

Mother's Day Desserts

RECIPE 1: Chocolate-Covered Strawberries

One 3.5-oz. bar of 70% or higher dark chocolate (purchase two bars if you plan to dip more than one dozen berries)

One 16-oz. package of strawberries

Chopped nuts and/or coconut (optional)

Roughly chop the chocolate into pieces and gently melt it using a double boiler.

Wash and dry strawberries thoroughly. Holding the strawberry by the stem, dip one by one in the melted chocolate and carefully place on parchment paper.

Let the chocolate-dipped berries set for 1-2 minutes and transfer to fridge. For an extra special touch, gently coat the berries in chopped almonds and/or shredded coconut. Refrigerate berries for at least 30 minutes before serving.



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RECIPE 1: Pears Sautéed in Butter with Pecans

2 large, ripe pears of any variety (you know the pear is ripe when it is slightly soft to the touch)

½ cup chopped pecans

2 Tbsp. butter

¼ tsp. cinnamon

½ Tbsp. 100% real maple syrup to sweeten (optional)

Mint or basil and homemade whipped cream for garnish (optional – see berries and cream recipe on following page)

Wash pears, then slice thinly to approximately ¼ inch thickness.

Melt butter in sauce pan over low-medium heat. Be careful not to burn. Add pears to the sauté pan and sprinkle evenly with cinnamon. Gently and constantly stir the pears to evenly cover with the butter and cinnamon. Cook for several minutes until the pears reach a nice golden-brown color.

When pears have reached desired color, add the pecans to the pan. The pears become softer as they cook, so take care to handle them gently. Taste a slice of pear and add maple syrup to desired sweetness.

Transfer to a serving dish or individual dessert plates and serve immediately. Garnish with a sprig of mint or basil. For extra decadence, add a dollop of homemade whipped cream.



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RECIPE 1: Berries and Cream Parfait

1 cup of high-quality, organic heavy whipping cream.

2-4 cups mixed berries of your choice.
Strawberries, blackberries and raspberries make a great combination.

1-2 Tbsp. of 100% real maple syrup

Orange or lime zest for garnish (optional)

Place mixing bowl and beaters (or whisk) in the refrigerator for at least 30 minutes or the freezer for 10 minutes. This allows the cream to whip more quickly and easily. Beat cream on high for about 2-4 minutes or until soft peaks form.

Don't over-whip or you might end up with lumpy or butter-like whipped cream. Once the cream comes close to the desired consistency, drizzle in 1-2 Tbsp. of maple syrup to taste and continue to beat for 20-30 seconds until maple syrup is fully incorporated and soft peaks have formed.

Use wine or parfait glasses and alternate layers of berries with layers of cream.

Top the final layer of cream with lime or orange zest to add a nice touch of color and flavor to the dish.



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