

Applesauce Bran Muffins

Tip:

To add fiber to muffins use $\frac{3}{4}$ cup whole wheat flour and $\frac{1}{2}$ cup white flour.

For even more fiber, $\frac{1}{2}$ cup wheat germ may be substituted for $\frac{1}{2}$ cup of the whole-wheat flour.

Gather Ingredients:

1 $\frac{1}{4}$ cups flour
1 tablespoon baking powder
 $\frac{1}{4}$ teaspoon salt
2 cups Fruit and Fiber or Fruit and Bran cereal
1 cup fat free milk
1 egg, slightly beaten
 $\frac{1}{2}$ cup applesauce
 $\frac{1}{3}$ cup packed brown sugar
2 tablespoons canola oil

Desserts

Nutrition Facts

Servings per Recipe: 12

Serving Size: 1 muffin

Calories per Serving: 150

Total Fat: 3g

Saturated Fat: 0g

Cholesterol: 20mg

Sodium: 180mg

Total Carbohydrate: 30g

Dietary Fiber: 5g

Sugars: 12g

Protein: 4g

%DV Vit A: 8%

%DV Vit C: 8%

%DV Calcium: 4%

%DV Iron: 25%

Steps:

1. Mix flour, baking powder and salt in large bowl.
2. Mix cereal and milk and let stand for 3 minutes.
3. Stir in egg, applesauce, sugar, and oil.
4. Add to flour and mix until moistened.
5. Spoon batter into muffin pan lined with muffin liners or sprayed with vegetable spray.
6. Bake at 400° F for 20 minutes or until golden brown.

Makes approximately 1 dozen muffins.

Canola Oil Pie Crust

Tip:

Pie Crust is a higher fat food. However, using canola oil instead of shortening or lard makes it a more heart healthy product, since most of the fat will be monounsaturated. The dough is a little sticky, so make sure and roll out between waxed paper.

Gather Ingredients:

2 cups all-purpose flour
½ teaspoon salt
½ cup canola oil
5 tablespoons skim (fat-free) milk

Desserts

Nutrition Facts

Servings per Recipe: 16
Serving Size: 1/16 of recipe

Calories per Serving: 120
Total Fat: 7g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 75mg
Total Carbohydrate: 12g
Dietary Fiber: 0g
Sugars: 0g
Protein: 2g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 4%

Steps:

1. Mix dry ingredients in bowl and make a well in the middle.
2. Pour oil and milk into the well.
3. Combine well with a fork.
4. Divide dough into 2 even balls.
5. Roll pastry out between 2 sheets of waxed paper.
6. Bake as directed by recipe you are using the crust for.

Recipe makes enough dough for (2) 9-inch crusts with 8 servings each. Nutrition facts above are for 1 serving of a single crust pie. If making a pie with a double crust, you would need to double the amounts listed.

Chewy Fudge Drop Cookies

Desserts

Gather Ingredients:

1 cup (6 ounces) semisweet chocolate chips, divided
3 tablespoons canola oil
1 cup packed brown sugar
3 egg whites
2 tablespoons plus 1½ teaspoons light corn syrup
1 tablespoon water
2½ teaspoons vanilla extract
1¾ cups all purpose flour
2/3 cup plus 1 tablespoon confectioners' sugar divided
1/3 cup baking cocoa
2 ¼ teaspoons baking powder
1/8 teaspoon salt

Nutrition Facts

Servings per Recipe: 24
Serving Size: 2 cookies

Calories per Serving: 139
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 48 mg
Total Carbohydrate: 26 g
Dietary Fiber: 1g
Sugars: 0g
Protein: 2 g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:

1. In a sauce pan, melt ¾ cup chocolate chips and oil over low heat, stirring constantly. Pour into large bowl; cool for 5 minutes.
2. Stir in brown sugar. Add egg whites, corn syrup, water and vanilla; stir well.
3. In a small bowl, combine the flour, 2/3 cup confectioners' sugar, cocoa, baking powder and salt.
4. Stir dry ingredient mixture into chocolate mixture until combined. Stir in the remaining chocolate chips (dough will be very stiff).
5. Drop by tablespoonfuls 2 inches apart onto baking sheets coated with nonstick cooking spray. Bake at 350 degrees for 8-10 minutes or until puffed and set.
6. Cool for 2 minutes before removing to wire racks. Sprinkle cooled cookies with remaining confectioners' sugar. Yield: 4 dozen.

