

## DESSERTS AND BAKED GOODS

# DESSERTS AND BAKED GOODS

### Chocolate Pie

Servings: 6

Category: Desserts and Baked Goods

3 graham crackers (3 full crackers)  
2 cups skim milk  
1 package (4 serving size) instant no added sugar chocolate pudding mix  
2 cups Cool Whip Free®  
1/4 cup chopped walnuts  
1/4 cup Smucker's Sugar Free Dark Chocolate Syrup  
1 cup fresh strawberries, sliced

Crumble graham crackers (in plastic zippered bag, crush with rolling pin). Divide evenly into six small (approximately 6-8 oz) cups or bowls. Mix pudding mix and milk together according to directions. Place on top of crushed graham crackers. Top with Cool Whip Free. Refrigerate for 30 minutes or longer.

Prior to serving, sprinkle walnuts over the top; heat chocolate syrup in microwave for 5-10 seconds and drizzle over the top. Garnish with fresh strawberry slices.

Nutrition Information per serving  
195 calories; 5 grams protein; 4 grams fat;  
33 grams carbohydrate; 303 mg sodium

### Raspberry Cheese Tarts

Servings: 10

Category: Desserts and Baked Goods

1 1/4 cups graham cracker crumbs  
1/4 cup Splenda  
5 tbsp. Light margarine  
4 oz. reduced fat cream cheese, softened  
1/2 cup plain no-fat yogurt  
1 cup Splenda  
1/2 cup egg substitute  
1 cup frozen raspberries (no added sugar)

Preheat oven to 350 degrees. Blend crust ingredients together in a small mixing bowl stir until well blended. Line muffin cups with paper liners. Press 1 tbsp of crust into each lined cup. Set aside. Place cream cheese in a small bowl. Beat with an electric mixer until soft. Add yogurt and beat until smooth (approx 1 min) Add Splenda and egg substitute. Mix until well blended. Place 4-5 frozen berries on top of the crust lined muffin cups. Pour cheese filling on top evenly dividing among the 10 cups. Bake in 350 degrees oven for 15-20 min or until firm to the touch. Chill for approx. 2 hours before serving.

Nutritional Information per serving  
110 calories; 3 grams protein; 5 grams of fat;  
12 grams carbohydrate; 160 mg sodium

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## White Chocolate Cheesecake

Servings: 8

Category: Desserts and Baked Goods

1 package (8 oz) fat free cream cheese  
2 small packages sugar free  
white chocolate instant pudding mix  
3 cups skim milk  
8 ounces Cool Whip Free  
2 reduced fat graham cracker crust

Beat cream cheese and 1/2 cup of milk with electric mixer until smooth. Add remaining 1 1/2 cups milk and pudding mixes. Beat until well blended. Fold in Cool Whip Free until smooth and well blended. Pour into crust. Refrigerate 4 hours or until set. Garnish with fresh strawberries or raspberries.

Nutrition information per serving  
201 calories; 8 grams protein; 4 grams fat;  
457 mg sodium

## Strawberry Dream

Servings: 8

Category: Desserts and Baked Goods

1 Entemann's Low Carb Butter Cake  
1 small package (4 serving size) instant pudding  
mix, vanilla or white chocolate  
2 cups skim milk  
1 tub, 12 oz Cool Whip Free®  
2 pounds fresh strawberries, hulled and sliced

Slice cake lengthwise into thirds. Set aside. Mix pudding according to directions on package. Place bottom slice of cake on a serving plate; spread 1/2 of pudding over it. Layer with 1/4 of strawberries. Repeat with middle layer. Put the top layer on top and "frost" with Cool Whip Free. Arrange half of the remaining strawberries on top in an attractiv pattern. Refrigerate for at least one hour. Slice and garnish with a dollop Cool Whip Free and sliced strawberries.

