

DESSERTS

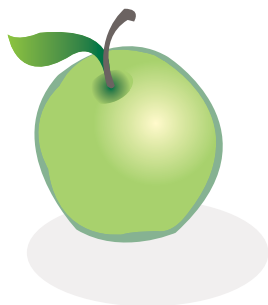


Apple Coffee Cake

5 C	tart apples, cored, peeled, chopped
1 C	sugar
1 C	dark raisins
1/2 C	pecans, chopped
1/4 C	vegetable oil
2 tsp	vanilla
1	egg, beaten
2 C	all-purpose flour, sifted
1 tsp	baking soda
2 tsp	ground cinnamon

Apples and raisins keep this cake moist—which means less oil and more health.

1. Preheat oven to 350 °F.
2. Lightly oil 13- by 9- by 2-inch pan.
3. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about a third at a time—just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35–40 minutes. Cool cake slightly before serving.



Yield: 20 servings
Serving size: 1, 3 1/2-inch by 2 1/2-inch piece
Each serving provides:
 Calories: 196
 Total fat: 8 g
 Saturated fat: 1 g
 Cholesterol: 11 mg
 Sodium: 67 mg
 Total fiber: 2 g
 Protein: 3 g
 Carbohydrates: 31 g
 Potassium: 136 mg

Frosted Cake

FOR CAKE

2 ¹ / ₄ C	cake flour
2 ¹ / ₄ tsp	baking powder
4 Tbsp	margarine
1 ¹ / ₄ C	sugar
4	eggs
1 tsp	vanilla
1 Tbsp	orange peel
³ / ₄ C	skim milk

FOR ICING

3 oz	lowfat cream cheese
2 Tbsp	skim milk
6 Tbsp	cocoa
2 C	confectioners' sugar, sifted
¹ / ₂ tsp	vanilla extract

To prepare cake:

1. Preheat oven to 325 °F.
2. Grease 10-inch round pan (at least 2 ¹/₂ inches high) with small amount of cooking oil or use nonstick cooking oil spray. Powder pan with flour. Tap out excess flour.
3. Sift together flour and baking powder.
4. In separate bowl, beat together margarine and sugar until soft and creamy.
5. Beat in eggs, vanilla, and orange peel.
6. Gradually add flour mixture, alternating with milk, beginning and ending with flour.

Use skim milk and lowfat cream cheese—and you can bake your cake and eat it too.

Yield: 16 servings

Serving size: 1 slice

Each serving provides:

Calories: 241

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 57 mg

Sodium: 273 mg

Total fiber: 1 g

Protein: 4 g

Carbohydrates: 45 g

Potassium: 95 mg

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Frosted Cake *(continued)*

7. Pour mixture into pan. Bake for 40–45 minutes or until done. Let cake cool for 5–10 minutes before removing from pan. Let cool completely before icing.

To prepare icing:

1. Cream together cream cheese and milk until smooth. Add cocoa. Blend well.
2. Slowly add sugar until icing is smooth. Mix in vanilla.
3. Smooth icing over top and sides of cooled cake.



Rainbow Fruit Salad

FOR FRUIT SALAD

- 1 large mango, peeled, diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

FOR HONEY-ORANGE SAUCE

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- dash nutmeg

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour honey-orange sauce over fruit.

You can't go wrong with this salad—it's juicy, fresh, naturally low in fat and sodium, and cholesterol free. Enjoy it as a salad or a dessert.

