



Healthy Dessert Recipes

The following recipes all have 300 calories or less, 10 grams of fat or less and ½ gram of trans fat or less per normal size serving. Whenever possible, canola oil was used in place of partially hydrogenated fat and butter.

For the nutritional analysis, the following guidelines were used:

- When ingredient options appear in a recipe, the first ingredient choice is used for the analysis.
- “Optional” ingredients are omitted in the analysis.
- If a recipe gives optional serving sizes, the nutritional analysis is calculated using the first choice.
- All recipes were analyzed using Food Processor SQL software, Version 9.8.1

Pies

Better for You Pecan Pie

This recipe has all the wonderful flavors of traditional pecan pie but with about half the calories as most recipes. The trick is cutting back on the amount of pecans, skipping the melted butter and substituting 1 egg white for one of the 3 eggs in the original recipe.

1 cup dark corn syrup
¼ cup maple syrup
2 tablespoons flour
¼ teaspoon salt
2 large eggs
1 large egg white
½ cup pecan halves
1 teaspoon vanilla
1 9-inch pie crust (analysis based on oil pie dough recipe)

Preheat oven to 350°F. In a medium bowl combine corn syrup, maple syrup, flour, salt and eggs until well blended. Stir in pecans and vanilla. Pour filling into prepared crust and bake 50 minutes or until edges puff and center is set. Cool on wire rack.

Yield: 9-inch pie; 8 servings

Nutritional information per serving: 295 calories, 9 g fat, 0 g trans fat, 43 mg cholesterol, 194 mg sodium, 49 g carbohydrate, 4 g protein, 1 g dietary fiber

Crunchy Pumpkin Pie

For the Pie Crust:

1 cup quick cooking oats
¼ cup whole wheat flour
¼ cup ground almonds
2 tablespoons brown sugar
¼ teaspoon salt
3 tablespoons canola oil
1 tablespoon water

For the Pie Filling:

¼ cup packed brown sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon salt
1 egg, beaten
4 teaspoons vanilla
1 cup canned pumpkin
⅔ cup evaporated skim milk

Preheat oven to 425°F. Mix oats, flour, almonds, sugar, and salt together in a small mixing bowl. Blend oil and water together in a measuring cup with fork or small wire whisk until blended. Add oil mixture to dry ingredients and mix well. If needed, add a small amount of water to hold mixture together. Press into a 9-inch pie pan and bake for 8 to 10 minutes or until light brown.

Turn oven down to 350°F. Mix brown sugar, cinnamon, nutmeg and salt together in a bowl. Add egg and vanilla and mix to blend ingredients. Add pumpkin and evaporated skim milk, stirring to combine. Pour into prepared pie shell and bake 45 minutes or until knife inserted near center comes out clean.

Yield: 8 servings

Nutritional information per serving: 180 calories, 7 g fat, 0 g trans fat, 25 mg cholesterol, 260 mg sodium, 26 g carbohydrate, 5 g protein, 3 g fiber

Oil Pie Dough

This is a quick and easy better for you pie dough without saturated or trans fat!

2 cups flour
½ teaspoon salt
½ cup canola oil
6 Tablespoons cold water

In a medium mixing bowl, combine the flour and salt. Pour oil and water into a measuring cup but do not stir. Pour the mixture over the flour all at once. Stir these ingredients lightly with a fork until blended. Dough may be formed into a crust by patting into a pan with a spoon or may be rolled between 2 sheets of waxed paper.

