



PACIFIC COOKS

Sweet Treats Edition

Baking 101

Bake: Cook in an oven using dry heat.

Bakers' dozen: For bakers, a dozen of an item means 13 pieces.

Caramelized sugar or caramelize: To heat and melt sugar in a sauce pan until the sugar turns brown and is ready to be drizzled on pastries or other baked goods.

Dough: A mixture of ingredients like butter, sugar and eggs. This is the base of many baked desserts like cookies, breads and cakes.

Frost: Put on icing.

Glaze: Coating or brushing food with eggs, milk and sometimes sugar before the baking process.

Grease a pan: Brush some oil or butter onto the baking pan to prevent baked goods from sticking. This is also done so you will have a perfect cookie or cake without forcing it off the baking tray.

Pre-heat an oven: Turn on and heat up the oven 10-15 minutes before use in order to equalize the temperature.

Baking 101

Kneading bread: Kneading develops long strands of proteins, also called gluten. When the yeast is combined with liquid, it comes to life, starts eating the dough's starches, reproduces, and causes the bread to rise. Both too little kneading or too much yeast will cause the bread to fall during baking.

Pastry flour in cakes and cookies: For a tender crust and interior crumb, many bakers use pastry flour, which is low in protein.

Raw, clean eggs in meringues: When you beat raw egg whites to make a soufflé or a meringue, you incorporate air bubbles into the water-protein solution. Adding air bubbles to egg whites unfolds egg proteins just like heating them. When an egg protein is up against an air bubble, part of that protein is exposed to air and part is still in water. The protein uncurls so that its water-loving parts can be immersed in the water—and its water-fearing parts can stick in the air. Once the proteins uncurl, they bond with each other creating a network that can hold the air bubbles in place.



Baking 101

Baking powder and baking soda: Both baking powder and baking soda are chemical leavening agents that cause batters to rise when baked. The leavener enlarges the bubbles which are already present in the batter produced through creaming of ingredients. When a recipe contains baking powder and baking soda, the baking powder does most of the leavening. The baking soda is added to neutralize the acids in the recipe plus to add tenderness and some leavening. When using baking powder or baking soda in a recipe, make sure to sift or whisk with the other dry ingredients before adding to the batter to ensure uniformity. Otherwise the baked good can have large holes.

Too much baking powder can cause the batter to be bitter tasting. It can also cause the batter to rise rapidly and then collapse. Baking soda has an indefinite shelf life if stored in a sealed container in a cool dry place. Too much baking soda will result in a soapy taste with a coarse, open crumb.

Baking soda, also known as sodium bicarbonate or bicarbonate of soda (alkali) is about four times as strong as baking powder. It is used in recipes that contain an acidic ingredient (e.g. vinegar, citrus juice, sour cream, yogurt, buttermilk, chocolate, cocoa (not Dutch-processed), honey, molasses (also brown sugar), fruits and maple syrup). Baking soda starts to react and release carbon dioxide gas as soon as it is added to the batter and moistened. Make sure to bake the batter immediately.

Baking 101

Eggs: Eggs have two parts, whites and yolks, which do two different things. Whites are an incredible leavening agent, and yolks are nature's great emulsifiers for creamy texture.

Sugar: Sugar prevents the flour proteins from joining and making gluten; gluten development would make a cake or cookie tough. In this way sugar acts as a tenderizer and can replace some of the fat in the recipe. When sugar is present in amounts above 2 tablespoons per cup of flour, the two proteins in flour that normally join with each other and water to form gluten join with the sugar instead.

Sugar also caramelizes in baking, which enriches flavors. Substituting as little as a tablespoon of corn syrup for sugar can make cookies much browner, because corn syrup browns at a lower temperature than sugar. Some sugars, like honey and brown sugar, absorb moisture from the atmosphere, which means that things baked with them will stay soft and moist longer.

Don't use sugar substitutes: Sugar is a key ingredient in baking, providing structure and mass in many desserts. Consider a cake: If you substituted artificial sweetener for sugar, you would lose the volume that sugar contributes, and the cake batter would not have enough substance to become a cake. Also, the tastes and textures of sugar substitutes may change when they're heated.