Yield: 12 servings

Serving Size: 4-oz cup

Each serving provides:

Calories: 96

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 4 mg

Total fiber: 3 g

Protein: 1 g

Carbohydrates: 24 g

Potassium: 302 mg

Tropical Fruit Compote

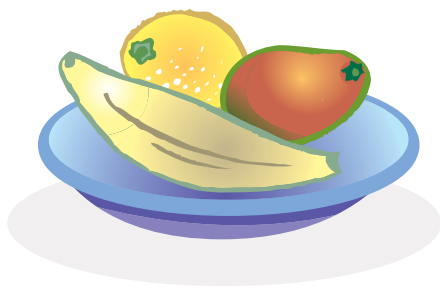
3/4 C	water
1/2 C	sugar
2 tsp	fresh lemon juice
1 piece	lemon peel
1/2 tsp	rum or vanilla extract (optional)
1	pineapple, cored, peeled, cut into 8 slices
2	mangos, peeled, pitted, cut into 8 pieces
3	bananas, peeled, cut into 8 diagonal pieces
to taste	fresh mint leaves (optional)

Fresh or cooked, fruits are a great low-calorie dessert.

► SERVING TIP

Top with lowfat or fat free sour cream.

1. In saucepan, combine $\frac{3}{4}$ cup of water with sugar, lemon juice, and lemon peel (and rum or vanilla extract, if desired). Bring to boil, then reduce heat and add fruit. Cook at very low heat for 5 minutes.
2. Pour off syrup into cup.
3. Remove lemon rind from saucepan, and cool cooked fruit for 2 hours.
4. To serve, arrange fruit in serving dish and pour a few teaspoons of



Yield: 8 servings

Serving size: 1 cup

Each serving provides:

Calories: 148

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 3 mg

Total fiber: 3 g

Protein: 1 g

Carbohydrates: 38 g

Potassium: 310 mg

Banana Mousse

2 Tbsp	lowfat milk
4 tsp	sugar
1 tsp	vanilla
1	medium banana, cut in quarters
1 C	plain lowfat yogurt
8 slices	($\frac{1}{4}$ inch each) banana

This creamy dessert is a dream—yet low in saturated fat, cholesterol, and sodium.

1. Place milk, sugar, vanilla, and banana in blender. Process for 15 seconds at high speed until smooth.
2. Pour mixture into small bowl and fold in yogurt. Chill.
3. Spoon into four dessert dishes and garnish each with two banana slices just before serving.



Yield: 4 servings

Serving size: $\frac{1}{2}$ cup

Each serving provides:

Calories: 94

Total fat: 1 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 47 mg

Total fiber: 1 g

Protein: 1 g

Carbohydrates: 18 g

Potassium: 297 mg

Crunchy Pumpkin Pie

FOR CRUST

- 1 C quick cooking oats
- 1/4 C whole wheat flour
- 1/4 C ground almonds
- 2 Tbsp brown sugar
- 1/4 tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp water

FOR FILLING

- 1/4 C brown sugar, packed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp salt
- 1 egg, beaten
- 4 tsp vanilla
- 1 C canned pumpkin
- 2/3 C evaporated skim milk

With only a small amount of oil in the crust and skim milk in the filling, this delicious pie is a heart healthy treat.

Yield: 9 servings

Serving size: 1/9 of 9-inch pie

Each serving provides:

Calories: 169

Total fat: 7 g

Saturated fat: 1 g

Cholesterol: 24 mg

Sodium: 207 mg

Total fiber: 3 g

Protein: 5 g

Carbohydrates: 22 g

Potassium: 223 mg

1. Preheat oven to 425 °F.

To prepare crust:

2. Mix oats, flour, almonds, sugar, and salt in small mixing bowl.
3. Blend oil and water in measuring cup with fork or small wire whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into 9-inch pie pan, and bake for 8–10 minutes, or until light brown.
6. Turn down oven to 350 °F.

To prepare filling:

7. Mix sugar, cinnamon, nutmeg, and salt in bowl.
8. Add egg and vanilla, and mix to blend ingredients.
9. Add pumpkin and milk, and stir to combine.

Putting it together:

10. Pour filling into prepared pie shell.
11. Bake for 45 minutes at 350 °F or until knife inserted near center comes out clean.



Mock-Southern Sweet Potato Pie

There's nothing fake about the flavor in this heart healthy treat.

