





Yes, You Can Eat These Desserts!

Forget food deprivation. These delicious treats are good for you... and you won't feel a crumb of remorse.

DESSERT	RECIPE	BENEFITS	CALORIES SAVED
CHOCOLATE BANANA FREEZE 	Roll a firm banana in 1 ounce of melted dark chocolate , then in 2 tablespoons of chopped nuts , such as walnuts or peanuts. Freeze until the chocolate hardens.	Heart-healthy potassium and omega-3s, plus disease-fighting antioxidants. <i>Bonus:</i> Dark chocolate eases inflammation.	Up to 300, compared with a banana split.
GRILLED PEACH MELBA	Cut a fresh peach in half and remove the pit. Grill or broil on each side for 5 minutes. Top with 4 ounces of fat-free frozen vanilla yogurt , and drizzle with 1 tablespoon of warmed all-fruit raspberry spread.	Fiber for good digestion, vitamins A and C, calcium—and gourmet taste with no fat.	At least 250, compared with a fruit tart à la mode.
JUICY BAKED APPLE	Core a baking apple (Rome, Cortland), put 2 teaspoons of raisins in the center and pour a bit of unsweetened cherry or pomegranate juice over the apple. Cover with foil, and bake at 350°F for 35 to 45 minutes.	Fiber, vitamin C, iron, potassium and antioxidants.	About 150, compared with a slice of apple pie.
SUPER SOY SMOOTHIE 	Put 8 ounces of vanilla-flavored soy milk , 1 cup of cut-up fruit of your choice, 1 tablespoon of ground flaxseeds and a few ice cubes into a blender, then whip until frothy.	Protein from soy, antioxidants from berries and cancer-fighting <i>lignans</i> from flaxseeds.	About 200, compared with a milk shake.
YUMMY YOGURT PARFAIT	Spoon 1 cup of low-fat whipped or regular yogurt (with "live and active cultures") into a tall glass, layering it with ½ cup of berries and a handful of whole-grain cereal , such as Kashi GoLean.	Calcium and protein, plus improved intestinal health and digestion from the cultures and fiber.	Up to 250, compared with flan or crème brûlée.

Bottom Line/Women's Health interviewed Lisa R. Young, PhD, RD, adjunct professor of nutrition at New York University. She is in private practice in New York City and is the author of *The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating and Losing Weight Permanently* (Broadway), www.portionteller.com. She also is a member of the Bottom Line/Women's Health advisory board.