



## Delicious Fruit Desserts



*Mango*



*Raspberry*



*Blueberry & Blackberry*



*Peach*

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501c3 Non-Profit

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*Valeria Burdyka, Pexels*

# Kapur Cuisine™

## Delicious Fruit Dessert Recipes



We use the Ninja Storm Blender (QVC 716-283). This is not an endorsement; we do not have any financial arrangement with QVC. We prefer it because it is a versatile and affordable machine; feel free to use any comparable equipment.

**“Type 2 diabetes is a leading form of disability globally... study found that regularly consuming whole fruits, but not fruit juice, is likely to reduce the risk of developing the condition.”** *Journal of Clinical Endocrinology & Metabolism*, June 2, 2021. [LINK](#)

### Fruit

The Mediterranean diet suggests eating more fruits and incorporating fruit for dessert. According to the MIND diet research, berries consumption was linked to improved memory, reduced inflammation, and a reduction in the rate of dementia and Alzheimer’s disease. When scientists reviewed diet and brain health research, berries soared above all other fruit. Researchers credit the high levels of flavonoids in berries, especially blueberries, with the brain health benefit. Enjoy two or more servings of berries – blueberries, blackberries, raspberries, strawberries – a week for peak brain health; serving size: ½ cup. Below are dessert recipes that incorporate berries. Enjoy.

- Apricots
- Blackberries
- Blueberries
- Dragon Fruit, see page 9
- Kiwi
- Mango
- Peaches
- Raspberries
- Strawberries

To add extra protein to the finished dessert, top each serving with about one tablespoon of unsalted, unfried chopped almonds, cashews, pecans, pistachios, or walnuts.

### Low Sugar Dessert

We use dates as the sweetener in our recipes. If dates are not at hand, use one teaspoon of brown sugar in each recipe. The use of artificial sweeteners is not advised.

### Vegan

Replace buttermilk and milk with *high-quality* plant-based milk (no added sugar and low sodium).



## Edible Flowers, Beautiful Garnish

Cheerful, vibrant, edible flowers provide a burst of flavor and color as a garnish. Make sure the flowers are organically grown and free of dirt and insects. Start with a small quantity, see if they suit your palate, and adjust accordingly.

- **Borage** produces small, blue, star-shaped flowers.
- **Chamomile** flowers lend a slightly sweet, earthy flavor.
- **Dandelion** produces highly nutritious flowers.
- **Honeysuckle** is a fragrant flower with a savory aroma and sweet flavor.
- **Lavender** is a violet flower with a distinctive aroma.
- **Nasturtium** is a brightly colored flower with a savory and peppery flavor.
- **Pansies** come in many colors and have a mild, fresh, and lightly floral flavor.
- **Purslane** produces nutrient-rich flowers.
- **Roses petals** have a floral and slightly sweet flavor; the ones with the sweetest fragrance are likely to have the most flavor.
- **Summer squash** flowers can be eaten raw, stuffed, or fried. If you're picking from a garden, harvest the male flowers, so the squash still grows. The male flowers have a long thin stem and typically grow around the outer edges of the plant.



Borage



Lavender



Purslane



Nasturtium



Pansy



Chamomile



Summer Squash



Dandelion



Honeysuckle

# *Recipes*

***Please note that any fruit used in the recipes below needs to be frozen.***

## **1. Apricot, Serves 2**

2 cups ripe apricots, seeded, chopped, frozen

$\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

1. Place all ingredients, except the garnish, into the Ninja blender bowl.
2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **2. Apricots & Chocolate, Serves 2**

2 cups ripe apricots, seeded, chopped, frozen

$\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **3. Berry, Serves 2**

2 cups blackberries, blueberries, raspberries, or diced strawberries, frozen

$\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds  
1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar  
Cinnamon powder or minced mint leaves for garnish  
About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

#### **4. Berry & Chocolate, Serves 2**

2 cups blackberries, blueberries, raspberries, or diced strawberries, frozen  
 $\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more  
2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds  
1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar  
Cinnamon powder or minced mint leaves for garnish  
About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

#### **5. Kiwi, Serves 2**

2 cups kiwi, peeled, chopped, frozen  
 $\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more  
2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds  
1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar  
Cinnamon powder or minced mint leaves for garnish  
About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **6. Kiwi & Chocolate, Serves 2**