Nutritional Information per serving  
309 calories;10 grams protein; 10 grams fat;  
46 grams carbohydrate; 451 mg sodium

## Apple Raisin Muffins

Servings: 12

Category: Desserts and Baked Goods

2 cups flour  
1 tbsp. baking powder  
1/4 tsp. salt  
1 tsp. cinnamon  
1/4 cup sugar substitute  
1/4 cup egg substitute  
3 tbsp. corn oil  
1/2 cup skim milk  
1 cup applesauce, unsweetened  
1/2 cup raisins, washed, drained

Preheat oven to 400°F. Prepare two muffin tins with vegetable cooking spray or line with paper cupcake liners.

Mix dry ingredients in mixing bowl. Beat egg substitute and whip in oil, milk, and applesauce. Add to dry ingredients and mix until flour is just moistened. Stir in raisins.

Fill muffin tins 2/3 full. Bake for 25 minutes. Remove muffins from tins immediately.

Nutrition Information per serving  
Calories 148; Protein 4 grams; Fat 1 gram;  
Sodium 171 mg

# DESSERTS AND BAKED GOODS

## Apple Strudel

Serving Size: 8

Category: Desserts and Baked Goods

- 3 (about 1 lb.) Golden Delicious apples, peeled, sliced
- 1 tbsp. reduced-calorie tub margarine
- 2 tsp. fresh lemon juice
- 1/2 tsp. cinnamon, ground
- 1 sheet puff pastry, thawed
- 3 tbsp. walnuts, chopped
- 1 large egg white, lightly beaten with 1 tbsp. water

In medium saucepan, combine apples, 1/2 cup water, margarine, lemon juice, and cinnamon; cook over medium heat about 20 minutes, stirring frequently until apples are tender and liquid has evaporated; cool 15 minutes. On lightly floured surface, roll pastry to a 14" x 10" inch rectangle; place on ungreased baking sheet. Spoon apple mixture lengthwise down center third of pastry; sprinkle with walnuts; brush edges with egg white mixture. Fold pastry on left side over filling, then pastry on right side to form strudel. Pinch edges to seal; turn pastry over so seam side is down. Brush with remaining egg white mixture; refrigerate 30 minutes.

Preheat oven to 425°F, using a sharp knife make 3 slits in top of pastry without cutting through pastry. Bake 30 minutes or until puffed and golden. Cool on rack 30 minutes.

Nutrition Information per serving  
Calories 185; Protein 2 grams; Fat 11 grams;  
Sodium 166 mg

## Blueberry Muffins

Servings: 12

Category: Desserts and Baked Goods

- 1 1/2 cups all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. vanilla extract
- 1/2 cup egg substitute
- 1/2 cup skim milk
- 2 tbsp. oil
- 1 cup frozen blueberries, thawed, juice reserved
- 3 tbsp. skim milk, hot
- 10 pkts. sugar substitute

Preheat oven to 400°F. Place flour, baking powder, and salt in a medium mixing bowl and blend. In a separate mixing bowl, blend egg substitute, 1/2 cup milk, oil, vanilla, and 1/2 cup reserved blueberry juice. Stir into flour mixture along with blueberries.

Fill paper lined muffin cups two-thirds full with batter. Bake 20-25 minutes. Remove from oven and prick muffin tops in center with a fork.

Using a pastry brush, glaze tops of muffins with hot milk. Roll muffin tops in bowl of sugar substitute.

Nutrition Information per serving  
Calories 101; Protein 3 grams; Fat 9 grams;  
Sodium 184 mg

## DESSERTS AND BAKED GOODS

### Caramel Apple

Serving Size: 4

Category: Desserts and Baked Goods

1 pkg. sugar-free butterscotch instant pudding (6 serving size)  
20 oz. can pineapple, crushed, drained  
8 oz. container Cool Whip Lite®  
1 medium apple, chopped

Mix dry contents of pudding to the Cool Whip Lite. Add drained pineapple. Mix well. Add chopped apple, mix and refrigerate one hour and serve.

