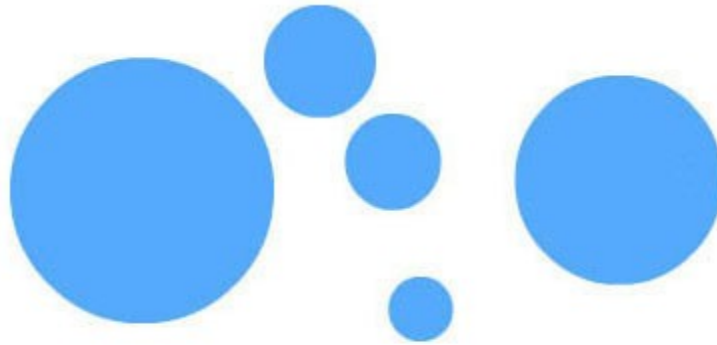


HEALTHY DESSERT FOR A WEEK



**7 LOW-CAL
DESSERT OPTIONS**

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FRUITY PARFAITS

This treat uses non-fat yogurt for it's creamy texture.

Ingredients

2 8-ounce containers (2 cups) nonfat peach yogurt

1/2 pint fresh raspberries, (about 1 1/4 cups)

1 1/2 cups fresh, frozen or canned pineapple chunks

Directions

1. Divide and layer yogurt, raspberries and pineapple into 4 glasses.

(Makes 4 Servings)

Calories Per Serving: 109

MOCHA PUDDING

Homemade pudding is much healthier than store bough, and usually tastier too!

Ingredients

1/4 cup sugar

3 tbsp cornstarch

2 tsp instant coffee mix or espresso powder

1/2 tsp ground cinnamon

pinch salt

2 cups lowfat chocolate milk

2 ounces bittersweet chocolate, very finely chopped **1**

tsp vanilla extract

Directions

1. Whisk the sugar, cornstarch, coffee, cinnamon, and salt in a large saucepan. Whisk in milk over medium heat, then cook for about five minutes, stirring occasionally at first, then frequently at the end, until mixture thickens.

2. Remove from heat; add chocolate and vanilla, whisking until chocolate is smooth.

3. Serve warm or pour into five containers, placing plastic wrap directly on the pudding surface. Stays good in fridge for 5 days.

(Makes 5 Servings)

Calories Per Serving: 194

BANANA QUESADILLAS

This dessert take on a mexican meal is a treat the whole family will enjoy.

Ingredients

2 whole wheat tortillas

1 ripe banana

1 tbsp peanut butter

a few chocolate chips (optional)

Directions

1. Mash banana in bowl with potato masher.
2. Spread peanut butter and mashed banana on tortilla. Add chocolate chips, and top with other tortilla.
3. Warm in microwave for 20 seconds. (Time may vary depending on your microwave.)
4. Slice and serve.

(Makes 2 Servings)

Calories Per Serving: 240 (without chocolate chips)

BROILED MANGO

A quick and simple treat, that will still impress guests.

Ingredients

1 Peeled and Sliced Mango
Lime cut into wedges

Directions

1. Position rack in upper third of oven and preheat broiler. Line a pan with foil.
2. Arrange mango slices in a single layer in the prepared pan. Broil until browned in spots, 8 to 10 minutes. Squeeze lime wedges over the broiled mango and serve.

(Makes 2 Servings)

Calories Per Serving: 69

SESAME SQUARES

Sesame seeds are tasty calcium packed powerhouses.

Ingredients

1/3 cup honey

1/3 cup peanut butter

3/4 cup nonfat dry milk

3/4 cup sesame seeds

1/4 cup raisins

1/4 cup shredded coconut

Directions

1. In a large bowl, combine the honey, peanut butter, dry milk, sesame seeds, raisins, and coconut.
2. Spread the mixture into an 8 x 8-inch baking pan and refrigerate for 4 hours. Cut into 1-inch squares.

(Makes 32 Servings, 2 squares per serving)

Calories Per Serving: 58.4

EASY CHOCOLATE CAKE

This recipe only takes one bowl, just imagine, easy chocolate cake!

Ingredients

3/4 cup plus 2 tbsp whole-wheat pastry flour

1/2 cup granulated sugar

1/3 cup unsweetened cocoa powder **1**

tsp baking powder

1 tsp baking soda

1/4 tsp salt

1/2 cup nonfat buttermilk

1/2 cup packed light brown sugar

1 large egg, lightly beaten

2 tbsp canola oil

1 tsp vanilla extract

1/2 cup hot strong black coffee

Confectioners' sugar, for dusting

Directions

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.

2. Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl.

3. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. Pour the batter into the prepared pan.

4. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners' sugar before slicing.

(Makes 12 Servings)

Calories Per Serving: 139

GRAPEFRUIT MANGO SORBET

A super light dessert, that won't weigh you down on active nights.

Ingredients

1/2 Cup water

1/4 Cup brown sugar

1/2 tsp ground ginger

2 lg grapefruit, cut into segments

4 sm scoops mango sorbet

mint sprigs (optional)

Directions

1. Simmer water, sugar, and ginger in small heavy saucepan until reduced to 1/4 cup, about 5 minutes.
2. Divide grapefruit sections among 4 dessert dishes. Pour spiced syrup over grapefruit, dividing evenly. Top each portion with a scoop of mango sorbet and garnish with a mint sprig, if desired.

(Makes 4 Servings)

Calories Per Serving: 226