Make fruit the centerpiece for a yummy dessert. Serve desserts that don’t exceed 175 calories, do incorporate whole-grain fiber as a main ingredient, and are made with healthy fats.

Try these healthy fruit-focused dessert ideas that taste great, are easy to prepare, and meet Kaiser Permanente’s Healthy Picks criteria:

- Baked Apples with Cinnamon and Raisins
- Berries Topped with Greek Yogurt and Cacao Nibs
- Cherries with Low-fat Ricotta and Toasted Almonds
- Dates Stuffed with Almonds
- Fruit Kabobs
- Grilled Pineapple or Peach Halves
- Poached Pears
- Roasted Bananas with Walnuts
- Seasonal Fruit Compote
- Sliced Oranges with Almonds and Ginger
- Strawberries Dipped in Dark Chocolate
- Balsamic Glazed Figs

Desserts are meant to be a treat, something to have on occasion. When the event calls for it, there are delicious ways to cap off a healthy catered meal with an equally healthy and tasty dessert.