



SWEET TREATS TO BEAT THE HEAT

Summer is here and the temperatures are rising. As the days get hotter, cooking is less appealing than binging on ice cream or a cold berry mojito. But have no fear. Here are some healthier recipes for cold treats that can satisfy your sweet tooth.



LOW-CAL STRAWBERRY LIMEADE

INGREDIENTS

1½ cups strawberries
¾ cup fresh lime juice
1½ teaspoons sweetener (such as stevia)
5 cups water
ice

INSTRUCTIONS

Blend the strawberries and lime juice until smooth then stir in sweetener and water. Either blend in the ice for a smoothie or serve chilled with ice.



FROYO BITES

INGREDIENTS

- 4½ cups of plain or vanilla low-fat Greek yogurt
- 2 tablespoons honey
- 1½ cup strawberries (or fruit of choice)
- muffin cup liners
- ½ cup of protein granola

INSTRUCTIONS

Place liners in a muffin tin. Add a small bit of the granola at the bottom of each muffin liner. In a small bowl, mix the Greek yogurt with the honey. Spoon into the muffin liners. Top with fresh-cut berries. Freeze for about 6 hours or until firm.



CHOCOLATE PROTEIN POPSICLES

MAKES 6 POPSICLES

INGREDIENTS

- 1 can of coconut milk
- 1/2 cup of dark chocolate chips
- 2 scoops of chocolate protein powder

INSTRUCTIONS

On the stove melt the chocolate chips and coconut milk. In a bowl mix in the protein powder and melted chocolate chips combination. Using a popsicle mold, add the mixture and popsicle sticks. Freeze for 6-8 hours.



CHOCOLATE PEANUT BUTTER ICE CREAM

SERVES 3

INGREDIENTS

- 2 whole bananas
- 1 scoop of chocolate protein powder
- 2 tablespoons of peanut butter

INSTRUCTIONS

Freeze overnight the two peeled, sliced bananas. The next day blend the frozen bananas until almost smooth. Add the protein powder and peanut butter and blend again. Place mixture in a large container and freeze for an additional 30 minutes before eating.