Chocolate Pudding

Tip:

Using Splenda for half of the sugar cuts 60 grams of carbohydrate from the recipe—or 9 grams per serving.

Gather Ingredients:

2/3 cup powdered milk
1/4 cup sugar
1/2 cup Splenda
3 tablespoons cornstarch
1/3 cup cocoa powder
1/4 teaspoon salt
2 1/2 cups water
1 teaspoon vanilla

Desserts

Nutrition Facts

Servings per Recipe: 7
Serving Size: 1/2 cup

Calories per Serving: 90
Total Fat: .5g
Saturated Fat: 0g
Cholesterol: less than 5mg
Sodium: 115mg
Total Carbohydrate: 18g
Dietary Fiber: 1g
Sugars: 13g
Protein: 5g

%DV Vit A: 6%
%DV Vit C: 0%
%DV Calcium: 15%
%DV Iron: 4%

Steps:

1. Combine powdered milk, sugar, Splenda, cornstarch, cocoa powder, and salt in a medium saucepan until well blended.
2. Add the water and stir until well combined.
3. Cook over medium heat until thickened.
4. Remove from heat and add vanilla.
5. Serve chilled.



Chocolate Zucchini Cake

Desserts

Gather Ingredients:

2 ½ cups unsifted all-purpose flour
½ cup baking cocoa
2 ½ teaspoons baking powder
1 ½ teaspoons baking soda
½ teaspoon salt
1-1 ½ teaspoons cinnamon
¾ cup light soft margarine
½ cup Splenda Sugar Blend for Baking
¾ cup egg substitute
2 teaspoons vanilla
2 teaspoons grated orange rind
2 cups coarsely shredded zucchini (not peeled)
½ cup 1% milk
1 cup chopped nuts
½ cup sifted powdered sugar

Nutrition Facts

Servings per Recipe: 16
Serving Size: 1/16 of cake

Calories per Serving: 225
Total Fat: 8g
Saturated Fat: less than 1g
Cholesterol: .5mg
Sodium: 366mg
Total Carbohydrate: 34g
Dietary Fiber: 2g
Sugars: N/A
Protein: 2g

%DV Vit A: 11%
%DV Vit C: 3%
%DV Calcium: 6%
%DV Iron: 31%

Steps:

1. Preheat oven to 350⁰F. Grease and flour a 10 inch tube or bundt pan.
2. Combine the first 6 ingredients in bowl; set aside.
3. Cream margarine with Splenda Sugar Blend for Baking until creamy. Add eggs one at a time, beating well after each addition. Stir in vanilla, orange rind, and shredded zucchini.
4. Add dry ingredients alternately with ½ cup milk, mixing well after each addition. Fold in nuts.
5. Pour into prepared pan. Bake at 350⁰F for about 1 hour or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove to wire rack to cool completely. Sift powdered sugar over cooled cake.

Adapted from a recipe from OSU Cooperative Extension Service.

Cooked Apples

Tip:

Apples keep best when refrigerated. Store them in a plastic bag or in the crisper drawer to keep them fresh.



Suggestion:

When baking apples whole, some varieties work better than others. Try Golden Delicious, Red Rome (Rome Beauty) or Granny Smith for this recipe.

Desserts

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1 apple

Calories per Serving: 89
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 3mg
Total Carbohydrate: 23.5g
Dietary Fiber: 3g
Sugars: 18.5g
Protein: 0.5g

%DV Vit A: 1%
%DV Vit C: 11%
%DV Calcium: 1%
%DV Iron: 1%

Gather Ingredients:

6 apples
3-6 tablespoons brown sugar (or brown sugar substitute)
Aluminum foil, one sheet for each apple

Steps:

1. Wash apples and remove core from each apple.
2. Place an apple on a piece of aluminum foil.
3. Fill the empty core cavity with approximately $\frac{1}{2}$ -1 tablespoon of brown sugar.
4. Wrap apple in aluminum foil.
5. Place each wrapped apple on a baking sheet. Bake in preheated 350 degree oven for 15 to 20 minutes until tender. Remove foil with care when done cooking as apple will be hot.

For extra zing—sprinkle with nutmeg or cinnamon before baking.