Baking 101

Why do we use butter: Cookies made with butter spread during baking, which means they're thinner. Trimming the amount of fat just a little will limit their spread. If you want to reduce the amount of butter but preserve the crispness, add a little corn syrup to the cookie dough.

Butter has three roles in cakes: to make the cake light and delicate by holding air bubbles produced by leaveners like baking powder or soda; to make the cake tender by coating the flour protein; and to carry rich flavors. Stick margarine and shortening can substitute for butter; in fact, shortening is already aerated before you buy it, so it can produce a fine, tender cake.

“Cream” Butter: For air bubbles during baking it is important to cream the butter/shortening and sugar together properly to create air bubbles that will expand during baking.



Healthy Substitutes

Butter (one tablespoon) = One tablespoon polyunsaturated margarine or 3/4 tablespoon polyunsaturated oil like safflower oil

Butter = Canola, mild olive oil, prune purée or applesauce

Chocolate (1 ounce) = 3 tablespoons cocoa

Cream, whole milk (in batters, muffins or biscuit dough) = Skim or low-fat (1%) milk

Cream Cheese (in cheesecake) = Low-fat ricotta + yogurt; light cream cheese

Cream cheese = Four tablespoons margarine blended with one cup dry low-fat cottage cheese; add a small amount of fat-free milk if needed

Eggs (2) = 1 egg + 2 whites or egg substitute

Heavy cream (one cup) = One cup evaporated skim milk, or one cup half and half

Ricotta cheese, whole-milk = 1/2 whole milk ricotta plus either part-skim ricotta or low-fat (1%) cottage cheese

Shortening (one cup) = Two sticks polyunsaturated margarine like original Earth Balance or Smart Balance

Healthy Substitutes

Sour cream = Low-fat Greek yogurt

Sour Cream = Plain yogurt

Unsweetened baking chocolate (one ounce) =

Three tablespoons unsweetened cocoa powder or carob powder plus one tablespoon polyunsaturated oil (like safflower or corn oil) or margarine. Carob is sweeter than cocoa, so reduce sugar in recipe by $\frac{1}{4}$



Whipped cream, ice cream (to top cakes, pies, warm fruit desserts) = Frozen yogurt, Low-fat yogurt

Whipped cream 1 cup (in mousse mixtures) = 3 stiffly beaten egg whites or $\frac{3}{4}$ to 1 cup Yogurt Cheese

Whipping cream 1 cup = 1 cup evaporated skim milk cream (for whipping)

Whole milk (one cup) = One cup fat-free or nonfat milk plus one tablespoon of unsaturated oil like safflower or canola

Grandma J's Best Banana Nut Bread

(Revised)

From Joyce McCallister, Records Coordinator, Pharmacy Practice Experience

Makes 1 standard loaf

Ingredients:

½ cup honey

¼ cup no-transfat shortening, like Spectrum or Earth Balance

1 egg

¾ cup milk (can use almond or rice)

1 rounded Tablespoon baking powder

1 teaspoon salt

1 teaspoon vanilla extract

3 cups whole wheat pastry flour

3-5 real ripe bananas, slightly squashed, or cut up in pieces

1 cup chopped nuts

Directions:

Measure dry ingredients onto a piece of waxed paper or into a bowl and mix with a fork.

Blend honey and shortening until creamy in a large mixing bowl (or you can use a stand mixer with the paddle attachment). Add milk and egg and mix well, then add dry ingredients and bananas until everything is gently mixed together. Fold in nuts. Pour mixture into a greased loaf pan and let stand 20 minutes.

Bake at 350 degrees for 60-70 minutes, or until an inserted toothpick comes out clean. Remove from oven and cool on a rack for about 15 minutes, until the bread comes away from the edge of the pan. Turn it out of the pan and let cool for about an hour. Serve warm with butter or cream cheese, or delightfully by itself. It is delicious toasted, too!

