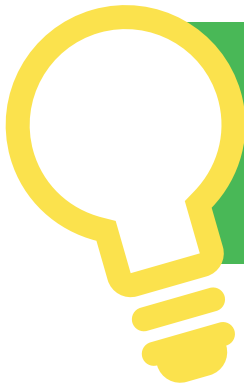


Dessert Challenge:

Try different fruit combinations as dessert for one week. Get your whole family to help come up with healthy combinations.

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



IDEAS:

- Mix fresh and dried fruits
- Use honey for a little extra sweetness
- Try spices such as cinnamon, ginger, and nutmeg