Nutrition Information per serving  
Calories 132; Protein 0 grams; Fat 4 grams;  
Sodium 332 mg

### Carrot Cake

Servings: 16

Category: Desserts and Baked Goods

1 1/4 cups flour  
1 cup whole wheat pastry flour  
1/4 cup sunflower seeds  
1 tsp. baking powder  
1 tsp. baking soda  
1/2 tsp. mace, ground  
1/2 tsp. cinnamon, ground  
1/2 tsp. salt  
1/2 cup vegetable oil  
1 cup egg substitute  
6 pkgs. sugar substitute  
1 medium ripe banana, mashed  
1/4 cup apple juice concentrate, unsweetened  
2 tsp. vanilla extract  
3 cups carrots, shredded  
4 oz. fat free cream cheese  
2 tbsp. skim milk  
1 tsp. vanilla extract  
1/2 medium banana, mashed  
3 pkts. sugar substitute

Preheat oven to 350°F. Spray 12 cup Bundt pan with vegetable cooking spray; set aside.

In large bowl, combine dry ingredients. In a medium bowl combine oil, egg substitute, banana, juice concentrate and vanilla extract. Stir into dry ingredients until just blended. Fold in carrots. Pour into prepared pan; bake 40-45 minutes or until toothpick inserted in center comes out clean. Cool on rack 15 minutes. Loosen edges with knife; remove from pan and cool completely.

To prepare frosting: In medium bowl; combine cream cheese, milk, sugar substitute and vanilla; stir in banana until blended.

Nutrition Information per serving  
Calories 145; Protein 6 grams; Fat 10 grams;  
Sodium 182 mg

# DESSERTS AND BAKED GOODS

## Cherry Cheese Pie

Servings: 8

Category: Desserts and Baked Goods

### Graham Cracker Crust:

1 cup graham cracker crumbs  
2 tbsp. lowfat margarine, melted  
2 pkts. Equal® sweetener

### Cherry Glaze:

16 oz. can dietetic red sour cherries  
2 tsp. cornstarch  
3 pkts. Equal  
1/8 tsp. almond extract  
8 drops red food coloring (optional)

### Cheese Filling:

1 tsp. unflavored gelatin  
1 tbsp. cold water  
1 1/4 cups lowfat cottage cheese  
1/2 tsp. vanilla extract  
3 pkts. Equal

Make graham cracker crust: Combine crumbs with lowfat margarine and 2 packets Equal by cutting in melted margarine until mixture resembles coarse crumbs. Press firmly in bottom and sides of 8" or 9" pie plate. Refrigerate until ready to use.

Make cherry glaze: Drain cherries, reserving liquid. In a small saucepan, combine cornstarch and reserved cherry liquid; stir until smooth. Cook over medium heat, stirring constantly, until mixture comes to a boil. Reduce heat; stir in cherries. Let cool to lukewarm, then stir in 3 pkts. Equal, almond extract and coloring.

Make cheese filling: Combine gelatin and cold water in small bowl; let stand 1 minute. Set bowl in 1/2 inch boiling water. Heat just until gelatin is dissolved. Remove from water; let cool slightly. In blender, combine cottage cheese and vanilla. Blend until smooth. With motor running, gradually add the dissolved gelatin. Transfer to bowl and add 3 pkts. Equal. Chill, stirring occasionally, just until slightly thickened, about 20 minutes.

## *Cherry Cheese Pie (continued)*

Nutrition Information per serving

Calories 136; Protein 6 grams; Fat 4 grams;  
Sodium 301 mg

## Chocolate Mousse

Serving Size: 5

Category: Desserts and Baked Goods

1 1/2 cups skim milk, cold  
1 pkg. fat-free, sugar-free chocolate instant  
pudding (4 serving size)  
1 cup Cool Whip Lite®, thawed

Pour milk into mixing bowl. Add pudding mix. Beat with wire whisk 2 minutes. Gently stir in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve. Garnish if desired.