Crispy Cereal Meringues

Gather Ingredients:

- 4 egg whites
- ¼ teaspoon cream of tartar
- ¼ teaspoon salt
- 1 cup sugar
- 2 cups chocolate-flavored crisp rice cereal
- ¼ cup semisweet chocolate chips
- ½ teaspoon vegetable shortening

Desserts

Nutrition Facts

Servings per Recipe: 64
Serving Size: 2 cookies

Calories per Serving: 43
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 43 mg
Total Carbohydrate: 9 g
Dietary Fiber: 0g
Sugars: 0g
Protein: 1 g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:

1. In a mixing bowl, beat egg whites, cream of tartar and salt until soft peaks form.
2. Gradually add sugar, 1 tablespoon at a time, until stiff peaks form, about 6 minutes.
3. Fold in cereal. Drop by rounded teaspoonfuls 1 in apart onto baking sheets coated with nonstick cooking spray.
4. Bake at 300 degrees for 35-40 minutes or until firm to touch. Remove to wire rack to cool.
5. In a microwave or heavy sauce pan over low heat, melt chocolate chips with shortening, stirring constantly.
6. Transfer to small resealable plastic bag; cut a small hole in the corner of bag. Drizzle melted chocolate over meringues.
7. Place on waxed paper to harden. Yield 64 cookies.

Crispy Oat Cookies

Desserts

Gather Ingredients:

¼ cup butter or stick margarine, softened
¼ cup canola oil
1 cup sugar, divided
1 tablespoon water
1 egg
1 teaspoon vanilla extract
¾ cup all purpose flour
¼ cup cornstarch
1 teaspoon baking soda
1 teaspoon cream of tartar
½ teaspoon salt
1 ½ cups crisp rice cereal
1 cup quick cooking oats
1/3 cup flaked coconut
¼ cup chopped walnuts

Nutrition Facts

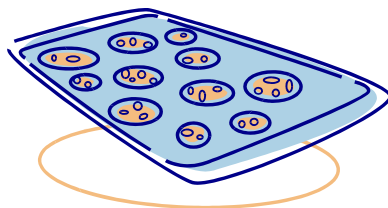
Servings per Recipe: 60
Serving Size: 1 cookie

Calories per Serving: 50
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 6mg
Sodium: 58 mg
Total Carbohydrate: 7 g
Dietary Fiber: 0g
Sugars: 0g
Protein: 1 g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:

1. In a mixing bowl, beat the butter, oil, ¾ cup sugar and water. Beat in egg and vanilla.
2. In another bowl, combine the flour, cornstarch, baking soda, cream of tartar and salt; gradually add to the butter mixture.
3. Stir in the cereal, oats, coconut and nuts. (Dough will be sticky).
4. Shape into 1 in balls; roll in some of the remaining sugar. Place balls 2 in apart on baking sheet coated with non stick cooking spray. Flatten with a glass dipped in remaining sugar.
5. Bake at 350 degrees for 10-12 minutes or until lightly browned. Remove to wire racks to cool.



Crustless Pumpkin Pie

Tip:

This is an easy to make, low fat pie that is great for potlucks or other dinners. It can be cut as a pie, or baked and served as bars.

Omitting the crust decreases the total and saturated fat. If you miss the crust, you may sprinkle graham cracker crumbs on the bottom of the baking dish before adding the pie ingredients.

For a special treat, top with a dollop of light whipped topping.

Desserts

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 recipe

Calories per Serving: 120
Total Fat: 2.5g
Saturated Fat: 0g
Cholesterol: 5mg
Sodium: 320mg
Total Carbohydrate: 18g
Dietary Fiber: 2g
Sugars: N/A
Protein: 8g

%DV Vit A: 250%
%DV Vit C: 4%
%DV Calcium: 20%
%DV Iron: 10%

Gather Ingredients:

15 ounce can solid-pack pumpkin
12 ounce can evaporated skim milk
¾ cup egg substitute (or 3 egg whites)
½ cup Bisquick baking mix
2 tablespoons sugar
1/3 cup Splenda or 8 packets of Sweet'n Low
1 tablespoon pumpkin pie spice
2 teaspoons vanilla

Steps:

1. Heat oven to 350⁰ F. Spray 9-inch pie baking dish with non-stick vegetable cooking spray.
2. Combine all ingredients; beat for 2 minutes or until thoroughly mixed.
3. Bake 45-60 minutes.

Fruit and Yogurt Brulee

Desserts

Tip:

If you don't have individual custard cups, you can make this in an oven-proof casserole dish and then portion into small bowls.

