



8 INDULGENT (YET KINDA HEALTHY) TREATS FOR THOSE DAYS WHEN YOU REALLY NEED A PICK-ME-UP

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- 1. NUTELLA DIPPERS:** DIP SLICED PEACHES, BANANAS, STRAWBERRIES OR APRICOTS INTO WARM NUTELLA.
- 2. ALMOND JOY SUNDAES:** SPRINKLE TOASTED ALMONDS AND TOASTED COCONUT ON CHOCOLATE FROZEN YOGURT.
- 3. FROZEN SUGARED GRAPES:** RINSE GRAPES THEN ROLL THEM IN GRANULATED SUGAR. FREEZE FOR 2 HOURS.
- 4. GRILLED PINEAPPLE WITH COCONUT CREAM CHEESE:** GRILL PINEAPPLE SPEARS OVER HIGH HEAT FOR 10 MINS. MIX $\frac{1}{2}$ TSP. COCONUT EXTRACT AND 2 TBSP POWDERED SUGAR INTO CREAM CHEESE. DIP PINEAPPLE INTO CREAM CHEESE.
- 5. VIETNAMESE ICED COFFEE:** MIX $\frac{1}{2}$ CUP SWEETENED CONDENSED MILK WITH 1 CUP BREWED AND CHILLED COFFEE. STIR WELL.
- 6. SIMPLE BERRY SHORTCAKES:** SPRINKLE REFRIGERATED BISCUIT DOUGH WITH CINNAMON AND SUGAR AND BAKE ACCORDING TO THE INSTRUCTIONS. TOP WITH SLICED STRAWBERRIES OR OTHER BERRIES AND GREEK YOGURT.
- 7. CHOCOLATE DIPPED STRAWBERRIES:** MELT $\frac{1}{2}$ CUP OF SEMI-SWEET CHOCOLATE CHIPS IN THE MICROWAVE. DIP CLEAN (DRY) STRAWBERRIES INTO CHOCOLATE AND LET HARDEN ON WAX PAPER.
- 8. TEN MINUTE POPOVERS:** SPREAD JAM (ANY FLAVOR) ON A SHEET OF PHYLLO DOUGH AND FOLD OVER. BAKE FOR 10 MINUTES AND SPRINKLE WITH POWDERED SUGAR.