Yield: 2-9" pie shells or 16 tarts

Nutritional information per ⅛ of a pie shell: 112 calories, 7 g fat, 0 g trans fat, 0 mg cholesterol, 67 mg sodium, 11 g carbohydrate, 1 g protein

Eggnog Pie with Bourbon Cream

For the Pie Crust:

32 low-fat graham crackers
2 tablespoons sugar
1½ tablespoons butter, melted
1 large egg white
Cooking Spray

For the Bourbon Cream:

¾ cup frozen lite whipped topping, thawed
2 tablespoons eggnog
1 teaspoon bourbon
⅛ teaspoon grated nutmeg

For the Pie Filling:

1/2 cup plain, fat-free yogurt
4-ounces ⅓-less fat cream cheese, softened
4-ounces fat-free cream cheese, softened
1 teaspoon vanilla
2 large eggs
⅓ cup sugar
2 tablespoons flour
⅛ teaspoon salt
⅔ cup eggnog
2 large egg whites
2 Tablespoon sugar

Preheat oven to 350°F. To make crust, place graham crackers in a food processor and process until crumbly. Add sugar, butter and egg white. Pulse 5 times or just until moist. Press crumb mixture evenly into a 9-inch pie plate that has been coated with cooking spray. Bake 8 minutes and then cool on wire rack while you prepare the pie filling.

Reduce oven temperature to 325°F. To prepare filling, spoon yogurt onto several layers of white paper towel to ½-inch thickness. Cover with additional paper towels and let stand 5 minutes. Scrape yogurt into a bowl using a rubber spatula. Place cream cheeses and vanilla into a separate bowl; beat with mixer at medium speed until smooth. Add eggs, one at a time, beating well after each addition. Combine sugar, flour and salt in a separate bowl. Add sugar mixture to cheese mixture, mixing well. Add yogurt to cheese mixture followed by eggnog. Beat at low speed until combined.

Beat egg whites with a mixer at medium speed until soft peaks form. Add 2 tablespoons sugar, 1 tablespoon at a time until stiff peaks form. Gently fold egg whites into the eggnog mixture. Pour filling into cooled crust. Bake at 325°F for 40 minutes or until center is almost set. Cool completely on wire rack. Chill overnight.

To prepare Bourbon Cream, place the whipped topping in a bowl. Gently fold in 2 tablespoons eggnog and bourbon; chill. Top each pie slice with bourbon cream; sprinkle with nutmeg before serving.

Yield: 8 servings

Nutritional information per serving: 230 calories, 8 g fat, 0 g trans fat, 80 mg cholesterol, 310 mg sodium, 30 g carbohydrate, 9 g protein, 1 g fiber

Deep Dish Apple Pie

As a way to cut calories, the bottom crust was eliminated from a traditional apple pie recipe. All of the rich flavors are still present but the calories have been sliced by almost half.

For the filling:

$\frac{2}{3}$ cup sugar
2 tablespoons flour
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
8 cups thinly sliced and peeled cooking apples

For the crust:

1 cup flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup no trans fat shortening
2-3 tablespoons cold water

In a mixing bowl, stir together the sugar, flour, cinnamon and nutmeg. Add apple slices. Toss until apples are coated. Transfer apple mixture to a 2-quart casserole or deep dish pie pan.

For the pastry crust, combine the flour and salt in a medium bowl. Using a pastry blender or 2 forks, cut in the shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the water over the mixture and gently toss with a fork. Push moistened dough to the side of the bowl. Repeat using 1 tablespoon of the remaining water at a time until dough is moistened and can form a ball.

On a lightly floured surface, flatten the ball of dough and roll into a circle that is 1-inch larger than the top of the casserole. Place pastry atop apples; seal and flute to the rim of the casserole. Cut slits in the pastry. Cover the edges of the pie with foil and place on a baking sheet.

Bake in a 375°F oven for 25 minutes. Remove foil and continue to bake 30 to 35 minutes more or until crust is golden brown and filling is bubbly. Serve warm or cool.

Yield: 8 servings

Nutritional information per serving: 239 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 67 mg sodium, 45 g carbohydrate, 2 g protein, 3 g dietary fiber

Cakes

Chocolate Raspberry Cream Cake

6 tablespoons reduced fat margarine (at least 55% oil)
1 cup sugar
1 cup skim milk
1 tablespoon white vinegar
½ teaspoon vanilla
1¼ cup all-purpose flour
⅓ cup Dutch process cocoa
1 teaspoon baking soda
¼ cup seedless raspberry jam
Raspberry Cream – recipe below

Heat oven to 350°F. Spray 15-1/2 x 10-1/2 x 1 inch jelly-roll pan with vegetable cooking spray. In medium saucepan over low heat, melt margarine; stir in sugar. Remove from heat; stir in milk, vinegar and vanilla. In small bowl, stir together flour, cocoa and baking soda; add gradually to sugar mixture, stirring with whisk until well blended. Pour into prepared pan. Bake 16 to 18 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely.

