



## DESSERT RESOURCE GUIDE

This great resource provides easy, portioned dessert options. To add a dessert to your plan, simply substitute one of the following options in place of a snack. Each option has approximately 100 calories. Enjoy!

### BLUE BUNNY®

- 100 Calorie Fudge Bar
- ½ cup Sherbet (Pineapple, Orange, Strawberry, Lime, or Rainbow)
- ½ cup All Natural Strawberry Banana Frozen Yogurt
- ½ cup All Natural Frozen Chocolate Vanilla Swirl
- ½ cup All Natural Vanilla Bean
- ½ cup No Sugar Added Fat Free (Caramel Toffee Crunch, Vanilla, Brownie Sundae)
- ½ cup Sweet Freedom Ice Cream (Butter Pecan, Chocolate, Cherry Vanilla, Double Strawberry,
- 1 Sweet Freedom Ice Cream Bar Krunch Lites
- 1 Sweet Freedom Snack Size Raspberry & Vanilla Swirls Ice Cream Bar
- 1 Sweet Freedom Snack Size Caramel & Vanilla Ice Cream Bar
- 1 Sweet Freedom Black Raspberry Ice Cream Bar
- 1 Sweet Freedom Snack Size Variety Ice Cream Sandwich
- 1 Sweet Freedom Snack Size Vanilla Ice Cream Cone

### BREYERS®

- ½ cup No Sugar Added Ice Cream (Vanilla, Butter Pecan, or Neopolitan)
- ½ cup 1/2 the Fat Vanilla or Chocolate
- Lactose Free Vanilla or Chocolate

### CHOCOLATE

- 20 pieces of Ghiradelli® 60% Cocoa Bittersweet Chocolate Baking Chips
- ½ Hershey's Bar® (Milk Chocolate, Special Dark, Air Delight, Cookies n' Crème, Milk Chocolate with Almonds)
- 3 pieces Simple Pleasures® (any flavor)
- 2 pieces Dove® Promises (any flavor)
- ½ Dove Chocolate Bar

### CURVES®

- Cool Mint Chocolate Miracle 100-Calorie Snack Bar
- Caramel Peanut Paradise 100-Calorie Snack Bar
- Oats & Chocolate Berry Bliss 100-Calorie Snack Bar

### EDY'S®

- 1 Outshine Fruit Bar (acai-blueberry, cranberry, grape, lemon, lime, mango, pineapple, pomegranate, strawberry, or tangerine)
- 1 Outshine Coconut Waters with banana or pineapple

### HOMEMADE

- ½ cup plain fat-free yogurt mixed with:
  - ¼ cup peaches
  - 1 tsp vanilla extract
  - 1 tsp honey
- ½ cup plain fat-free yogurt mixed with:
  - 1 Tbsp PB2
  - ½ Tbsp cocoa powder
  - 1 tsp sugar
- 1 ½ cups Almond Coconut Almond Breeze®
- 2 cups Chocolate Unsweetened Almond Breeze®
- Chocolate Peanut Butter Milk
  - 1 cup Chocolate Unsweetened Almond Breeze®
  - 2 Tbsp PB2
  - 1 tsp cocoa powder
  - Blend all ingredients
- Cinnamon n' Sugar Crisp
  - 1- 6" corn tortilla
  - Spray lightly with cooking spray
  - Sprinkle 2 tsp sugar and 1-2 tsp cinnamon on top,
  - Broil in oven until crispy
- Cinnamon n' Sugar Popcorn
  - 3 cups air popped popcorn
  - Spray lightly with cooking spray
  - 2 tsp sugar
  - 1-2 tsp cinnamon
- One S'more
  - 1 graham cracker (4 small squares)
  - 1 regular marshmallow
  - 2 small rectangles from Hershey chocolate bar
- Mini Crisp
  - ½ cup baked apples or peaches (microwave or oven baked)
  - Sprinkle with 1 tsp cinnamon and 1 tsp sugar
  - Crumble 2 Tbsp of your favorite Kashi® cereal on top

### JELL-O®

- Packaged Pudding (Cinnamon Rice, Vanilla, Butterscotch, Banana Split)
- ½ cup Instant Pudding (Chocolate Fudge, Vanilla, Cheesecake, Butterscotch, Banana Cream, Coconut Cream, Flan, French Vanilla, Lemon, Pistachio, Pumpkin Spice, White Chocolate)
  - Tip: brown 1 tsp sugar on top of pudding for a Crème Brûlée-like experience!
- Temptations (Double Chocolate Pie, French Silk Pie, Key Lime Pie, Lemon Meringue Pie)

### KASHI®

- TLC Oatmeal Raisin Flax cookie (1)

### KEEBLER®

- 100 Calorie Right Bites (any flavor)

### KLONDIKE®

- 100 Calorie Vanilla or Chocolate Sandwich
- 100 Calorie Stickless Vanilla Bar
- 100 Calorie English Toffee Stick
- 100 Calorie French Vanilla Stick

### KOZY SHACK®

- 1 No Sugar Added Pudding (Rice, Tapioca, or Chocolate)

### MOTHER'S COOKIES®

- 2 Iced Lemonade Cookies
- 2 Iced Oatmeal Cookies

### NABISCO®

- 100 Calorie Packs
- Mister Salty Milk Chocolate Pretzels
- Mister Salty Yogurt Flavored Pretzels
- Lorna Doone
- Fudge Petites Shortbread
- Oreo Thin Crisps
- Oreo Mini Cakesters
- Oreo Golden Minis
- Oreo Snack Cakes
- Honey Maid Cinnamon Roll Thin Crisps

### SKINNY COW®

- 2 Mini Fudge Pops
- 1 Bar (Fudge, Chocolate Truffle, Caramel Truffle, Cookies n' Cream, Pretty in Pink Velvet Truffle)

### VITALICIOUS®

- 1 VitaTop
- 1 100 calorie VitaMuffin
- 2 VitaCakes
- 1 VitaBrownie

### WONKA®

- Laffy Taffy Rope (Banana, Strawberry, Sour Apple, Cherry)
- 7 Pixy Stix Straws
- 9 pieces Gobstoppers
- 8 pieces Bottle Caps
- 9 pieces Shockers
- 8 pieces Sprees
- 8 pieces Sweet Tarts

### YOPLAIT®

- 1 Honey Caramel Greek Frozen Yogurt Bar
- ½ cup Original Frozen Yogurt (Vanilla, Strawberry, Strawberry-Banana, Blueberry)
- Smoothie (Triple Berry, Strawberry Mango Pineapple, Strawberry Banana, Chocolate Strawberry)