Nutrition Information per serving

Calories 83; Protein 3 grams; Fat 3 grams;  
Sodium 311 mg

## DESSERTS AND BAKED GOODS

### Chocolate Raspberry Cheesecake

Servings: 8

Category: Desserts and Baked Goods

3/4 cup skim milk  
1 cup fat-free cottage cheese  
1/3 cup seedless raspberry fruit spread  
1 pkg. fat-free, sugar-free chocolate instant pudding (4 serving size)  
2 cups lite whipped topping  
1/2 cup raspberries

Pour milk into blender container. Add cottage cheese and fruit spread; cover. Blend until smooth. Add pudding mix; cover. Blend until smooth.

Pour pudding mixture into large bowl; gently stir in whipped topping. Pour into 8" pie plate; smooth top. Freeze until firm; 6 hours or overnight.

Remove cheesecake from freezer about 15 minutes before serving. Let stand at room temperature to soften slightly. Top with raspberries.

Nutrition Information per serving  
Calories 126; Protein 7 grams; Fat 5 grams;  
Sodium 343 mg

### Cream Cheese Dessert

Serving Size: 8

Category: Desserts and Baked Goods

8 oz. fat-free cream cheese, room temperature  
1 pkg. sugar-free vanilla instant pudding (4 serving size)  
3 cups skim milk  
2 cups strawberries, fresh, sliced  
6 pkts. Equal® sweetener

In a small mixing bowl, combine pudding mix and milk. Beat on low speed to mix ingredients. Add cream cheese; increase speed and beat until smooth and thickened. Pour into individual or a large serving dish. In a separate bowl, mix Equal and strawberries. Top cream cheese mixture with strawberries and refrigerate.

Nutrition Information per serving  
Calories 119; Protein 7 grams; Fat 1 gram;  
Sodium 232 mg

### Creamy Cheese and Berry Bars

Serving Size: 4

Category: Desserts and Baked Goods

1/2 cup lowfat ricotta cheese  
1 oz. neufchatel cheese, cubed, softened  
1 tbsp. Sweet'N Low®  
1 tbsp. mint leaves, fresh, chopped (optional)  
8 pcs. crisp bread or other snack wafers (about 4" x 2", 1/2 oz. each)  
2 cups strawberries, fresh, sliced  
8 mint sprigs (optional)

Whip cheeses with electric mixer until smooth. Beat in Sweet'N Low. Spread crackers with cheese mixture; arrange strawberries over cheese. Garnish with mint sprig, if desired. Serve immediately.

Nutrition Information per serving  
Calories 126; Protein 5 grams; Fat 6 grams;  
Sodium 108 mg

# DESSERTS AND BAKED GOODS

## Fruit Crisp

Serving Size: 2

Category: Desserts and Baked Goods

1/2 cup strawberries, fresh, sliced  
1/2 cup frozen blueberries, thawed  
2 tsp. lemon juice  
11 oz. can mandarin oranges in juice, drained  
3 tbsp. all-purpose flour  
2 tbsp. brown sugar substitute  
2 tbsp. quick cooking oats  
1/4 tsp. cinnamon, ground  
1/8 tsp. nutmeg, ground  
2 tbsp. fat-free margarine, chilled, cut into small pieces

Preheat toaster oven to 350°F. Combine first 4 ingredients in a small bowl; toss gently. Divide fruit mixture evenly between 2 - 10 oz. custard cups; set aside.

Combine flour and next four ingredients in a small bowl; stir well. Cut in margarine with a pastry blender or two knives until mixture resembles coarse meal. Sprinkle flour mixture evenly over fruit. Cover and bake for 20 minutes. Uncover and bake an additional 5 minutes or until crisp.

Note: To bake in a conventional oven, place custard cups on a baking sheet. Bake at 350°F for 30 minutes or until crisp (do not cover).

