You Scream, I Scream, We all Scream for Ice Cream !!

This is going to shock everyone that knows me and it sounds crazy coming from a doctor who is super health conscious and who wrote a book about nutrition, but I love dessert, especially chocolate. **I mean really love it!** I rarely eat dessert and I rarely bake or make desserts, but when I do, I really enjoy it.

I always serve fruit with everyone's meal and consider this dessert. My boys are not huge milk drinkers, so as they got into their preteen and teen years, I had to come up with some way to get more calcium and vitamin D into their diet. Kids between the ages of nine and twenty years old need four servings of calcium/vitamin D/dairy foods per day. The answer: Frozen Yogurt!!! I buy the fat-free frozen yogurt and almost every night before bed everyone gets a small bowl.

Aside from that, I have a few desserts that I will make on occasion. For birthdays I make or buy whatever cake the birthday boy or girl wants. Boston Cream Pie for Jacob, Cold Stone Creamery Peanut Butter and Chocolate Ice Cream Cake for Zack, and AJ's Chocolate Fudge Cake for me.

Why in the world am I telling you all this? I have heard the complaint that I am a little militant about what I eat (after all, I am vegetarian and gluten-free). So, for the next few weeks, I thought I would share a few fun and healthy dessert recipes with you and let you know that there is a time and place for everything. Dessert certainly has its place in my heart (and stomach)! I hope you enjoy the recipes. For more great recipes, check out my book, *An Apple a Day the Doctor's Way.*

Jacob and Erica making Christmas cookies.

Registration on or use of this article constitutes acceptance of our
User Agreement and Privacy Policy.
© 2015 by An Apple a Day the Doctor's Way. All Rights reserved. Recipes may not be reproduced, distributed, transmitted, cached or otherwise used, without prior written consent from Dr. Karen Prentice and
An Apple a Day the Doctor's Way