

Healthy Frozen Dessert Recipes to Keep You Cool This Summer

Tart Lemon Sorbet

Who doesn't crave a tall, ice cold glass of lemonade during the summer? This recipe takes lemonade and turns it up several refreshing notches. There is honey included in this recipe to cut some of the tartness of the lemon, however you will find it to be just as refreshing and delicious without.

Serves: 4

Ingredients

- 2 cups sugar free sparkling lemon water
- 1 cup fresh squeezed lemon juice
- 1 tablespoon vanilla extract
- 2 teaspoons fresh lemon zest
- 1 teaspoon fresh grated ginger
- 1 tablespoon honey (optional)

Directions

1. Add all ingredients to a bowl, omitting the honey if desired. Mix well and place in the refrigerator to chill for at least one hour.
2. Once mixture is well chilled, transfer to an ice cream maker and proceed per manufacturer's instructions.
3. Chill the finished product for several hours before serving.

Frozen Cherry Lemonade

This frozen cherry lemonade is so much tastier and healthier than premade frozen slushies. With a dash of tartness and a bit of sweetness, this could become your favorite summer drink.

Serves: 2-4

Ingredients

- 3 cups fresh or frozen cherries, pits removed
- 1 tablespoon sugar-free powdered lemonade mix
- 2 cups naturally flavored lemon sparkling water
- 1 tablespoon fresh lime juice
- 2 teaspoons fresh lime zest
- 2 cups ice
- Lemon wedges for garnish

Directions

1. Place the cherries in a blender and set aside.
2. Mix the powdered lemonade mix with the sparkling water. Stir to dissolve completely.
3. Add the lemon sparkling water, lime juice, and lime zest to the blender. Mix briefly to incorporate the ingredients together.
4. Add the ice and blend until slushy in texture.
5. Transfer to well-chilled glasses and garnish with fresh lemon.

French Vanilla Cream Pop

Absolutely one of the simplest recipes for a classic flavored treat. This is pure simplicity at its finest.

Serves: 4

Ingredients

- 2 cups unsweetened coconut milk
- 1 cup sugar free vanilla yogurt
- 2 tablespoon sugar free vanilla pudding mix
- 1 vanilla bean, insides only

Directions

1. Place all of the ingredients in a blender and blend until creamy.
2. Transfer the mixture to the ice pop molds and place in the freezer.
3. Freeze for at least 4 hours or overnight for best results.

Frozen Yogurt Covered Strawberries

More refreshing than traditional chocolate-covered strawberries, these elegant strawberries have the perfect amount of sweetness and are cool for an easy summer treat.

Serves: 6-8

Ingredients

- 24 whole large fresh strawberries
- 1 ½ cup sugar free vanilla Greek yogurt
- 1 teaspoon orange extract
- ½ cup crushed pretzel pieces

Directions

1. Begin by washing the strawberries and lining a baking sheet with parchment paper.
2. Place the whole strawberries in the freezer for one hour to thoroughly chill.
3. Combine the Greek yogurt and orange extract in a bowl.
4. Dip each strawberry in the yogurt and immediately dip the tip in crushed pretzels.
5. Place back on the baking sheet and return to the freezer.
6. Freeze for at least 4 hours, or overnight for best results.

Chocolate Peanut Butter Madness Frozen Mousse

Pure cocoa butter adds a rich, extremely creamy texture to this frozen mousse. The nutty, slightly butter flavor perfectly complements the peanut butter in this dish.

Serves: 4

Ingredients

- 1 can unsweetened coconut milk
- 1 cup food grade cocoa butter, cut into small pieces
- ½ cup no sugar added creamy peanut butter
- 1 tablespoon dark cocoa powder
- 1 teaspoon vanilla extract
- ¼ peanuts, chopped

Directions

1. The day before, place the can of coconut milk in the refrigerator and allow to chill overnight.
2. Remove the thick coconut cream that has risen to the top of the can and place in a saucepan. Add the peanut butter, cocoa powder and vanilla extract. Heat over medium heat until creamy and bubbly.
3. Put the cocoa butter into a bowl and pour the peanut butter mixture over the top of it.
4. Stir until creamy and cocoa butter is completely melted.
5. Pour into serving glasses and place in the freezer for at least 4 hours.
6. Garnish with chopped peanuts before serving.

***These recipes and more are found in Louise Davidson's *Healthy Frozen Dessert Recipes: Ice Pops, Slushes, Sorbet, Treats on Sticks, Frozen Yogurt, Frozen Drinks, Pies, Bars, Parfaits and More*. To get your own copy, click on the cover below or click [here](#).

