SUGAR SWAPS
healthier options for sweetness

Fruit Juice Spritzer
mix sparkling water, a splash of 100% fruit juice, and fresh berries

DIY Yogurt Parfait
flavor plain yogurt with fruits, nuts, and seeds

Homemade Fruit Sorbet
blend fruits until puréed, then freeze 1 to 2 hours

Banana Oatmeal
mash a ripe banana, then mix it into plain oatmeal

Apples with Date Caramel
soak dates for at least 1 hour in hot water, then blend to create a sweet dip

Pancakes with Fruit Compote
simmer bite-sized pieces of fruit until soft, then serve atop whole grain pancakes