

Healthy Desserts for July Fourth

A close-up photograph of a white bowl filled with fresh strawberries and blueberries. A small American flag on a white stick is placed in the center of the fruit. The background is a plain, light color.

**HEALTHY
DESSERTS
FOR JULY 4TH**

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Summer berries provide the perfect color palette for patriotic desserts. Try one of these healthier dessert options at your Fourth of July celebration this year.

There will be plenty of hot dogs, hamburgers, chips and potato salad to celebrate America during the month of July. But what's for dessert? Dessert can be an opportunity to introduce a few healthier options to a meal.

These recipes still have plenty of yummy about them, but are lighter in calories and higher in nutrients. Give one or more of them a try!

Cheesecake Stuffed Strawberries

If you haven't made these before, they are a must-try! Picture a beautiful red strawberry stuffed with cheesecake filling and topped with a blueberry! Can you think of anything more patriotic than a red, white and blue strawberry treat? Find the recipe here.

Red, White and Blueberry Popsicles

July can be a scorcher. Cool off with these pretty and nutritious treats! Layer Greek yogurt, pureed blueberries and raspberries in a popsicle mold, and voila! A cold, patriotic treat. It will take a bit of time to mix and layer the treats, but it is worth it when you see the look of delight on people's faces. Get the directions here.

Patriotic Parfait

Who doesn't want their very own individual dessert? These super easy parfaits are pretty and colorful, and they have a fraction of the calories of a cake or dessert. It is as simple as layer, layer and layer! Find the recipe here, or try this customizable version.

Try making smaller version, or "dessert shooter." Smaller portion equals less calories, so it is a no-brainer! Simply layer plain or vanilla Greek yogurt with red and blue berries, topped with your favorite granola in small cup (this blogger uses beer flight cups). Try it with our homemade crispy granola.

Red, White & Blue Fruit Kabobs

Want to keep it even simpler? Make fruit kabobs with strawberries, raspberries, blackberries, and blueberries. Alternate with white marshmallows, cubes of angel food cake, or a white fruit like dragonfruit, banana, honey dew or casaba melon. Try it with this chocolate orange dipping sauce.

What are your favorite patriotic desserts?

This article was written by Darlene Christensen, USU Extension associate professor, 435-277-2406, darlene.christensen@usu.edu