

Summer Sherbet

Ingredients

- 3 cups frozen cherries
- 1/2 cup plain nonfat Greek yogurt
- 1 tablespoon raw honey

Instructions

1. Add all ingredients into a blender.
2. Blend until well combined.
3. Pour the mixture into a freezer safe container.
4. Freeze for two hours.

View the recipe video on YouTube here: <https://youtu.be/XVofhuzl7pw>

Sweet Potato Nachos

Ingredients

- 3 medium sweet potatoes, peeled and sliced into 1/4-inch rounds
- 1 TBSP olive oil
- 1 TSP chili powder
- 1 TSP garlic powder
- 1 1/2 TSP paprika
- 1/2 cup black beans, rinsed and drained
- 1/4 cup green pepper, chopped
- 1/3 cup reduced-fat, shredded cheddar cheese
- 1 small tomato, chopped
- 1-2 jalapenos, sliced (optional)
- 1-2 green onions, chopped
- 1/2 avocado, chopped

Instructions

1. Preheat oven to 425. Line baking pans with foil or use nonstick cooking spray.
2. In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pans. Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans, green pepper and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato, jalapeno, green onions and avocado. Enjoy!

Berry Banana Smoothie

Ingredients

- 1 cup frozen berries, such as blueberries and strawberries
- 1 medium banana, frozen if possible
- 3/4 cup nonfat vanilla yogurt
- 1 cup milk or unsweetened almond milk
- 1 cup spinach
- 1 TBSP ground flaxseed or chia seeds
- 2-3 ice cubes

Instructions

1. Add all ingredients to a blender and pulse until smooth. Serve immediately.