

HEALTHY
HELPING!

A month of

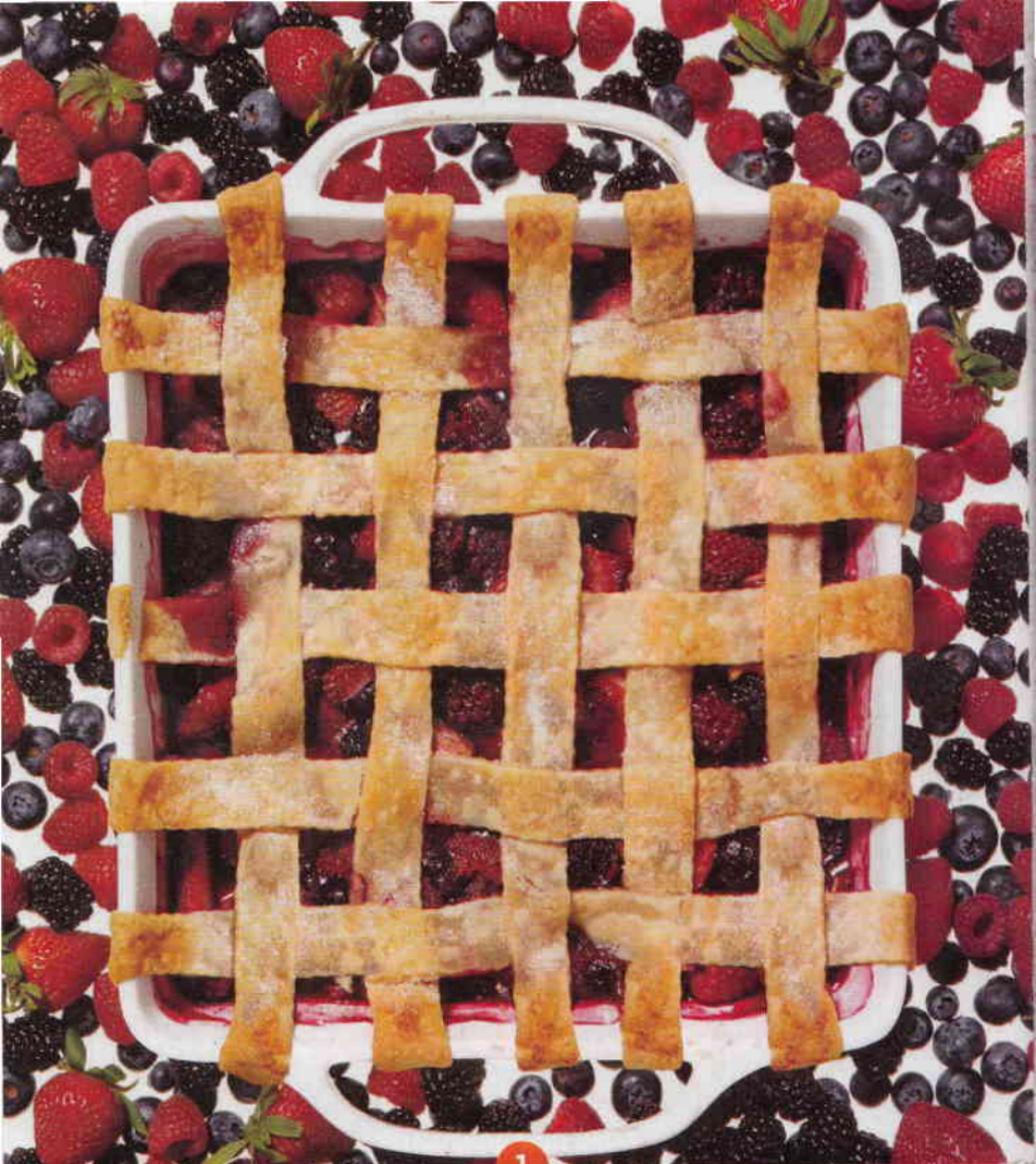
FRUIT DESSERTS!



Move over fruit salad!

It's time to indulge in delicious treats starring what's ripe right now. The best part: These 31 easy-to-make recipes are all just 300 guilt-free calories or less.

RECIPES BY JACKIE NEWGENT, RDN
PHOTOGRAPHY BY PETER ARDITO



1

MIXED BERRY LATTICE COBBLER

1 refrigerated piecrust • 4 cups mixed berries • 2 tbsp. plus 1 tsp. sugar • 1½ tbsp. cornstarch • ¼ tsp. ground cinnamon • ⅓ tsp. salt • vanilla frozen yogurt → Unroll piecrust; trim into 8-inch square; cut into 10 strips. Place berries in 8-inch-square baking dish; sprinkle with 2 tbsp. sugar. In small bowl, whisk cornstarch, cinnamon, salt and ¼ cup boiling water until cornstarch dissolves; drizzle over berries. Arrange dough strips in a lattice pattern on top of berries. Brush dough with water and sprinkle with remaining 1 tsp. sugar. Bake at 375° until crust is golden and filling is bubbling, about 1 hour. Let stand 15 minutes. Serve with frozen yogurt. Serves 6.