Notes:

1. Instead of nuts, you can add chocolate chips to make it more like a dessert.
2. Instead of shortening, you can make it with smooth peanut butter or almond butter to add protein.
3. You can mix up the flour, too – part whole wheat, part unbleached, part other whole grain flours like oat. If you're going to use all whole wheat, however, be sure it is whole wheat *pastry* flour for best results.

Per Slice: (Makes 12 Slices) 307 calories, 11.5g fat, 46g CHO, 5g fiber, 6.4g protein

Almond Thumbprint Cookies

From *Natural Foods Cookbook* by Mary Estella

Submitted by Joyce McCallister, Records Coordinator, Pharmacy Practice Experience

Ingredients:

1 cup almonds, ground
1 cup rolled oats, ground to flour
1 cup whole wheat pastry flour or oat flour
¼ teaspoon cinnamon
Pinch of salt
½ cup brown rice syrup or maple syrup
1/3 cup canola or corn oil
Berry jam for filling

Directions:

Preheat oven to 350 degrees

Blend almonds finely in food processor or blender until they are like a coarse nut flour. Blend oats to a fine flour. Combine dry ingredients in a mixing bowl. In a smaller bowl, blend syrup and oil together until thoroughly mixed. Add to dry ingredients and mix until everything is homogenous.

Form into walnut-sized balls (no larger) and place on a parchment-lined baking sheet. Gently press your thumb in the center, and fill each depression with about ½ teaspoon of raspberry or other berry jam. Marmalade is also good. A giant chocolate chip changes the cookie quite a bit, and is v. good as well.

Bake at 350 degrees for about 12 minutes, until they are golden brown.

Makes 24 cookies, per cookie: 99 calories, 5g fat, 12g carbohydrates, 1.3g fiber, 2 g protein

Notes:

1. The rice malt syrup is really worth finding (available in well-stocked groceries and health food stores) as it makes the cookies delightfully crisp around the edges and is less sweet.
2. You can use other nuts as well: hazelnuts, cashews, walnuts – or a mixture.
3. You can double the recipe to make more cookies, but don't make them larger. The smaller size bakes better.

Yogurt Cheesecake

Ingredients:

1 container (32 ounces) plain or vanilla yogurt (low- or full-fat)
3 cup(s) unsweetened pineapple juice
1 pint berries, washed, dried

Directions:

Line a medium sieve (about 7 inches wide) with two layers of paper towels. Place sieve over a bowl. Stir yogurt in container for consistency before pouring into sieve. Adjust paper towels to remove any folds. Cover with plastic wrap and refrigerate 24 hours, until yogurt thickens.

Meanwhile, in a small saucepan, bring pineapple juice to a boil. Cook over high heat until reduced to scant 1 cup, 25 to 30 minutes. Remove from heat and let cool. Cover and refrigerate until cold.

When ready to serve, remove yogurt from refrigerator and place a plate over sieve, making sure paper towels are not covering yogurt. Turn plate and sieve over to unmold yogurt. Gently remove paper towels. With a knife, smooth yogurt on sides and top to make a flat "cheesecake." Garnish with berries and serve with pineapple sauce on the side.

Per Slice (Makes 8 "slices") 148 calories, 1/6g fat, 24g carbohydrates, 1.4g fiber, 7g protein

Ricotta with Cherries and Almonds

Ingredients:

3/4 cup(s) frozen pitted cherries
2 tablespoon(s) part-skim ricotta
1 tablespoon(s) toasted slivered almonds

Directions:

Heat cherries in the microwave on High until warm, 1 to 2 minutes. Top the cherries with ricotta and almonds.

Serves 1: 144 calories, 5.4g fat, 19.4g carbohydrates, 3g fiber, 6.3g protein

Basic Cookie Dough

Ingredients:

2 1/2 cups butter, softened
2 cups sugar
2 eggs
1/4 cup milk
2 teaspoons vanilla extract
8 cups all-purpose flour
4 teaspoons baking powder
1 teaspoon salt

Directions:

Preheat oven to 350 degrees.

In a large mixing bowl, cream butter and sugar. Add the eggs, milk and vanilla; mix well. Combine the flour, baking powder and salt; gradually add to creamed mixture, beating just until combined. Divide dough into four 2-cup portions. Cover and refrigerate until ready to use.