To assemble, cut cake into four rectangular pieces. Place one piece on serving plate; spread 1 tablespoon jam over top. Carefully spread a scant 3/4 cup Raspberry Cream over jam. Repeat procedure with remaining cake layers, jam and Raspberry Cream, ending with plain layer on top. Spread remaining 1 tablespoon jam over top. Spoon or pipe remaining Raspberry Cream over jam. Refrigerate torte until ready to serve. Garnish as desired. Cover; refrigerate leftover torte

Raspberry Cream: Thaw and thoroughly drain 1 package (10 ounces) frozen red raspberries. Place raspberries in blender and blend until smooth. Strain in sieve; discard seeds. Combine raspberry puree with 8 ounces of reduced fat whipped topping and 2-3 drops of red food coloring.

Yield: 10 servings

Nutritional information per serving: 260 calories, 10 g fat, 0 mg cholesterol, 0 g trans fat, 200 mg sodium, 43 g carbohydrate, 3 g protein, 1 g fiber

Pineapple Upside-Down Cake

This healthier version has half the fat and 1/3 less sodium than the traditional recipe.

1 tablespoon margarine (65% oil)
1/4 cup packed brown sugar
2 tablespoons corn syrup
1 8-ounce can pineapple slices (packed in juice) drained and halved
4 maraschino cherries, halved
1 cup flour
1 teaspoon baking powder
2 large egg whites
1 large egg
3/4 cup sugar
1/2 cup skim milk
2 tablespoons margarine

Coat a 9x1 1/2-inch round baking pan with cooking spray. Melt 1 tablespoon margarine in the pan by placing pan in a cold oven. Turn oven to 350°F and remove pan after 5 minutes. Stir in brown sugar and corn syrup. Spread evenly in the pan. Arrange pineapple and cherries in the pan atop the brown sugar mixture; set aside.

In a small bowl, combine flour and baking powder. In a medium mixing bowl beat egg whites and egg with an electric mixer on high speed for 4 minutes. Gradually add the 3/4 cup sugar, beating on medium speed for 4 to 5 minutes or until light and fluffy. Add flour mixture and beat at low speed just until combined. In a small microwave-safe bowl, heat the milk and 2 tablespoons margarine until the margarine melts; add to batter beating until combined. Pour batter into pan over pineapple slices.

Bake in a 350°F oven for 30 to 35 minutes or until a wooden toothpick inserted near the middle comes out clean. Cool the cake in the pan on a wire rack for 5 minutes. Loosen sides and invert on serving plane. Serve warm.

Yield: 8 servings

Nutritional information per serving: 232 calories, 5 g fat, 0 g trans fat, 27 mg cholesterol, 122 mg sodium, 44 g carbohydrate, 4 g protein, 1 g dietary fiber

Double Chocolate Mini Fudge Cakes

3 squares semi-sweet baking chocolate
1 tablespoon canola oil
1/3 cup unsweetened cocoa powder
4 egg whites
1/2 cup firmly packed brown sugar

Preheat oven to 350°F. Microwave chocolate and oil in a glass measuring cup on HIGH for 1 to 2 minutes or until completely melted. Stir in cocoa powder and let stand at 10 minutes.

Beat egg whites and sugar in medium bowl with electric mixer on high speed 3 minutes or until tripled in volume. Reduce speed to medium low; blend in melted chocolate mixture until well combined. Spoon batter into 6 paper-lined medium muffin cups.

Bake 18 minutes or until puffed and center is set. Remove from oven and let stand 5 minutes. Serve warm with a dollop of whipped topping, if desired.