Nutrition Information per serving  
Calories 225; Protein 3 grams; Fat 1 gram;  
Sodium 148 mg

## Fruit Kabobs

Servings: 12

Category: Desserts and Baked Goods

1 1/2 quarts fresh fruit, in season  
12 wooden skewer sticks

Cut fresh fruit into bite size pieces. On 12 wooden skewers, alternately thread fruit chunks. Serve kabobs on a decorative plate.

Nutrition Information per serving  
Calories 33; Protein 1 gram; Fat 0 grams;  
Sodium 1 gram

## DESSERTS AND BAKED GOODS

### Fruited Cheesecake

Servings: 10

Category: Desserts and Baked Goods

1/2 cup sugar-free vanilla wafers (8 wafers)  
12 oz. fat-free cream cheese  
1/4 cup sugar substitute  
1 tbsp. flour  
1 tsp. vanilla extract  
1/4 cup frozen egg substitute  
3/4 cup sliced strawberries, sliced kiwi,  
blueberries, sliced plums, and orange sections

Preheat oven to 325°F. Spray 10 muffin cups with vegetable cooking spray. Sprinkle the bottom and sides of each with about 1 tsp. crushed sugar-free vanilla wafers. Set aside.

In a medium mixing bowl, beat cream cheese with an electric mixer on medium speed until smooth. Add sugar, flour, and vanilla. Beat on medium speed until smooth. Add egg product and beat until just combined. Divide evenly among the muffin cups.

Bake for 18-20 minutes or until set. Cool in pans on a wire rack for 5 minutes. Cover and chill for 4-24 hours. Remove cheesecakes from muffin cups. Just before serving, top with fresh fruit.

Nutrition Information per serving

Calories 113; Protein 7 grams; Fat 3 grams;  
Sodium 249 mg

### Lite Strawberry Cheesecake Pie

Servings: 6

Category: Desserts and Baked Goods

8 oz. fat-free cream cheese  
1 pkg. sugar-free vanilla instant pudding,  
(4 serving size)  
2 cups skim milk  
3/4 cup Marzetti's® sugar-free, fat-free  
strawberry glaze  
Graham cracker pie crust, 9 inch  
1 1/2 cups Fat-free Reddi Wip®  
1 cup strawberries, fresh, sliced, unsweetened

In a bowl combine pudding mix and milk, beat with hand mixer until thickened. Add cream cheese and continue to mix until smooth.

Spoon glaze into pie crust and smooth to edges. Place a layer of strawberries on top of glaze and spoon cream cheese mixture on top spreading to the sides.

Spray Reddi Wip on top of cream cheese mixture and decorate the top of the pie with sliced strawberries.

Nutrition Information per serving

Calories 256; Protein 5 grams; Fat 7 grams;  
Sodium 533 mg



## DESSERTS AND BAKED GOODS

### Peach Cheesecake

Servings: 6

Category: Desserts and Baked Goods

2 pkts. Knox® Gelatin  
1/2 cup cold water  
16 oz. can lite peaches, reserve liquid  
8 oz. pkg. fat-free cream cheese  
2 pkts. sugar substitute

In blender, sprinkle gelatin over water; let stand 2 minutes.

Meanwhile, in small pan, bring reserved juice to a boil. Add to blender until gelatin is dissolved, about 2 minutes. Add peaches, cream cheese and sugar substitute to taste. Blend until smooth. Pour into cupcake or mini-muffin paper cups. Chill until firm. Garnish with peach if desired.