Gather Ingredients:

2 cups sliced fresh fruit (strawberries, apples, blueberries, etc) or well drained canned fruits (sliced peaches, pineapple, or pears) or frozen fruit unsweetened
8 ounces lite vanilla yogurt (100 calorie or less yogurt-fat free/sugar free)
3 tablespoons firmly packed Splenda Brown Sugar
dash cinnamon or allspice (optional)

Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 70
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 40mg
Total Carbohydrate: 16g
Dietary Fiber: 2g
Sugars: 13g
Protein: 2g

%DV Vit A: 5%
%DV Vit C: 40%
%DV Calcium: 11%
%DV Iron: 2%

Steps:

1. Preheat broiler. Divide fruit among four 6 ounce oven-proof custard cups.
2. Divide yogurt among cups and spread to an even layer over fruit.
3. Sprinkle approximately 2 teaspoons brown sugar over each serving.
4. Broil 3 – 4 inches from heat source, about 1 – 3 minutes or until sugar is melted.
5. Refrigerate 1-2 hours before serving.

Adapted from a recipe from American Institute for Cancer Research.

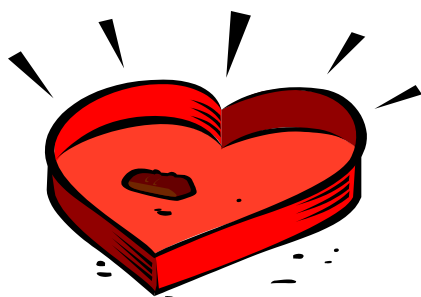
Heart Healthy Haystacks

Tip:

A modified version of the “not so good” for you haystacks. These use dark chocolate to add antioxidants and Fiber One to add lots of fiber. A great dessert to have around for when you have a chocolate attack!

Gather Ingredients:

1 ½ ounces dark chocolate chips
2 cups Fiber One cereal
½ cup peanut butter, I use natural



Dessert

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1/12 of Recipe

Calories per Serving: 100
Total Fat: 6g
Saturated Fat: 1.5g
Cholesterol: 0mg
Sodium: 50mg
Total Carbohydrate: 12g
Dietary Fiber: 6g
Sugars: 3g
Protein: 4g

%DV Vit A: 0%
%DV Vit C: 6%
%DV Calcium: 0%
%DV Iron: 10%

Steps:

1. In a 2 quart saucepan, melt the dark chocolate chips with the peanut butter.
2. Add the Fiber One cereal and stir to coat.
3. On a piece of wax paper, drop spoonfuls of chocolate coated cereal to form small “haystacks”.
4. Let cool and store in airtight container.

Jello Pie

Tip:

This is a crowd pleaser that has people eating healthy---without even realizing it!

Gather Ingredients:

- 1 box sugar free Jello (any flavor)
- ½ cup water
- 1 (8 ounce) Cool Whip Lite
- 2 fat free/light yogurts (any flavor)
- 1 reduced fat graham cracker crust
- 1 (20 ounce) can crushed pineapple-drained

Desserts

Nutrition Facts

Servings per Recipe: 12

Serving Size: 1/12 of pie

Calories per Serving: 90

Total Fat: 2.5g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 45mg

Total Carbohydrate: 13g

Dietary Fiber: 0g

Sugars: less than 9g

Protein: 1g

%DV Vit A: 0%

%DV Vit C: 4%

%DV Calcium: 4%

%DV Iron: 0%

Steps:

1. Mix Jello with ½ cup boiling water.
2. Let cool to lukewarm temperature.
3. Add yogurt and drained pineapple and mix well; pour into graham cracker crust.
4. Add the container of Cool Whip evenly on top of pie.
5. Let set overnight in refrigerator.

Nutter Butter Cookies

Tip:

Replacing the regular fats in cookies with applesauce and peanut butter makes these cookies a heart healthy snack. The applesauce and raisins serve as sweeteners, while vanilla and cinnamon enhance sweetness. There is no added sugar! Sugar Twin, Splenda, or Sweet n' Low could add more sweetness if needed.