Yield: 6 servings

Nutritional information per serving: 190 calories, 8 g fat, 35 mg cholesterol, 45 mg sodium, 30 g carbohydrate, 4 g protein

Low-Fat Flourless Chocolate Truffle Cake

3/4 cup chocolate chips, finely chopped
1 large egg white
1/8 teaspoon cream of tartar
3/4 cup unsweetened cocoa powder
2/3 cup sugar
3/4 cup evaporated skim milk
1 cup egg whites or liquid egg substitute
1 teaspoon pure vanilla extract

Preheat oven to 350°F. Coat a 9-inch springform pan with vegetable oil spray. Place chopped chocolate chips in a large bowl; set aside. In a small bowl, beat 1 egg white with cream of tartar until stiff peaks form; set aside.

In a medium saucepan, heat cocoa, sugar, and milk until simmering, stirring constantly. Remove from heat and pour over chocolate chips. Whisk in 1 cup egg whites or egg substitute, and then fold in beaten egg white.

Pour batter into prepared pan and set in another pan at least 2 inches wider and deeper. Add enough water to bottom pan to come two-thirds up the side of the cake pan. (This is so edges won't burn.) Bake 30 minutes. Chill in refrigerator 8 hours before serving.

Yield: 10 to 12 servings

Nutritional information per serving: 160 calories, 6 g fat, 0 g trans fat, 0 mg cholesterol, 65 mg sodium, 26 g carbohydrate, 6 g protein, 3 g fiber

Lemon Zucchini Cake

This cake from American Institute for Cancer Research has fewer calories than many desserts and because it is made with whole wheat flour, vegetables, fruits and nuts it contains load of healthy phytochemicals. For more healthy recipes, check out www.aicr.org

1½ cups all purpose flour
1 cup whole wheat flour
1 to 2 teaspoons ground cinnamon
2 teaspoon baking powder
½ cup low fat sour cream
⅔ cup sugar
¼ cup unsweetened applesauce
¼ cup canola oil
2 teaspoons vanilla
3 tablespoons lemon juice
Zest of 1 lemon
3 eggs
3 cups unpeeled shredded zucchini
⅓ cup toasted walnut pieces
2 tablespoons powdered sugar, optional

Preheat oven to 375°F. Coat a bundt cake pan with cooking spray. Lightly dust with flour and then shake off excess. In medium bowl, sift together flours, cinnamon and baking powder; set aside. In a large bowl, whisk together sour cream, sugar, applesauce, oil, vanilla, lemon juice and zest until blended. Add eggs, one at a time. Fold in zucchini. Add flour mixture and walnut pieces and fold in until completely moistened. Add batter to pan, spreading evenly.

Bake 35 to 40 minutes or until knife inserted comes out clean, but moist. Cool for 10 to 15 minutes in pan. Before cutting to serve, lightly sift powdered sugar over top, if desired.

Yield: 12 servings

Nutritional information per serving: 227 calories, 9 g fat, 0 g trans mg cholesterol, fat, 87 mg sodium, 33 g carbohydrate, 5 g protein, 2 g dietary fiber

Cheesecake

Strawberry-Amaretto Cheesecake

¼ cup graham cracker crumbs
1 (24-ounce) carton 1% low-fat cottage cheese
2 (8-ounce) blocks ½-less cream cheese
1 cup plus 1 Tablespoon sugar, divided
2 tablespoons amaretto
2 large eggs
4 egg whites
⅛ teaspoon cream of tartar
2¼ cup halved fresh strawberries, divided

Coat the bottom of a 10-inch springform pan with cooking spray. Sprinkle the graham cracker crumbs and set aside. Position knife blade in food processor bowl and add cottage cheese and cream cheese; process cheeses until smooth. Add ¾ cup sugar, amaretto, and 2 eggs; process until smooth. Pour into a large bowl and set aside.

Beat 4 egg whites and cream of tartar at high speed of an electric mixer until foamy. Gradually add ¼ cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of the egg white mixture into cheese mixture. Gently fold in remaining egg white mixture.