Nutrition Information per serving

Calories 56; Protein 3 grams; Fat 1 gram;  
Sodium 35 mg

### Peppermint Ice Cream Cake

Servings: 10

Category: Desserts and Baked Goods

3 cups crispy rice cereal  
7 oz. sugar-free chocolate candy bar  
1/2 cup lowfat margarine  
1/2 gallon sugar-free peppermint ice cream,  
softened  
2 cups lite whipped topping  
Crushed sugar-free peppermint candies

Place cereal in a large bowl. Grate or shave 2 tbsp. of chocolate from candy bar; set aside. In a heavy saucepan, melt margarine and remaining chocolate. Pour over cereal and stir to coat. Press into the bottom of a greased 10" spring form pan. Freeze for 30 minutes. Spoon ice cream over crust. Freeze for 15 minutes. Spread with whipped topping; sprinkle with the shaved chocolate. Cover and freeze for several hours or overnight. Top with candy. Remove cake from freezer 5-10 minutes before serving. Remove sides of pan; cut with a sharp knife and serve immediately.

If unable to find sugar-free peppermint ice cream, substitute with sugar-free vanilla ice cream. To add peppermint flavor, crush sugar-free peppermint candies and mix with the vanilla ice cream.

Special Note: sugar-free ice cream sweetened with sorbital may cause abdominal cramping and gas in sensitive individuals.

Nutrition Information per serving

Calories 301; Protein 7 grams; Fat 16 grams;  
Sodium 230 mg

# DESSERTS AND BAKED GOODS

## Pineapple Cheesecake

Serving Size: 6

Category: Desserts and Baked Goods

1 1/3 cups fat-free cottage cheese  
1 can pineapple, crushed, in juice  
2 tsp. lemon extract  
1 tsp. sugar substitute  
2 pkg. gelatin, unflavored  
1 1/2 cups water

In blender, add fat-free cottage cheese, pineapple with juice, 1/2 cup water, lemon extract and sugar substitute. Blend at high speed.

In saucepan, heat 1 cup water and gelatin, stirring until dissolved. When dissolved, pour in blender with above ingredients. Blend and pour into pie dish. Refrigerate 2 hours before serving.

Nutrition Information per serving

Calories 96; Protein 9 grams; Fat 1 gram;  
Sodium 210 mg

## Pineapple Perfection

Serving Size: 8

Category: Desserts and Baked Goods

2 pkgs. sugar-free vanilla pudding (4 serving size)  
20 oz. can pineapple, crushed, in juice  
2 cups fat-free sour cream  
1 cup Cool Whip Lite®  
2 large bananas, sliced

Mix pudding, crushed pineapple with juice and sour cream. Beat at medium speed for 2 minutes. If mixture becomes too thick, add a little skim milk. Stir in bananas if desired. Put mixture into small sundae dishes and refrigerate 1-2 hours. Top with Cool Whip Lite prior to serving.

Nutrition Information per serving

Calories 169; Protein 5 grams; Fat 1 gram;  
Sodium 134 mg

## Pistachio Pineapple Dessert

Serving Size: 7

Category: Desserts & Baked Goods

1 1/3 cups lowfat cottage cheese  
2 cups crushed pineapple, packed in water, drained  
4 tbsp. Cool Whip Lite®  
1 pkg. sugar-free pistachio instant pudding (4 serving size)

Blend Cool Whip Lite and cottage cheese until smooth. Add pineapple and dry pudding mix. Stir until smooth. Refrigerate for 20 minutes and serve.

Nutrition Information per serving

Calories 75; Protein 11 grams; Fat 2 grams;  
Sodium 420 mg

## Pumpkin Mousse

Servings: 6

Category: Desserts and Baked Goods

1 pkg. sugar-free vanilla instant pudding (6 serving size)  
3 cups skim milk  
1/2 cup pumpkin, solid, packed  
1 tsp. pumpkin pie spice  
1/2 cup Cool Whip Lite®  
1 cup plain yogurt  
1 tsp. vanilla extract

Mix pudding and skim milk with wire whisk or mixer for 2 minutes. Fold in remaining ingredients. Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite.

