

Thank you for your interest in The Healthy Husband Cookbook. Here are your five, free, sugar free desserts, your bonus for signing up for our Tips and Tricks. Find more information about the How To Cook Healthy In A Hurry series of cookbooks at www.HelenCassidyPage.com.

Now enjoy these easy, scrumptious healthy desserts with my compliments.

Bon Appetit, Helen

Watermelon Blueberry Frozen Yogurt

A naturally sweet, refreshing treat when the days are hot and the melons are luscious and ripe.

2 cups very ripe, very sweet seedless watermelon
1 cup Greek style yogurt, plain, nonfat
1 very ripe banana
¼ cup dried blueberries
1/2 teaspoon vanilla liquid Stevia if desired for added sweetness

Place the watermelon, yogurt and banana in a blender and puree until smooth.

Stir in the blueberries. Taste and add Stevia if you desire more sweetness.

Process in an ice cream maker and freeze until firm before serving. The texture will be more like soft serve ice cream.

Makes about 2 ½ cups

Oatmeal Cranberry Raisin Cookies

Oatmeal cookies are never overly sugary. But here, the raisins, cranberries and applesauce added a toothsome sweetness.

- 1 cup whole wheat flour
- 1 cup oatmeal, not instant
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 cup raisins
- 1/4 cup dried cranberries
- 1/4 cup finely chopped walnuts
- 1 cup naturally sweetened applesauce
- 1/4 cup cold water
- 1/3 cup canola oil
- 2 eggs
- 1 teaspoon vanilla

Preheat the oven to 375 degrees F

Spray a baking sheet with a light film of cooking spray. Or, use a Silpat™ baking cover.

Blend the dry ingredients in mixing bowl. Mix in the raisins, cranberries, walnuts, applesauce, water, oil, eggs and vanilla. Mix well. Drop by teaspoonful onto the prepared oiled baking sheet.

Bake at for 10 to 15 minutes or until browned.

Makes approximately 2 dozen cookies, depending on the size.

Passionfruit Parfait

Passionfruit is the healthy eater's gift from the gods. Naturally sweet, it compliments fruit, angelfood cake and frozen desserts. Use it as a sauce as I do here, incorporate it into a recipe or just cut it in half, grab a spoon and dig in.

4 ripe passionfruits
2 cups Greek style unflavored yogurt
1 cup fresh raspberries

Half the passionfruits and scoop the pulp into a small bowl. Stir until thick and smooth. Cover and chill until ready to serve

At serving time, divide the yogurt into individual serving bowls. Spoon the passionfruit puree over the yogurt and garnish with the raspberries.

Serves 4

Frozen Mango Mash

Want a dessert on a stick? Spoon the mash into Popsicle molds and freeze before serving, or just spoon into a dish and dig in.

2 bananas

1 1/2 cups fresh orange juice from sweet oranges such as Valencias

2 cups chopped mango fresh or frozen

Liquid Stevia to taste if desired

Place all the ingredients in blender and puree until smooth. Taste for additional sweetening if desired. Distribute evenly into 4 to 6 Popsicle molds depending on their size and freeze for 2 hours before serving.

Sweet Blueberry Smoothie

There are no rules about bowls and plates being the natural home of desserts. Why not whip up a delectable smoothie to satisfy your sweet tooth, especially when naturally sweet and healthy fruits are in season?

- 1 cup plain, unflavored Greek style yogurt
- 1 cup fresh blueberries, washed, stems removed
- 1/4 cup lowfat milk
- 1 teaspoon honey
- 1/2 cup ice cubes

Place all ingredients in a blender and puree until smooth.

Serves 2