13

SPICY MANGO PANNA COTTA

$1\frac{1}{2}$ cups chopped mango • 1 cup milk • 1 envelope gelatin • 2 cups heavy cream • 3 tbsp. (packed) light brown sugar • 1 tsp. pure vanilla extract • $\frac{1}{8}$ tsp. ground cardamom • a pinch salt • 2 tbsp. fresh lime juice • minced serrano chiles, for garnish ➔ In blender, puree $\frac{3}{4}$ cup mango and $\frac{1}{2}$ cup milk. Pour remaining $\frac{1}{2}$ cup milk into saucepan. Sprinkle with gelatin and let sit until gelatin softens, about 5 minutes. Heat over medium, stirring until gelatin dissolves and milk comes to a simmer. Add mango mixture, cream, sugar, vanilla, cardamom and salt. Cook, stirring, until sugar dissolves. Divide among 10 four-oz. ramekins coated with cooking spray. Cover and refrigerate until set, 5 hours or overnight. Puree remaining $\frac{3}{4}$ cup mango, $\frac{1}{4}$ cup water and lime juice. Run knife around edges of ramekins; invert onto plates, drizzle with mango puree and garnish with chiles. Makes 10.



14

BLACK MISSION FIG CHEESECAKE

10 oz. Neufchâtel (or light cream cheese), at room temperature • 3 tbsp. sugar • $\frac{1}{4}$ tsp. pure vanilla extract • 1 egg • 2 egg whites • 9-inch graham-cracker piecrust • 10 figs, thinly sliced • 2 tsp. fresh lemon juice • 2 tsp. honey • $\frac{1}{8}$ tsp. salt • orange zest → Using an electric mixer, beat Neufchâtel, sugar and vanilla until smooth. Add egg and egg whites; beat until smooth. Pour half the mixture into crust; top with a layer of sliced figs and remaining Neufchâtel mixture. Bake at 325° until center is almost set, about 50 minutes. Cool, then refrigerate until cold, about 4 hours. In bowl, whisk lemon juice, 1 tsp. honey and salt; toss with remaining figs. Top cheesecake with fig mixture, remaining 1 tsp. honey and orange zest. Serves 8.



24

WATERMELON PUDDING TART

1½ cups ground vanilla wafer cookies • 4 tbsp. butter, melted • 2 tbsp. applesauce • 2 eggs • 3 tbsp. cornstarch • 3 tbsp. sugar • ¼ tsp. salt • 3 cups diced seedless watermelon • whipped cream → Coat 9-inch tart pan with removable bottom with cooking spray. In medium bowl, mix ground cookies, butter and applesauce; press onto bottom and up sides of pan. Bake at 350° until golden, about 30 minutes. Cool crust in pan on rack. In heatproof bowl, whisk eggs, cornstarch, sugar and salt. In blender, puree watermelon; strain into a medium saucepan, pressing on solids. Bring watermelon juice to simmer over medium-high; gradually whisk into egg mixture. Return to saucepan. Simmer over medium-low, whisking constantly, until mixture thickens, about 1 minute. Spread evenly in crust. Tent tart with foil and refrigerate until cold, about 4 hours. Top with whipped cream. Serves 8.



25

PEACHES & CREAM CAKE

1½ cups flour • 2 tsp. baking powder • ¾ tsp. salt • 1 cup sugar • 1 stick butter, at room temperature • 5 egg whites • 1½ tsp. pure vanilla extract • ⅔ cup coconut milk beverage, such as So Delicious • 2 large peaches (about 10 oz. total), pitted and diced • whipped cream → Line bottom of 8-inch round cake pan with parchment. In medium bowl, whisk flour, baking powder and salt. Using an electric mixer, beat sugar and butter on low until smooth. Add egg whites and vanilla; beat on medium until thick, about 1 minute. Add coconut milk beverage and half the dry ingredients; beat on low 30 seconds. Add remaining dry ingredients and beat on low 30 seconds, then on medium until blended, about 30 seconds more. Fold in three-quarters of the diced peaches; refrigerate the rest. Transfer batter to pan. Bake at 325° until a toothpick inserted into the center comes out clean, about 1 hour. Cool cake in pan on rack. Run knife around pan edges to release cake. Invert onto plate; peel off parchment. Spread top of cake with whipped cream; garnish with the remaining diced peaches. Serves 12.