FOR CRUST

- 1¹/₄ C flour
- 1/4 tsp sugar
- 1/3 C skim milk
- 2 Tbsp vegetable oil

FOR FILLING

- 1/4 C white sugar
- 1/4 C brown sugar
- 1/2 tsp salt
- 1/4 tsp nutmeg
- 3 large eggs, beaten
- 1/4 C canned evaporated skim milk
- 1 tsp vanilla extract
- 3 C sweet potatoes, cooked, mashed

Yield: 16 servings
Serving size: 1 slice
Each serving provides:
Calories: 147
Total fat: 3 g
Saturated fat: 1 g
Cholesterol: 40 mg
Sodium: 98 mg
Total fiber: 2 g
Protein: 4 g
Carbohydrates: 27 g
Potassium: 293 mg



1. Preheat oven to 350 °F.

To prepare crust:

2. Combine flour and sugar in bowl.
3. Add milk and oil to flour mixture.
4. Stir with fork until well mixed. Then form pastry into smooth ball with your hands.
5. Roll ball between two, 12-inch squares of waxed paper, using short, brisk strokes, until pastry reaches edge of paper.
6. Peel off top paper and invert crust into 9-inch pie plate.

To prepare filling:

7. Combine sugars, salt, nutmeg, and eggs.
8. Add milk and vanilla. Stir.
9. Add sweet potatoes and mix well.

Putting it together:

10. Pour mixture into pie shell.
11. Bake for 60 minutes or until crust is golden brown.
Cool and cut into 16 slices.

Old-Fashioned Bread Pudding With Apple-Raisin Sauce

FOR BREAD PUDDING

10 slices	whole wheat bread
3	egg whites
1 ¹ / ₂ C	skim milk
1 ¹ / ₄ C	white sugar
2 tsp	white sugar
1 ¹ / ₄ C	brown sugar
1 tsp	vanilla extract
1 ¹ / ₂ tsp	cinnamon
1 ¹ / ₄ tsp	nutmeg
1 ¹ / ₄ tsp	clove
as needed	vegetable oil spray

FOR APPLE-RAISIN SAUCE

1 ¹ / ₄ C	apple juice
1 ¹ / ₂ C	apple butter
2 Tbsp	molasses
1 ¹ / ₂ C	raisins
1 ¹ / ₄ tsp	ground cinnamon
1 ¹ / ₄ tsp	ground nutmeg
1 ¹ / ₂ tsp	orange zest (optional)

This old fashioned treat has been updated with a healthy spin. The sweet but healthy apple-raisin sauce makes a perfect topping—try it on fruit too.

Yield for bread pudding:
9 servings

Yield for apple-raisin sauce: 2 cups

Serving size: 1¹/₂ cup

Each serving (with apple-raisin sauce) provides:

Calories: 233

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 24 mg

Sodium: 252 mg

Total fiber: 3 g

Protein: 7 g

Carbohydrates: 46 g

Potassium: 390 mg

To prepare bread pudding:

1. Preheat oven to 350 °F.
2. Spray 8- by 8-inch baking dish with vegetable oil spray. Lay slices of bread in baking dish in two rows, overlapping like shingles.
3. In medium bowl, beat together egg, egg whites, milk, the 1/4 cup of white sugar, brown sugar, and vanilla. Pour egg mixture over bread.
4. In small bowl, stir together cinnamon, nutmeg, clove, and the 2 teaspoons of white sugar.
5. Sprinkle spiced sugar mix over bread pudding. Bake pudding for 30–35 minutes, until it has browned on top and is firm to touch. Serve warm or at room temperature with warm apple-raisin sauce.

To prepare apple-raisin sauce:

1. Stir all ingredients together in medium saucepan.
2. Bring to simmer over low heat. Let simmer for 5 minutes. Serve warm.