2 cups kiwi, peeled, chopped, frozen

$\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **7. Mango, Serves 2**

2 cups mango, peeled, chopped, frozen

$\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **8. Mango & Chocolate, Serves 2**

2 cups mango, peeled, chopped, frozen

¾ cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **9. Peach, Serves 2**

2 cups peaches, pitted, chopped, frozen

¾ cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **10. Peach & Chocolate, Serves 2**

2 cups peaches, pitted, chopped, frozen

¾ cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired



1. Place all ingredients, except the garnish, into the Ninja blender bowl.
2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **11. Mixed Fruit, Serves 2**

2 cups of any combination of fruits and berries, frozen

$\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

1. Place all ingredients, except the garnish, into the Ninja blender bowl.
2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## **12. Mixed Fruit & Chocolate, Serves 2**

2 cups of any combination of fruits and berries, frozen

$\frac{3}{4}$  cup buttermilk or milk or soy milk or plant-based milk of choice, chilled; may need a bit more

2 tablespoons almond powder or chia seeds or ground flaxseeds, or ground hemp seeds

1 Medjool or three Deglet dates, seeded, minced; or 1 teaspoon brown sugar

Cinnamon powder or minced mint leaves for garnish

About 1 tablespoon of chopped unsalted and unfried nuts of choice, if desired

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2. Pulse until smooth, using long pulses. May need to stop pulsing, scrape the mixture together using a long spoon, and pulse again. May need to add more liquid if the mixture is not smooth enough.
3. Transfer the mixture to serving bowls. Garnish with cinnamon powder or minced fresh mint leaves. Sprinkle chopped nuts if using.

## Let's Go Crazy!

### Spinach

Spinach is rich in vitamins K, C, and A, iron, magnesium, potassium, folate, and fiber, with a low-calorie count. It protects the body from toxins and strengthens the digestive system. Add its rich color and delightful aroma, we had to incorporate it into our fruit desserts. The results were luscious with eye-catching color and an excellent mouthfeel.

Add about ½ cup of minced fresh spinach leaves to any dessert recipes above. Taste the results and adjust the amount of spinach to your taste – a bit less or a bit more. We hope you are as pleased as we were; give it a try and let us know.

### Dragon Fruit

In any dessert recipes above, replace up to ½ cup of the fruit with diced frozen Dragon fruit. It is a beautiful and highly nutritious tropical cactus fruit native to Mexico and Central America. It has an intriguing appearance, hence the name. Three common varieties are yellow skin/white flesh, red skin/white flesh, and more exotic red skin/red flesh.



*Photo Source:* <https://www.friedas.com/the-ultimate-dragon-fruit-guide/>

The edible white or red flesh, with tiny black seeds, has a creamy texture and slightly sweet taste. It contains prebiotic fiber and antioxidants – magnesium, phosphorus, potassium, vitamin A, and flavonoids to promote gut health. The black seeds contain immune system supporting omega-3 and omega-9 fatty acids.

Avoid fruit with bruises or dry leaves. When buying dragon fruit, squeeze it gently; the skin should give a little without being soft or mushy. If the skin feels hard, let the fruit ripen on the counter for a few days. To use the fruit, slice it down the middle, remove the flesh with a spoon, and dice it.

**Note:** Fresh Dragon fruit is seasonal and not readily available in supermarkets; many carry diced frozen Dragon fruit; make sure there is no added sugar or sodium.

## Help EndLocalHunger™

At FamilyGreenSurvival, Inc., a 501c3 non-profit, our mission is to EndLocalHunger™ through the donation of healthy BagOfLife® meals to those facing hunger in our community. Your donation in any amount would be most helpful; every \$ provides a person facing hunger two healthy and tasty BagOfLife® meal servings.

**[DONATE](#)**

**Thank You**

We would appreciate learning about your experience with Kapur Cuisine™ desserts. Your comments and suggestions are most welcome. Please write to:

**[gkapur@familygs.org](mailto:gkapur@familygs.org)**

*I never share credit or desserts. Beverly Sills*

*Dessert doesn't count if you eat under an assumed identity.  
Valerie Harper*



*Mango*