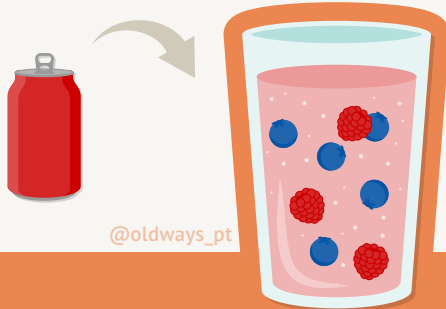


SUGAR SWAPS

healthier options for sweetness

soda



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Fruit Juice Spritzer

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



cookies and cream yogurt

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DIY Yogurt Parfait

flavor plain yogurt with fruits, nuts, and seeds



ice cream

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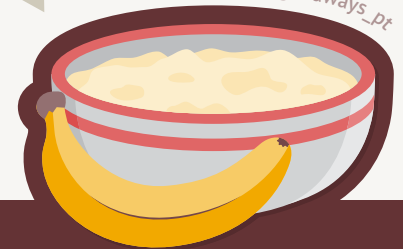
Homemade Fruit Sorbet

blend fruits until puréed, then freeze 1 to 2 hours



sugar-sweetened oatmeal

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Banana Oatmeal

mash a ripe banana, then mix it into plain oatmeal



apples with caramel sauce

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Apples with Date Caramel

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



pancakes with syrup

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Pancakes with Fruit Compote

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