Nutrition Information per serving

Calories 106; Protein 7 grams; Fat 1 gram;  
Sodium 207 mg

# DESSERTS AND BAKED GOODS

## Pumpkin Pie

Servings: 8

Category: Desserts and Baked Goods

4 oz. light cream cheese, softened  
1 tbsp. skim milk  
3 pkts. Equal® sweetener  
1 1/2 cups Cool Whip Lite®  
1 prepared 9" graham cracker pie crust  
1 cup skim milk, cold  
16 oz. canned pumpkin  
2 pkgs. sugar-free vanilla instant pudding (4 serving size)  
1 tsp. cinnamon, ground  
1/2 tsp. ginger, ground  
1/4 tsp. cloves, ground

Mix cream cheese, 1 tbsp. milk and 3 pkts. of Equal in a large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

Pour 1 cup of cold milk into large bowl. Add pumpkin, pudding mixes and spices. Beat with wire whisk until well mixed. Mixture will be thick. Spread over cream cheese layer.

Refrigerate 4 hours or until set. Garnish with additional whipped topping, if desired.

Nutrition Information per serving  
Calories 218; Protein 5 grams; Fat 8 grams;  
Sodium 367 mg

## Strawberry Cheesecake Cups

Serving Size: 6

Category: Desserts and Baked Goods

1 cup yogurt cheese\*  
1/2 cup strawberry spreadable fruit  
1 large egg  
2 tbsp. fat-free sour cream  
2 tbsp. all-purpose flour  
1 tsp. vanilla extract  
1/8 tsp. salt  
6 whole strawberries to garnish (optional)

Preheat oven to 300°F. Line 12 muffin cups with paper liners and set aside. In food processor or blender, puree all ingredients until smooth. Spoon mixture evenly into prepared muffin pan. Bake for 25 minutes. Cool in pan on rack. Cover and refrigerate 2 hours before serving. Garnish with strawberries.

\*To make yogurt cheese, line a large sieve with paper towels or place filter in top of a drip coffee maker. Add 2 cups nonfat plain yogurt. Let drip, covered and refrigerated, overnight.

Nutrition Information per serving  
Calories 114; Protein 4 grams; Fat 1 gram;  
Sodium 86 mg

# DESSERTS AND BAKED GOODS

## Summer Fruit Tart

Serving Size: 10

Category: Desserts and Baked Goods

1 1/4 cups flour  
1/4 tsp. salt  
1/3 cup shortening  
1/4 cup fat-free plain yogurt  
1/4 cup lowfat sour cream  
1/4 tsp. almond extract  
5 pkts. sugar substitute  
4 cups fresh fruit  
3/4 cup pineapple juice  
4 cups fresh fruit  
3/4 cup pineapple juice  
1 tbsp. lemon juice  
2 tsp. cornstarch

Preheat oven to 450°F. Combine flour and salt. Cut in shortening until well combined. Sprinkle 3-4 tbsp. cold water over mixture; toss with fork until moistened. Divide dough into 5 equal portions; roll each portion out into a ball.

On a lightly floured surface, roll each ball into a 5-inch circle. Ease pastry in 4 - 1/2" tart pans with removable bottoms. (For large tart, roll pastry into a 13" x 10" rectangle and place in an 11" x 18" x 1" tart pan with removable bottom. Proceed as for individual tarts.) Press pastry up sides; trim and remove excess. Prick bottom and sides with a fork. Line with foil. Bake for 8 minutes. Remove foil; bake until golden (5-6 minutes). Cool on wire rack.

Combine yogurt, sour cream, almond extract and 2 pkts. of sugar substitute. Spread on cooled crust. Arrange fruits on top.

In a small saucepan combine pineapple juice, lemon juice and cornstarch. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; stir in three packets of sugar substitute. Cool. Spoon over fruit; cover and chill.

