange peel, orange juice, honey, mint and lavender. Add berries and serve.

Nutrition Facts: Serving Size 1 Cup

Calories 100; Total Fat 0 g; Cholesterol 0 mg; Sodium 20 mg; Total Carbohydrate 18 g; Fiber 6g; Protein 1g



Grilled Fruit with Greek Yogurt - Serves 6

INGREDIENTS:

1 firm pineapple, sliced into four wedges
1 tablespoon grated lime zest
1 tablespoon olive oil
¼ teaspoon ground cloves
1 teaspoon ground cinnamon
2 teaspoons honey
1 tablespoon fresh lime juice
3 cups non-fat Greek yogurt (whipped with a whisk)
1 tablespoon honey (try wildflower or lavender)
2 tablespoons unsalted roasted pistachios, roughly chopped (optional)

PREPARATION:

Marinade: In a large bowl combine the olive oil, cloves, cinnamon, honey and lime juice; whisk to blend; set aside. Cut the base of the pineapple; stand pineapple upright and peel removing any remaining skin. Cut it in half lengthwise. Place each pineapple half cut side down and cut lengthwise into four long wedges. Place pineapple in the bowl with the marinade and stir to coat the pineapple. Place on the grill for 4-5 minutes basting once or twice with the remaining marinade. Grill until golden. Slice into 8 pieces. Place yogurt in bowl and top with pineapple. Toss fruit with yogurt, drizzle with the honey, sprinkle with the pistachios; divide among 6 bowls and serve.

Nutrition Facts: Serving Size ¾ cup (½ cup yogurt and 1/4 cup fruit)

Calories 110; Total Fat 0 g; Cholesterol 0 mg; Sodium 60 mg; Total Carbohydrate 49 g; Fiber 1 g; Protein 4g

