

Seven Remarkable Summer Fruit Desserts

Summer is here, which means that many kinds of fruit are at the very peak of their season. So how can you best celebrate the joys of summer fruit? Check out these simple and healthy fruit desserts. They're cold, refreshing, and totally delicious.



1. Watermelon Cake - No, you don't have to turn on your oven for this one. Start by simply slicing a large watermelon into thick, horizontal rings. Take one of the largest rings, remove the rind, and place it on a platter. Top with berry compote and rings of fresh berries and you will have a gorgeous dessert that is sure to please a crowd.

2. Watermelon Cookies - Not in the mood for "cake?" Slice your watermelon into 1/2 inch thick rings and cut them into round shapes with your favorite cookie cutters. Arrange a layer of these "cookies" on a plate and top them with chocolate chips.



3. Summer Fruit Kabobs - Slice pieces of your favorite fruits into chunks and thread them onto bamboo skewers. Place the skewers on a platter and serve them with a side of nonfat yogurt.

Our favorite type of yogurt to serve with these skewers is 0% fat Greek yogurt.

4. Tutti Frutti - Dice five to six cups of your favorite fruits, toss with fresh-squeezed lime juice, and serve. This one looks especially pretty when served in tall glasses.



5. Peachy Fruit - Another dish that looks fantastic in tall glasses (or even champagne flutes), Peachy Fruit is made of chopped fresh fruit served on top of peach puree and topped with finely shredded mint leaves. If you don't have your

own supply of fresh peaches, don't worry -- peach baby food makes the perfect sauce!

6. Strawberry Sparklers

Just because the Fourth of July is over doesn't mean that you can't still have sparklers! Begin by melting reduced fat cream cheese into a small dish or ramekin in the microwave. Then fill a plate with your favorite fresh berries. Arrange another plate with goodies like ground dried pineapple, ground dried cranberries, ground pistachios, ground almonds, and ground chocolate chips. Dip the berries in the cream cheese, then roll them in your favorite toppings. You can also dip the berries ahead of time and simply present the finished sparklers to your guests.



7. Berry Mango Tostada

Who says tostadas need to be heavy and savory? This light, sweet dessert is a perfect way to end a meal. Spray a corn tortilla with cooking oil spray and dip it in cinnamon sugar. Arrange the dipped tortillas on a baking sheet and bake at 375 until they're all golden brown. Once tortillas have cooled, place them in the freezer. When ready to serve, place berries and mango sorbet on a plate and top with a cooled tortilla.



Serious Calorie Savings

One slice of watermelon cake weighs about 8.5 ounces and has just 75 calories. It contains <1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 2 mg sodium, 18 g carbohydrate, 1 g fiber, 15 g sugars and 1 g of protein. An 8 ounce slice of chocolate cake with chocolate frosting, on the other hand, has 832 calories. It contains 37 g fat, 10 g saturated fat, 1 g trans fat, 95 mg cholesterol, 758 mg sodium, 123 g carbohydrate, 1 g fiber, and 9 g protein. The ENTIRE watermelon cake has only 450 calories, which is still about half the calories in a single slice of that chocolate cake. So... which will you choose?