Gather Ingredients:

1 cup applesauce
½ cup peanut butter
1 teaspoon vanilla
¾ cup non-fat dry milk
¾ cup all-purpose flour
¼ teaspoon cinnamon
½ cup raisins

Desserts

Nutrition Facts

Servings per Recipe: 30

Serving Size: 1 cookie

Calories per Serving: 60

Total Fat: 2.5g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 35mg

Total Carbohydrate: 8g

Dietary Fiber: less than 1g

Sugars: 5g

Protein: 3g

%DV Vit A: 0%

%DV Vit C: 6%

%DV Calcium: 4%

%DV Iron: 0%

Steps:

1. Beat applesauce, peanut butter, and vanilla together in a mixing bowl.
2. Add milk, flour, cinnamon, and raisins and mix well.
3. Drop by teaspoonfuls onto a greased cookie sheet and flatten with the tines of a flour-dipped fork.
4. Bake at 350° for 10 minutes and serve warm or chilled.

Outrageous Oat Bran Cookies

Tip:

This recipe originated from the Hodgen's Mill website. Though it will increase the calories and fat a bit, you could add a ½ cup of miniature chocolate chips to this recipe.

Gather Ingredients:

¾ cup light margarine
1 cup brown sugar
½ cup granulated sugar
½ cup applesauce
2 teaspoons vanilla
1 cup all purpose flour
1 cup whole wheat flour
1 cup oat bran cereal
¼ cup ground flax seed
¼ teaspoon baking powder
¼ teaspoon baking soda

Desserts

Nutrition Facts

Servings per Recipe: 24
Serving Size: 2 small cookies

Calories per Serving: 127
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 107mg
Total Carbohydrate: 24g
Dietary Fiber: 2g
Sugars: N/A
Protein: 2g

%DV Vit A: 7%
%DV Vit C: 1%
%DV Calcium: 2%
%DV Iron: 5%

Steps:

1. Heat oven to 350^o F.
2. In a medium bowl, mix margarine and both sugars until creamy. Add applesauce and vanilla.
3. Add remaining ingredients and mix until well blended.
4. Drop dough by tablespoon onto a cookie sheet that has been prepared with non-stick vegetable cooking spray.
5. Bake 8-10 minutes. Allow to cool 1 minute before removing from cookie sheet.

Peppermint Kisses

Tip:

Meringue kisses are great holiday pleasers. Easy to make...you can make up a batch in only a few minutes.

You can drop the cookies by spoonfuls onto the baking sheet if you do not want to use a plastic bag and pipe them out.

You can also turn the oven off at the end of the baking time and leave the cookies in the oven to cool with the door slightly open.



Desserts

Nutrition Facts

Servings per Recipe: 18

Serving Size: 2 cookies

Calories per Serving: 44

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 20 mg

Total Carbohydrate: 10 g

Dietary Fiber: 0g

Sugars: 10g

Protein: 2 g

%DV Vit A: 0%

%DV Vit C: 0%

%DV Calcium: 0%

%DV Iron: 0%

Gather Ingredients:

2 egg whites

1/8 tsp salt

1/8 tsp cream of tartar

1/2 cup sugar

2 peppermint canes (one green, one red), crushed

Steps:

1. In a mixing bowl, beat egg whites until foamy.
2. Add salt and cream of tartar; beat until soft peaks form. Beat in sugar, 1 tablespoon at a time, until stiff and glossy.
3. Spoon meringue into a pastry bag or resealable plastic bag. If using a plastic bag, cut a 1-inch hole in a corner. Squeeze 1½-inch kisses of meringue onto ungreased, foil-lined baking sheets. Sprinkle half with crushed red candy canes and half with green candy canes.
4. Bake at 225 degrees for 1½ to 2 hours or until dry but not brown. Cool; remove from foil. Store in an airtight container. Makes 3 dozen (36) cookies.

Pumpkin Chocolate Brownies

Desserts

Tip:

These moist brownies are rich in Vitamin A thanks to the addition of canned pumpkin.

Cholesterol is kept low by omitting two egg yolks.

Use miniature chips, and less, in your recipes that call for regular chocolate chips. Your product will look like it's packed with chocolate, but it will actually be less and thus lower in fat.

To add fiber to this recipe, substitute $\frac{1}{2}$ cup of whole-wheat flour for $\frac{1}{2}$ cup of white flour.

Adapted from a recipe from [Everyday Eating](#) publication.