1-2-3 Peach Cobbler

1/2 tsp	ground cinnamon
1 Tbsp	vanilla extract
2 Tbsp	cornstarch
1 C	peach nectar
1/4 C	pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
2 can	(16 oz each) peaches, packed in juice, drained, (or 1 ³ / ₄ lb fresh) sliced
1 Tbsp	tub margarine
1 C	dry pancake mix
2/3 C	all-purpose flour
1/2 C	sugar
2/3 C	evaporated skim milk
as needed	nonstick cooking spray
1/2 tsp	nutmeg
1 Tbsp	brown sugar

What could be better than peach cobbler straight from the oven? Try this healthier version of the classic favorite.

Yield: 8 servings

Serving size: 1 piece

Each serving provides:

Calories: 271

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: less than 1 mg

Sodium: 263 mg

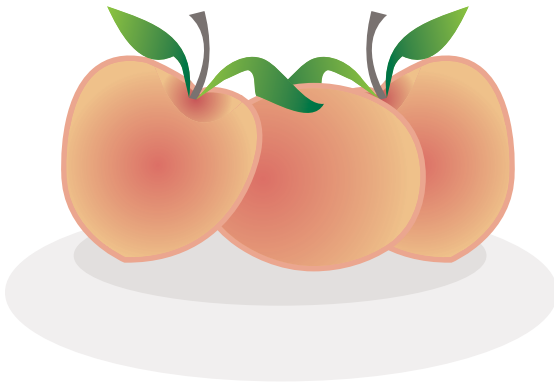
Total fiber: 2 g

Protein: 4 g

Carbohydrates: 54 g

Potassium: 284 mg

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5–10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray 8-inch-square glass dish with cooking spray. Pour hot peach mixture into dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this over peach mixture.
7. Combine nutmeg and brown sugar. Sprinkle on top of batter.
8. Bake at 400 °F for 15–20 minutes or until golden brown.
9. Cool and cut into 8 pieces.



Rice Pudding

6 C	water
2 sticks	cinnamon
1 C	rice
3 C	skim milk
2/3 C	sugar
1/2 tsp	salt

Skim milk gives a whole lot of flavor without whole milk's fat and calories.

1. Put water and cinnamon sticks into medium saucepan. Bring to boil.
2. Stir in rice. Cook on low heat for 30 minutes until rice is soft and water has evaporated.
3. Add skim milk, sugar, and salt. Cook for another 15 minutes until mixture thickens.

Yield: 5 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 372

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 3 mg

Sodium: 366 mg

Total fiber: 1 g

Protein: 10 g

Carbohydrates: 81 g

Potassium: 363 mg

Winter Crisp

FOR FILLING

1/2 C	sugar
3 Tbsp	all-purpose flour
1 tsp	lemon peel, grated
3/4 tsp	lemon juice
5 C	apples, unpeeled, sliced
1 C	cranberries

FOR TOPPING

2/3 C	rolled oats
1/3 C	brown sugar, packed
1/4 C	whole wheat flour
2 tsp	ground cinnamon
1 Tbsp	soft margarine, melted

1. Prepare filling by combining sugar, flour, and lemon peel in medium bowl. Mix well. Add lemon juice, apples, and cranberries. Stir to mix. Spoon into 6-cup baking dish.
2. Prepare topping by combining oats, brown sugar, flour, and cinnamon in small bowl. Add melted margarine. Stir to mix.
3. Sprinkle topping over filling. Bake in 375 °F oven for approximately 40–50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Only 1 tablespoon of margarine is used to make the crumb topping of this cholesterol-free, tart and tangy dessert.

Yield: 6 servings

Serving size: 1, 3/4-inch by 2-inch piece

Each serving provides (for Winter Crisp):

Calories: 252

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 29 mg

Total fiber: 5 g

Protein: 3 g

Carbohydrates: 58 g

Potassium: 221 mg

Variation—Summer Crisp

Prepare as directed above, but substitute 4 cups fresh or unsweetened frozen peaches and 3 cups fresh or unsweetened frozen blueberries for apples and cranberries. If using frozen fruit, thaw peaches completely (use without draining), but do not thaw blueberries before adding to mixture.