Bake for 7-9 minutes until edges are golden.

Gingerbread Cookies

Ingredients:

Basic Cookie Dough

1/2 teaspoon ground ginger

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/16 teaspoon ground cloves

2 ounces (1/3 cup) chopped (1/8-inch pieces) crystallized ginger

2 teaspoons molasses

Granulated sugar

Directions:

Prepare Basic Cookie Dough, stirring ground ginger, ground cinnamon, ground nutmeg, ground cloves, and crystallized ginger in with the dry ingredients in step 2, and adding molasses at the same time as the egg white and vanilla extract in step 3. Roll dough by tablespoons into balls, then roll them in granulated sugar. Place on baking sheets, flatten slightly, and follow baking instructions for basic cookie.

Store the cookies for 2 weeks in an airtight container at room temperature, or several months in the freezer.

Makes 2 dozen. Per cookie: 49 calories, 1.9g fat, 7.3g carbohydrates, 0.4g protein

Raspberry Thumbprint Cookies

Ingredients:

3/4 cup hazelnuts

Basic Cookie Dough

1/4 cup flour

1/2 teaspoon ground cinnamon

1 teaspoon fresh lemon juice

1/4 cup seedless raspberry jam



Directions:

Toast the hazelnuts in a 350 degree oven for 6 to 7 minutes, until fragrant.

Prepare Basic Cookie Dough, combining 1/4 cup flour and 1/2 cup toasted hazelnuts in food processor at step 2; pulse 20 times or until the nuts are finely chopped. Transfer mixture to a bowl; add remaining flour, baking soda, ground cinnamon, and salt. Stir to combine. At step 3 of basic-cookie recipe add fresh lemon juice.

Scrape dough into a medium bowl. Place 1/4 cup finely chopped hazelnuts in a small bowl. Roll 1 tablespoon of the dough into a ball. Gently roll the dough in chopped nuts. Place 2 inches apart on 2 baking sheets lightly coated with cooking spray. Make an indentation in center of each cookie, going almost to the bottom. Using raspberry jam, fill each indentation with about 1/4 teaspoon.

Follow baking instructions for basic cookie. Store for 2 weeks at room temperature, or several months in the freezer.

Makes 2 dozen. Per cookie: 74 calories, 3.3g fat, 10g carbohydrates, 1g protein

Cranberry Pavola

For the Meringue:

6 egg whites	1 c super-fine sugar (caster sugar), or granulated is OK
2 t corn starch	1 t white vinegar

Separate the eggs when they are cold and then let them come to room temperature before proceeding. Make sure the bowl is completely clean and grease-free, and maybe give it a good wipe with a cut lemon to be sure. Preheat the oven to 250. Put a piece of baking paper on a cookie sheet and trace around a big plate to put a circle in the middle.

Beat egg whites till fluffy, and then begin to add the sugar by tablespoonfuls, and keep beating till the mixture is glossy and stiff.

Gently fold in the vinegar and corn starch. Use a wooden spoon or spatula to put a generous half of the egg-white mixture on the sheet so it fills up the circle evenly. Then spoon the remaining stuff around the edge, forming a rim. Bake for 1 hr 15 minutes, and then prop the door of the oven open with a wooden spoon handle and let cool completely. Easiest just to do this at night and let it cool overnight. It will keep for a few days in an air-tight container.

For the Cranberry Curd:

1 12-oz bag fresh cranberries	Juice of one lemon
1 c sugar	2 t cornstarch
2/3 c water	4 egg yolks
6 T unsalted butter, cut into cubes	

Bring cranberries, lemon juice, sugar and water to a boil in a heavy-bottomed saucepan over medium-high heat. Cook for 5 minutes or so, partially covering with a pan lid since the cranberries will pop. Smash them around with a wooden spoon.

Force the berry mixture through a fine sieve into a bowl; clean the pot. Mix up the yolks with a whisk and add them to the cooled berry mixture. Return the mixture to the clean pan and cook over medium heat for about 4 minutes more, stirring constantly. The curd should thicken slightly, but don't let it boil. If you draw your finger down the back of the wooden spoon it should leave a clean trail in the curd.