Nutrition Facts

Servings per Recipe: 16
Serving Size: 2 inch square

Calories per Serving: 100
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 15mg
Sodium: 80mg
Total Carbohydrate: 18g
Dietary Fiber: 0g
Sugars: 11g
Protein: 2g

%DV Vit A: 25%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 4%

Gather Ingredients:

$\frac{2}{3}$ cup firmly packed brown sugar
 $\frac{1}{2}$ cup canned pumpkin
1 egg
2 egg whites
2 tablespoons oil
1 cup flour
1 teaspoon baking powder
1 teaspoon cocoa
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground allspice
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground nutmeg
 $\frac{1}{3}$ cup semi-sweet chocolate miniature morsels

Steps:

1. Preheat oven to 350⁰ F. Coat a 9" square baking pan with nonstick cooking spray.
2. In a large bowl, combine brown sugar, pumpkin, egg, egg whites and oil. Beat with mixer until blended.
3. Add dry ingredients. Beat on low speed until smooth. Stir in chocolate chips. Pour into prepared pan and spread evenly.
4. Bake for 15 to 20 minutes. Cool in pan. Cut into 2-inch squares.

Pumpkin Chocolate Chip Bread

Desserts

Tips:

- ✓ Substitute 1 cup Splenda blend for the 2 cups sugar to reduce total sugar in recipe
- ✓ Cut salt in half or omit to lower sodium intake
- ✓ 1 cup chopped pecans would make a great addition and would increase fiber intake
- ✓ Try substituting Whole Wheat Flour for some of the all purpose flour

Gather Ingredients:

2 cups sugar
2 cups canned pumpkin
½ cup canola oil
½ cup fat free vanilla pudding (prepared)
4 large egg whites
3 cups all-purpose flour
2 teaspoons ground cinnamon
1 ¼ teaspoon salt
1 teaspoon baking soda
1 cup mini chocolate chips

Nutrition Facts

Servings per Recipe: 32
Serving Size: 1 slice

Calories per Serving: 170
Total Fat: 5g
Saturated Fat: 1.2g
Cholesterol: 0mg
Sodium: 180mg
Total Carbohydrate: 28g
Dietary Fiber: 1g
Protein: 2g

%DV Vit A: 70%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 6%

Steps:

1. Preheat oven to 350 degrees.
2. Combine first 5 ingredients in large bowl, stirring well with a whisk. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cinnamon, salt, and baking soda in medium bowl, stirring well to combine. Add this mixture to pumpkin mixture; stirring just until moist. Stir in mini chocolate chips.
3. Spoon into 2 (8x4) loaf pans coated with cooking spray. Bake at 350 degrees for 1 hour and 15 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes on wire rack.

Pumpkin Custard

Tip:

Great Holiday dessert! Fat Free Cool Whip could be substituted for the Dream Whip. Using sugar free pudding mix cuts about 15g of carbohydrate per serving.

Gather Ingredients:

1 package sugar-free instant butterscotch pudding mix
2 cups skim milk
½ cup canned pumpkin puree
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 cups prepared Dream Whip

Desserts

Nutrition Facts

Servings per Recipe: 6

Serving Size: 1/2 cup

Calories per Serving: 110

Total Fat: 3g

Saturated Fat: 1.5g

Cholesterol: 0mg

Sodium: 135mg

Total Carbohydrate: 14g

Dietary Fiber: less than 1g

Sugars: 10g

Protein: 3g

%DV Vit A: 90%

%DV Vit C: 2%

%DV Calcium: 10%

%DV Iron: 0%

Steps:

1. Prepare pudding mix with the skim milk.
2. Add pumpkin and spices and combine well.
3. Fold in the prepared Dream Whip.
4. Serve chilled.

Pumpkin Pie

Tip:

Make your own homemade graham cracker pie crust to save on calories.



Graham Cracker Pie Crust:

Gather Ingredients:

- ¾ cup graham cracker crumbs
(about 3 whole crackers finely crushed)
- 3 tablespoons melted light margarine
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg

Directions:

1. Combine cracker crumbs, margarine, spices. Press into 9-inch pie plate.
2. Chill in refrigerator 2 hours before filling.

Desserts

Nutrition Facts

Servings per Recipe: 8

Serving Size: 1 slice

Calories per Serving: 200

Total Fat: 7g

Saturated Fat: 4g

Cholesterol: 0mg

Sodium: 256mg

Total Carbohydrate: 33g

Dietary Fiber: 4g

Sugars: 12g

Protein: 1g

%DV Vit A: 41%

%DV Vit C: 0%

%DV Calcium: 2%

%DV Iron: 6%

Gather Ingredients:

- 1 can pumpkin
- 1 package sugar-free Butterscotch pudding mix
- 1 container of Lite Whipped Topping (can use fat-free to lighten calories and saturated fat in recipe)
- 1 to 1½ teaspoon pumpkin pie spice
- 1 graham cracker pie crust

Steps:

1. Mix all ingredients together.
2. Pour into graham cracker crust.
3. Chill until firm.

Quick Pineapple Pie

Desserts

Tip:

Even though this recipe has more than 30% of the calories from fat, most of the fat is from the canola oil in the crust. Canola oil is mostly monounsaturated fat—and is much more heart healthy than shortening-- which is normally used in pie crust.

