

Light Desserts Ideas

General Tips:

- 1) Substitute all-purpose flour with half whole wheat flour.
- 2) Use sugar substitutes (e.g. Splenda) to reduce sugar content.
- 3) Use unsweetened applesauce, pureed lentils, canola oil, instead of butter or margarine when baking.
- 4) When recipe calls for margarine, shortening or oil in cookies, cakes, muffins and quick breads, replace up to ½ the fat with mashed fruit or vegetables (i.e. pumpkin, squash, sweet potato, pureed prunes, applesauce, etc.
- 5) Can reduce the overall fat called for (**with no substitution**) by ¼-1/3, without affecting quality
- 6) Substitute 1 cup buttermilk with 1tablespoon of lemon juice (or vinegar) in a one cup measure, filling with enough skim or 1% milk to make 1 cup.
- 7) When recipe calls for white, brown or icing sugar in baking, can...
 - a. Reduce the sugar by ¼-1/3 without affecting quality.
 - b. Use extracts such as vanilla, almond, maple, etc. and/or extra "sweet" spices such as cinnamon, nutmeg, and ginger
- 8) Choose fruit packed in it's own juices or water, instead of fruit packed in syrup.
- 9) Replace syrup as topping with pureed fruit such as unsweetened applesauce, low calorie, sugar-free syrup or fruit coulis such as raspberry.

General Dessert Ideas:

- Sugar-free jello with light whipped cream
- Light puddings with frozen fruit
- Yogurt with frozen fruit
- Yogurt with granola
- Frozen Yogurt or low fat ice cream
- Fruit/smoothie popsicles
- Canned fruit with light cream

Light Dessert Recipes

Nutritional information available with each recipe

Cookies:

Brownie Cookies

<http://www.diabeticlivingonline.com/recipe/chocolate/brownie-cookies>

Chocolate Chip Oat Cookies

<http://www.pulsecanada.com/food-health/recipes/recipes?mode=details&recipe=92>

Caramel Apple Cookies

<http://www.myrecipes.com/recipe/caramel-apple-oatmeal-cookies-10000001964002/>

Oatmeal Cranberry Cookies

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8346001/k.2D2C/Recipes_Oatmeal_cranberry_cookies.htm

No Bake Chocolate Apricot Almond Bars

<http://www.diabeticlivingonline.com/recipe/no-bake-apricot-almond-balls/>

Peanut Apple Crunch Bars

<http://www.diabeticlivingonline.com/recipe/appetizers-snacks/peanut-apple-crunch-balls/>

Lacy Oatmeal Crisps

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.6144493/k.BA64/Recipes_Lacy_oatmeal_crisps.htm

Muffins/Cakes/Loaves:

Apricot Almond Mini-Muffins

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8476939/k.FA25/Anna_Olson8217s_apricot_Almond_mini_muffins.htm

Strawberry Mini Muffins

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.7492443/k.3BD0/Recipes_Strawberry_mini_muffins.htm

Chocolate Carrot Cupcakes

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.6632599/k.34CA/Recipes_Chocolate_carrot_cupcakes.htm

Banana Walnut Coffee Cake

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4673549/k.2A03/Recipes_Banana_walnut_coffee_cake.htm

Pumpkin Loaf

<http://www.pulsecanada.com/foodhealth/recipes/recipes?mode=details&recipe=68>

Bars:

Chocolate Walnut Brownies

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8345995/k.459C/Recipes_Chocolate_walnut_brownies.htm

Lentil Raspberry Chews

<http://www.pulsecanada.com/foodhealth/recipes/recipes?mode=details&recipe=61>

Lentil Granola Bars

<http://www.pulsecanada.com/foodhealth/recipes/recipes?mode=details&recipe=107>

Double Chocolate Brownies

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.6398045/k.3D38/Recipes_Double_chocolate_brownies.htm

Pudding/Mousse:

Orange Chocolate Yogurt Mousse

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8066243/k.190F/Recipes_Orange_chocolate_yogurt_mousse.htm

Cranberry Maple Lemon Rice Pudding

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8386083/k.252D/Recipes_Cranberry_maple_lemon_rice_pudding.htm

Maple Berry Rice Pudding

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8413783/k.4082/Recipes_Maple_berry_rice_pudding.htm

Pumpkin Banana Spiced Custard

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.3674637/k.378/Recipes_Pumpkin_banana_spiced_custard.htm

Fruit:

Baked Apples with Maple Yogurt Sauce

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.5801789/k.2BA6/Recipes_Baked_apples_with_maple_yogurt_sauce.htm