Craving something sweet? This recipe is the perfect dessert. If you don’t have nectarine or pear on hand, be creative and use other fresh fruits.

Desserts are where most of us end up making regretful decisions at the end of a long day. Keep your goals at the forefront of your mind by avoiding sugary desserts and instead enjoying a bowl of this tasty Fruit Dessert!

**What You Need**  
Serves 2

1 white nectarine, chopped  
1 pear, chopped  
1 Tablespoon chopped pecans  
1 Tablespoon chopped dates  
Dash of cinnamon

**Instructions**

1. Mix the nectarine, pear, pecans, and dates in a medium sized bowl. Sprinkle with cinnamon and mix until well coated.

**Nutrition**  
One serving equals: 119 calories, 3g fat, 24g carbohydrate, 4.5g fiber, and 1.5g protein

I hope that you get a chance to give this recipe a try this week. Remember that I’m only a call or email away to assist you in all things fitness. And if you are not yet one of my prized clients then call or email me now to set up your first workout – I’d love to help you achieve your best body ever!