Pour mixture into prepared pan. Bake at 325°F for 50 minutes. Remove pan from oven. Cool on wire rack 1 hour. Cover and chill at least 8 hours.

Combine ¾ cup strawberries and 1 tablespoon sugar in food processor bowl; process until smooth to make strawberry glaze. Arrange remaining 2 cups strawberries on top of cooled cheesecake. Drizzle with strawberry glaze.

Yield: 14 servings

Nutritional information per serving: 232 calories, 9 g fat, 0 g trans fat, 52 mg cholesterol, 438 mg sodium, 27 g carbohydrate, 12 g protein

Easy Cherry Cheesecake Tarts

These simple tarts provide 1 carbohydrate choice making this a good dessert choice for diabetics.

2 (8-ounce) packages $\frac{1}{3}$ -less cream cheese, room temperature
 $\frac{1}{3}$ cup sugar
 $\frac{1}{3}$ cup Splenda®
2 large eggs
1 teaspoon vanilla extract
24 reduced fat chocolate wafer cookies
1 can (21-ounces) lite cherry pie filling

Preheat oven to 350°F. Line muffin tins with foil and paper cupcake liners (do not use plain paper liners). Beat cream cheese, sugar and Splenda® until creamy. Add eggs and vanilla and beat until smooth. Place a chocolate wafer in each muffin cup; top with a dollop of cheese cake mixture (a # 30 scoop works great). Bake 18 to 20 minutes. Remove from tins and let cool. Top with cherry pie filling. Chill overnight before serving.

Yield: 24 servings Nutritional information per serving: 118 calories, 5 g fat, 24 mg cholesterol, 104 mg sodium, 16 g carbohydrate, 3 g protein

Chocolate Mint Cheesecake

$\frac{1}{2}$ cup crushed chocolate wafers (about 7)
1 cup 1% low-fat cottage cheese
1 (8 ounce) block $\frac{1}{3}$ -less fat cream cheese
1 cup sugar
 $\frac{1}{3}$ cup unsweetened cocoa powder
3 tablespoons crème de menthe liqueur
1 teaspoon vanilla
 $\frac{1}{2}$ cup egg substitute
3 tablespoons miniature semisweet chocolate chips

Sprinkle wafer crumbs in the bottom in a lightly greased 8-inch springform pan. Set aside. In a food processor bowl, process cottage cheese until smooth. Add cream cheese, sugar, cocoa, crème de menthe and vanilla. Cover and process until combined. Transfer to a large mixing bowl. Stir in egg substitute and chocolate chips. Pour into prepared pan.

Bake in a 300°F for 35 to 40 minutes or until cheesecake appears nearly set when shaken. Cool on a wire rack for 10 minutes. Loosen sides of pan. Cool 30 minutes before removing sides of pan. Cool completely. Cover and chill several hours or overnight. Garnish with strawberries or other fruit, if desired.

Yield: 12 servings

Nutritional information per serving: 186 calories, 6 g fat, 0 g trans fat, 196 mg sodium, 26 g carbohydrate, 6 g protein

Mini-Cappuccino Cheesecakes

This recipe from Betty Crocker is reprinted with permission. For more healthy dessert recipes visit: www.bettycrocker.com

4 chocolate wafer cookies, crushed (1/4 cup)
2 container (8-ounces each) fat-free soft cream cheese
1 package (8-ounces) reduced-fat cream cheese (Neufchâtel), softened
2/3 cup sugar
1/4 cup fat-free (skim) milk
2 tablespoons flour
2 teaspoon vanilla
3 egg whites
2 tablespoon sugar
1 tablespoon plus 2 teaspoon instant espresso coffee (dry)
1 tablespoon sugar
1/8 teaspoon ground cinnamon
Baking cocoa, if desired

Heat oven to 300°F. Spray 12 medium muffin cups, 2½ x 1¼ inches, with cooking spray. Sprinkle 1 teaspoon of the chocolate wafer crumbs on bottom of each muffin cup. Beat cream cheeses in medium bowl, using wire whisk, until smooth. Beat in 2/3 cup sugar, milk, flour, vanilla and egg whites until almost smooth.