Gather Ingredients:

2 canola oil pie crusts
2 cans pineapple chunks, packed in juice, 12 ounces each
3 tablespoons of light margarine
3 tablespoons of corn starch
6 tablespoons of Sweet-n-Low or Splenda or may use 1 teaspoon of cinnamon instead
Optional: ½ teaspoon of sugar for top of crust

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 320
Total Fat: 16.5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 205mg
Total Carbohydrate: 38g
Dietary Fiber: less than 1g
Sugars: 10g
Protein: 4g

%DV Vit A: 0%
%DV Vit C: 15%
%DV Calcium: 0%
%DV Iron: 8%

Steps:

1. Spray pie pan with Pam spray.
2. Place crust over pie pan and shape.
3. Drain pineapple chunks.
4. Mix pineapple chunks, light margarine, cornstarch and Sweet-n-Low or Splenda (or cinnamon) together in bowl, and then pour into the bottom crust.
5. Place top crust on pie, dust with cinnamon and sugar is optional.
6. Put aluminum foil around pie edges so fluted area will not be excessively browned.

Adapted from a recipe contributed by Beverly Cowan.

Roasted Pears

Desserts



Nutrition Facts

Serving Size: ½ of pear
Servings per Recipe: 6

Calories per Serving: 123
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 56mg
Total Carbohydrate: 26g
Dietary Fiber: 3g
Sugars: 21g
Protein: 0g

%DV Vit A: 5%
%DV Vit C: 6%
%DV Calcium: 2%
%DV Iron: 2%

Gather Ingredients:

1/3 cup of apple juice
1/3 cup firmly packed dark brown sugar
3 Tablespoons trans-free margarine
3 firm Bosc pears

Vanilla ice cream for serving, if desired.

Steps:

1. Preheat the oven to 400 degrees F.
2. Wash, peel, halve and core pears.
3. Arrange the pears cut side up in an 8-inch square baking dish.
4. Whisk the apple juice and sugar in a heavy saucepan over medium-high heat until the sugar dissolves. Whisk in the margarine. Pour the sauce over the pears.
5. Bake until the pears are crisp-tender and beginning to brown, basting occasionally with the juices, about 35 minutes.
6. Spoon the pears onto plates. Top with ice cream. Drizzle with any juices and serve.

Spicy Oatmeal Raisin Cookies

Desserts

Tip:

You can use applesauce in your favorite desserts in place of the fat called for in the recipe.



Nutrition Facts

Servings per Recipe: 48
Serving Size: 1 cookie

Calories per Serving: 60
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 65mg
Total Carbohydrate: 13g
Dietary Fiber: 0g
Sugars: 4g
Protein: 1g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Gather Ingredients:

1 (18.25 ounce) package spice cake mix
1 cup quick cooking oats
½ cup egg substitute
½ cup applesauce
½ cup raisins

Steps:

1. Preheat oven to 350⁰ F. Spray baking sheets with nonfat cooking spray.
2. Combine cake mix, oats, eggs and applesauce. Beat at low speed with electric mixer until blended. Stir in raisins.
3. Drop by teaspoons onto baking sheets. Bake for 7-9 minutes or until lightly browned.
4. Cool 1 minute on baking sheet.

Sugar-Free Strawberry Pie

Desserts

Tip:

Pie may be served with fat-free whipped topping.

Gather Ingredients:

1 canola oil pie crust, baked (see index)
2 cups sliced fresh strawberries
2 packages Equal sugar substitute
1 package sugar-free cook and serve vanilla pudding mix, 6 oz box
1 package sugar-free strawberry gelatin
2 cups water
4 packages Equal sugar substitute
2 teaspoons light margarine or butter flavoring

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 290
Total Fat: 8g
Saturated Fat: 0.5g
Cholesterol: 10mg
Sodium: 75mg
Total Carbohydrate: 37g
Dietary Fiber: 3g
Sugars: 11g
Protein: 2.5g

%DV Vit A: 4%
%DV Vit C: 15%
%DV Calcium: 8%
%DV Iron: 19%

Steps:

1. Sprinkle strawberries with 2 packages of sugar substitute.
2. In medium saucepan, cook pudding mix, gelatin, water and the 4 packages of sugar substitute until thickened. Stir in the margarine and cool slightly.
3. Arrange strawberries in baked pie shell.
4. Cover with pudding.
5. Chill and serve.