Nutrition Information per serving  
Calories 165; Protein 3 grams; Fat 7 grams;  
Sodium 70 mg

## Sunny Fruit Fiesta

Servings: 6

Category: Desserts and Baked Goods

1 cantaloupe, halved, seeded  
1/2 honeydew melon, seeded  
1/4 cup sugar substitute  
1/4 cup fresh lime juice  
1 tbsp. orange-flavored liqueur (optional)  
1 1/2 tsp. lime peel, grated  
1 cup strawberries, fresh, sliced  
1 cup black or red seedless grapes

Using a melon baller, scoop cantaloupe and honeydew into balls; set aside.

In a large mixing bowl, combine sugar, lime juice, lemon juice, orange liqueur, and lime peel. Stir well to dissolve sugar. Add cantaloupe balls, honeydew balls, strawberries and grapes to mixture. Toss gently to combine.

Cover bowl with plastic wrap and refrigerate for at least 1 hour to blend flavors, stirring once or twice.

Spoon fruit mixture into serving bowls or hollowed-out melon halves, dividing evenly. Serve immediately.

Variation: For a tropical fruit version, substitute kiwi slices, pineapple chunks, papaya slices, or mango cubes for the melon balls. Add a little grated fresh ginger or ground ginger. A dash of coconut extract would also make an intriguing addition. Try serving this version in a hollowed-out pineapple half.

Nutrition Information per serving  
Calories 62; Protein 1 gram; Fat 0 grams;  
Sodium 7 mg

# DESSERTS AND BAKED GOODS

## Tea Scones

Servings: 12

Category: Desserts and Baked Goods

1 1/2 cups all purpose flour  
2 tsp. baking powder  
1/4 tsp. salt  
1/4 cup (1/2 stick) unsalted butter, chilled and cut in pieces  
1/3 cup golden raisins  
1 large egg, lightly beaten  
1/3 cup apple juice concentrate, unsweetened

Preheat oven to 425°F; spray baking sheet with vegetable cooking spray; set aside. In large bowl combine flour, baking powder, and salt. With a pastry blender or 2 knives, cut in butter until mixture is crumbly. Stir in remaining ingredients until dough forms; turn onto lightly floured surface; knead gently about 12 times. Roll dough into 1/2" thickness; with a 2 1/4" floured biscuit cutter, cut into 12 rounds. Bake 10-12 minutes or until lightly browned and firm to touch.

Nutrition Information per serving

Calories 115; Protein 2 grams; Fat 5 grams;  
Sodium 126 mg

## White Chocolate Mousse

Serving Size: 5

Category: Desserts and Baked Goods

1 1/2 cups cold skim milk  
1 pkg. fat-free, sugar-free white chocolate instant pudding (4 serving size)  
1 cup Cool Whip Lite®

Pour milk into medium mixing bowl. Add pudding mix. Beat with a wire whisk for two minutes. Gently fold in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve.

Nutrition Information per serving

Calories 83; Protein 3 grams; Fat 3 grams;  
Sodium 311 mg

# DESSERTS AND BAKED GOODS

## Whole Wheat Zucchini Bread

Servings: 12

Category: Desserts and Baked Goods

1 1/2 cup whole wheat flour  
1 tsp. baking soda  
1/2 tsp. salt  
1/2 tsp. cinnamon and allspice, ground  
1/2 cup apple sauce, unsweetened  
1/4 cup pineapple juice concentrate,  
unsweetened  
1 lg. egg and 2 egg whites  
3 tbsp. peach spreadable fruit  
2 tsp. vanilla extract  
1 1/2 cup zucchini (about 1 med.), shredded  
6 pkts. sugar substitute

Preheat oven to 350°F. Spray 9" x 5" loaf pan with vegetable cooking spray; set aside. In large bowl, combine dry ingredients, egg, egg whites, fruit spread and vanilla. Pour liquid ingredients into dry and stir until just blended. Fold in zucchini. Pour into prepared pan. Bake 45-55 minutes or until toothpick inserted in center comes out clean. Cool on rack 10 minutes; remove from pan and cool completely.

Nutrition Information per serving  
Calories 80; Protein 3 grams; Fat 1 grams;  
Sodium 98 mg