Reserve 1½ cups of the batter. Beat 2 tablespoons sugar and the coffee into remaining batter, using wire whisk, until blended. Carefully spoon about 3 tablespoons coffee batter into each muffin cup. Carefully spoon 2 tablespoons reserved vanilla batter over coffee batter. Mix 1 tablespoon sugar and the cinnamon; sprinkle over vanilla batter.

Bake about 18 minutes or just until set. Cool 30 minutes. Cover and refrigerate at least 2 hours but no longer than 24 hours. Run small metal spatula around edge of each muffin cup; remove cheesecakes. Sprinkle with cocoa.

Yield: 12 servings

Nutritional information per serving: 160 calories, 5 g fat, 0 g trans fat, 15 mg cholesterol, 290 mg sodium, 20 g carbohydrate, 9 g protein

Crisps and Cobblers

Healthier Apple Crisp

Topping:

1/4 cup whole wheat flour
2/3 cup old-fashioned oats
1/2 cup packed light brown sugar
1 teaspoon ground cinnamon
1/8 teaspoon salt
1/4 cup canola oil

Filling:

3 pounds apples, peeled, cored and cut into 1/4-inch slices
1 Tablespoon fresh lemon juice
1 teaspoon ground cinnamon*
1/2 teaspoon ground nutmeg*
2 Tablespoons sugar
1 1/2 Tablespoons all-purpose flour

Preheat the oven to 375°F.

For the topping: Combine the ingredients in a medium bowl and work together with a fork or with your fingertips until the ingredients are moistened.

For the filling: Combine the apple slices, lemon juice, cinnamon and nutmeg in a large bowl. Add the sugar and flour and toss to blend.

Spray an 8 by 8-inch baking dish with cooking spray. Transfer the apple mixture to the dish. Sprinkle the topping over the apples. Bake crisp until the apples are tender and the topping is golden brown, about 40 minutes. Let cool for 10 minutes before serving.

Serve warm or at room temperature, with a scoop of ice cream, if desired.

*1½ teaspoons apple pie spice may be used in place of the cinnamon and nutmeg.

Yield: 9 servings

Nutritional information per serving: 266 calories, 8 g fat, 0 g trans fat, 0 mg cholesterol, 39 mg sodium, 50 g carbohydrate, 2 g protein, 2 g dietary fiber

Kiwi Cobbler

12 large kiwifruit, peeled and cut into $\frac{3}{4}$ -inch cubes
2 tablespoons brown sugar, divided
1 tablespoon grated lemon peel
1 tablespoon all-purpose flour
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ package (3.2 oz) corn muffin mix (prepared but not baked)
 $\frac{1}{2}$ teaspoon ground nutmeg
Vanilla ice cream (optional)

Preheat oven to 375°F. Place cubed kiwifruit in an 8 x 8 baking dish that has been coated with vegetable release spray. Combine 1 tablespoon brown sugar, lemon peel and flour and sprinkle over kiwifruit. Mix lightly and place in hot oven for 25 minutes.

Prepare $\frac{1}{2}$ package of corn muffin mix as directed. When fruit mixture is hot and bubbling, spoon prepared mix over top. Mix remaining 1 tablespoon brown sugar and nutmeg and sprinkle over top of corn bread mix.

Return cobbler to oven for another 18 to 20 minutes or until crust is golden brown. Remove and allow to cool. Serve warm, with ice cream, if desired.

Yield: 6 servings

Nutritional information per serving: 195 calories, 3 g fat, 0 g trans fat, 2 mg cholesterol, 132 mg sodium, 43 g carbohydrate, 3 g protein, 6 g dietary fiber

Quick Low Fat Peach Cobbler

1 cup flour
 $\frac{1}{2}$ cup sugar
1 tablespoon baking powder
 $\frac{1}{4}$ teaspoon ground cinnamon
 $\frac{2}{3}$ cup skim milk
1 (29 ounce) can sliced peaches in light syrup
 $\frac{1}{4}$ teaspoon ground nutmeg
 $\frac{1}{4}$ teaspoon ground cinnamon

Combine flour, sugar, baking powder and $\frac{1}{4}$ teaspoon cinnamon in bowl mixing well. Add milk and mix just until moistened. Pour batter into a 9 x 13 baking dish that has been coated with vegetable release spray.

