

**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**