

— MY FAVORITE FLAVOR IS —  
***SWEET***

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Satisfy your sweet tooth without all that added sugar.



## STRAWBERRY YOGURT POPS

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Mix **1 cup** low-fat strawberry yogurt with **6** chopped strawberries. Use an ice tray or paper cups as a mold, and pour in yogurt mixture. Cover tray or cups with plastic wrap or tin foil, and add craft sticks. Freeze about **4 hours or until firm**.



## SWEET POTATO FRIES

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Preheat your oven to **425°F**. Slice a large sweet potato into roughly **½ inch** thick fries. Coat fries in a mixture of **¼ cup** egg whites and **1 teaspoon** nutmeg. Space them out on a baking sheet, and bake for about **25 minutes**, or until they turn crispy and brown. Serve hot with a dip like hummus.



## APPLESAUCE WITH CINNAMON

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Unsweetened applesauce is a yummy sweet treat by itself. It can also be used as a topping for pancakes. Sprinkle with a little cinnamon for extra flavor!