Heat peaches and juice with nutmeg and cinnamon until hot. Pour over batter in baking dish.

Bake at 350°F until golden brown.

Yield: 12 servings

Nutritional information per serving: 90 calories, 0 g fat, 0 g trans fat, 0 mg cholesterol, 150 mg sodium, 22 g carbohydrate, 2 g protein, 1 g fiber

Other Healthful Desserts

Cherry Filled Crepes

Crepes:

2 eggs
1 cup skim milk
½ teaspoon almond extract
½ cup cornstarch
½ cup flour
1 tablespoon canola oil
2 teaspoons sugar
¾ teaspoon baking powder
¼ teaspoon salt
Pinch ground allspice

Filling:

⅔ cup pomegranate-cherry juice
1 tablespoon cornstarch
2 teaspoon sugar
2 bags (10 ounces each) frozen, pitted sweet cherries or 1¼ pound fresh sweet cherries, pitted

To make crepes: In a medium bowl, whisk eggs. Add remaining crepe ingredients, mixing well. Refrigerate batter 20 minutes.

Heat an 8-inch nonstick skillet over medium-high heat until hot. With ladle or ¼-cup measure, add 2 tablespoons batter to skillet. Tilt and rotate pan to coat. Cook 30 seconds or until crepe is browned on bottom and dry on edge. Lift with spatula and flip over. Cook 5 seconds, and then transfer to a sheet of waxed paper. Repeat with remaining batter for about 16 total, stacking crepes with waxed paper in between. Crepes can be wrapped and frozen for up to 1 month.

For filling: In a saucepan, blend juice, cornstarch and sugar. Cook over medium-high heat for 6 minutes or until thickened. Stir in cherries and heat 5 minutes. If too thin, combine 2 more teaspoons cornstarch and 1 tablespoon water. Stir into pan; cook until thickened.

Place one crepe flat on a plate. Spoon about 2 tablespoon filling on one quarter. Fold crepe over, then fold again to form fan shape. Repeat with remaining crepes. Drizzle with additional sauce.

Yield: 8 servings (2 crepes each)

Nutritional information per serving: 191 calories, 3 g fat, 54 mg cholesterol, 146 mg sodium, 37 g carbohydrate, 4 g protein, 2 g fiber

Baked Apples with Granola

2 large crisp apples (Braeburn, Gala or Fuji)
2 tablespoon sweetened dried cranberries
2 tablespoon packed brown sugar
4 teaspoon butter or margarine, softened
4 crunchy granola bars (2 pouches from 8.9 oz box), crushed

Cut apples in half lengthwise. Using spoon, remove and discard cores, making at least a 1-inch indentation in each apple half. In microwaveable pie plate, arrange apple halves, cut side up.

Fill each apple evenly with cranberries and brown sugar, dot with butter. Cover with wax paper and cook on HIGH in microwave for 5 to 6 minutes or until apples are tender. Top with crushed granola.

Yield: 4 servings

Nutritional information per serving: 230 calories, 7 g fat, 0 g trans fat, 10 mg cholesterol, 110 mg sodium, 39 g carbohydrate, 2 g protein, 4 g dietary fiber

Poached Pears

2 cups cranberry juice
1 cup water
2 tablespoons sugar
1 cinnamon stick
4 pears, medium ripe but firm, peeled with stem intact
2 tablespoons sliced, toasted almonds

In a large saucepan, heat juice, water, sugar and cinnamon over medium heat until sugar dissolves, about 5 minutes. Add pears and cook at a simmer, turning pears often, until tender, 15 to 20 minutes. Using a slotted spoon, transfer pears to a cutting board. Keep the liquid leftover in pan. Using a sharp knife, slice each pear into a fan shape while still keeping the pear and stem intact.