Adapted from a recipe contributed by Beverly Cowan.

3-Step Mini Cheesecakes

Desserts



Nutrition Facts

Servings per Recipe: 12
Serving Size: 1 cheesecake

Calories per Serving: 100
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 40 mg
Sodium: 210mg
Total Carbohydrate: 13g
Dietary Fiber: 0g
Sugars: 10g
Protein: 6g

%DV Vit A: 10%
%DV Vit C: 0%
%DV Calcium: 10%
%DV Iron: 0%

Gather Ingredients:

- 2 pkg. (8 ounces each) fat-free cream cheese, softened
- ½ cup sugar or sugar substitute
- ½ teaspoon vanilla
- 2 eggs
- 12 vanilla wafers or chocolate sandwich cookies

Steps:

1. Mix cream cheese, sugar, and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended.
2. Place 1 cookie on bottom of each of the 12 paper-lined muffin cups. Pour batter evenly into muffin cups.
3. Bake at 350 degrees for 20 minutes or until centers are almost set. Cool. Refrigerate 3 hours or overnight. Garnish with fresh fruit.

Trifle Bowl Dessert

Tip:

This recipe really tempts the “sweet tooth.” Some of that sweetness comes from fresh fruit. Berries are a great source of antioxidants, which may help prevent or slow down damage to the body’s cells.

Gather Ingredients:

1 (1 ounce) package strawberry flavored sugar-free gelatin
¾ cup boiling water
½ cup water
1 (1 ounce) package white chocolate sugar-free instant pudding mix
2 cups skim milk
1 (10.5 ounce) prepared angel food cake
2 cups sliced strawberries
2 cups fresh blueberries
1 (12 ounce) container fat-free whipped topping

Desserts

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1/12 of recipe

Calories per Serving: 160
Total Fat: 3g
Saturated Fat: 3g
Cholesterol: 0mg
Sodium: 310mg
Total Carbohydrate: 29g
Dietary Fiber: 2g
Sugars: N/A
Protein: 3g

%DV Vit A: 0%
%DV Vit C: 25%
%DV Calcium: 10%
%DV Iron: 2%

Steps:

1. Prepare gelatin and pudding according to the package directions.
2. Tear cake into bite-size pieces. Arrange half of cake pieces in a 3-quart trifle bowl.
3. Spoon half of gelatin over cake, and half of pudding over gelatin.
4. Sprinkle one-third of strawberries and one-third of blueberries over pudding.
5. Spread half of whipped topping over berries.
6. Repeat layers with remaining cake, gelatin, pudding, one-third of berries, and topping.
7. Sprinkle remaining one-third fruit over trifle. Cover and chill.

Tropical Snack Cake

Desserts

Tip:

To add fiber in your diet, oats can be added to some of your favorite dessert recipes or whole-wheat flour can usually be substituted in for half the amount of all-purpose flour called for in a recipe.

Gather Ingredients:

1 ½ cups all-purpose flour
1 cup oats (quick or old fashioned)
2 tablespoons sugar substitute
2 teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt (optional)
8 ounce can crushed pineapple in juice
½ cup skim milk or nonfat dry milk
1/3 cup mashed ripe banana
¼ cup egg substitute or 2 egg whites
2 tablespoons vegetable oil
2 teaspoons vanilla

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1/12 of cake

Calories per Serving: 150
Total Fat: 3.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 115mg
Total Carbohydrate: 26g
Dietary Fiber: 2g
Sugars: 5g
Protein: 5g

%DV Vit A: 0%
%DV Vit C: 4%
%DV Calcium: 2%
%DV Iron: 8%

Steps:

1. Heat oven to 350⁰ F.
2. Grease and flour an 8 x 8 square pan.
3. Combine first 6 ingredients; mix well. Set aside.
4. Blend pineapple, milk, banana, egg whites, oil, and vanilla until mixed thoroughly.
5. Add dry ingredients, mixing just until moistened.
6. Pour into prepared pan. Bake 45-50 minutes or until golden brown and toothpick inserted in center comes out clean.
7. Cool slightly before serving.