Place pears on 4 plates. Press down gently to fan the pear out. Cook leftover liquid over medium-high heat until slightly thickened and syrupy, about 5 minutes. Remove the cinnamon stick. Spoon syrup over pears. Sprinkle almonds on top and serve.

Yield: 4 servings

Nutritional information per serving: 206 calories, 2 g fat, 0 g trans fat, 0 mg cholesterol, 4 mg sodium, 50 g carbohydrate, 1 g protein 6 g dietary fiber

Creamy Vanilla Raspberry Pavlova

4 egg whites
¼ teaspoon cream of tartar
1 cup sugar
1½ cups skim milk
1 package (4-serving size) fat-free and sugar-free vanilla instant pudding
1 cup lite frozen whipped topping, thawed
2 cups raspberries
2 tablespoons powdered sugar

Preheat oven to 325°F. Beat egg whites and cream of tartar in medium bowl with electric mixer on high speed 5 minutes or until soft peak forms. Gradually add sugar, 1 tablespoon at a time beating on high speed until stiff peaks form.

Spoon onto a baking sheet covered with parchment paper. Using a spoon, make a 10-inch circle of meringue. Indent slightly in the center of the circle to form a crust. Bake 1½ hours. Cool.

Pour milk into a large bowl. Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended. Gently fold in whipped topping. Refrigerate 15 minutes or until slightly thickened. Place meringue on serving plate. Spoon pudding mixture into meringue shell, leaving border of meringue showing. Place raspberries over pudding. Sprinkle with powdered sugar.

Yield: 12 servings

Nutritional information per serving: 120 calories, 1 g fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium, 26 g carbohydrate, 3 g protein, 1 g dietary fiber

Chocolate-Cinnamon Bread Pudding

½ cup light cream cheese spread
½ cup firmly packed brown sugar
2 large egg whites
½ teaspoon ground cinnamon
1¾ cup skim milk
6 cups cubed whole wheat bread (8 slices)
2 squares semi-sweet baking chocolate, coarsely chopped

Preheat oven to 350°F. Beat cream cheese spread and sugar in a large bowl with electric mixer on medium speed until well blended. Add egg whites and cinnamon; mix well. Gradually add milk, mixing until well blended.

Place bread cubes in an 8-inch square glass baking dish. Sprinkle chocolate over bread. Pour cream cheese mixture over bread mixture in dish.

Bake 30 to 35 minutes or until set in center. Cool slightly. Serve warm.

Yield: 8 servings

Nutritional information per serving: 190 calories, 5 g fat, 0 g trans fat, 10 mg cholesterol, 210 mg sodium, 31 g carbohydrate, 7 g protein, 2 g dietary fiber

Low-Fat Crème Brûlée

1 teaspoon pure vanilla extract
2 cups 2% milk
1 cup egg substitute
4 tablespoons sugar
¼ cup sugar, for topping

Preheat oven to 325°F. In a bowl combine vanilla, milk, egg substitute and 4 tablespoons sugar. Beat well. Pour mixture through a sieve and strain well.

Place six, 4-ounce broiler-safe ramekins or custard dishes in a 9 x 13 pan. Divide egg mixture between the 6 dishes. Carefully pour boiling water into the pan until halfway up the sides of the dishes. Place in oven and bake 40 to 45 minutes or until the custard centers are set but soft in the middle. Remove from oven and allow the custard to cool. Place in refrigerator and chill well, preferably overnight.

When ready to serve, sprinkle about 2 teaspoons of sugar over each custard. For best results, use a small hand-held torch to melt sugar. If you don't have a torch, place under a broiler until sugar melts and caramelizes. Re-chill custards for a few minute before serving.

Yield: 6 servings

Nutritional information per serving: 100 calories, 2 g fat, 0 g trans fat, 5 g cholesterol, 85 mg sodium, 16 g carbohydrate, 6 g protein