Pour the cranberry curd into a bowl and add the butter a few pieces at a time, whisking all the while, until all have been incorporated; put a piece of plastic wrap over the surface of the curd and refrigerate till very cold.

To Assemble:

1 pint whipping cream	1/3 c super-fine sugar (or regular)
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Whip the cream and sugar till it holds soft peaks. Fill the well in the meringue disk with whipped cream, and pour the cranberry curd over the top.

Whole Wheat Sugar Cookies

Ingredients:

1 1/4 cups flour	1/4 cup whole-wheat flour
1/4 teaspoon salt	1/2 teaspoon baking soda
1/3 cup granulated sugar	4 ounces unsalted butter, softened
1/3 cup light brown sugar	1 egg white
1 1/4 teaspoons pure vanilla extract	1/4 teaspoon pure almond extract

Icing

2 cups confectioner's sugar, sifted	2 large egg whites
2 teaspoons freshly squeezed lemon juice	

Directions:

For cookies, whisk together first 4 ingredients (through baking soda) in a medium bowl.

Beat butter and sugars together in a separate medium bowl until light and fluffy. Scrape down sides and bottom of bowl, and add the egg white and vanilla and almond extracts; beat until just combined.

Add flour mixture, and stir until incorporated. Cover bowl with plastic wrap, and chill for at least 4 hours.

Preheat oven to 325F°. Line 2 baking sheets with parchment paper.

Dust a work surface with flour. Turn out chilled dough directly onto work surface. Roll dough out to a 1/4-inch thickness. Use cookie cutters to cut shapes in dough, and gently transfer them to baking sheets. (You can reroll the scraps, just be sure to chill in between.)

Bake cookies for 12 minutes or until set but not browned. Remove cookies from oven, and cool for 5 minutes. Transfer the cookies to a wire rack to cool completely.

For the icing, whisk together all the icing ingredients in a large bowl until completely smooth. Mixture should have consistency of a glaze. (If it's too thin, add a bit more sugar. If it's too thick, add a few more drops of lemon juice.)

Transfer icing to a pastry bag (or a zip-top plastic bag with a small hole in one of the bottom corners). First, outline the cookie or desired design, then fill it in. Let icing harden before serving. Cookies can be kept in an airtight container for up to 3 days.

Makes 2 dozen with icing. Per cookie: 156 calories, 5.2g fat, 26g carbohydrates, 1.3g protein

Pecan Pralines

Ingredients:

- 1 1/2 cups sugar
- 1/2 cup whole buttermilk
- 1 1/2 tablespoons light-colored corn syrup
- 1/2 teaspoon baking soda
- Dash of salt
- 2/3 cup chopped pecans, toasted
- 1 1/2 teaspoons butter
- 1 tablespoon vanilla extract

Directions:

Combine first 5 ingredients in a large saucepan. Cook over low heat until sugar dissolves, stirring constantly. Continue cooking over low heat until a candy thermometer registers 234° (about 10 minutes); stir occasionally. Remove from heat; let stand 5 minutes.

Stir in nuts, butter, and vanilla; beat with a wooden spoon until mixture begins to lose its shine (about 6 minutes). Drop by teaspoonfuls onto wax paper. Let stand 20 minutes or until set.

Note: Store pralines in an airtight container for up to 2 weeks.

Per praline: 81 calories, 2.6g fat, 14.6g carbohydrates, 0.5g protein



Jelly Roll

Ingredients:

- 1 (16 ounce) package angel food cake mix
- 4 tablespoons confectioners' sugar, divided
- 1 (8 ounce) container reduced-fat frozen whipped topping, thawed, divided
- 1 (20 ounce) can reduced-sugar cherry pie filling
- 1/4 teaspoon almond extract

Directions:

Line two 15-in. x 10-in. x 1-in. baking pans with ungreased parchment paper. Prepare cake batter according to package directions. Spread evenly in prepared pans. Bake at 350 degrees F for 12-16 minutes or until golden brown. Meanwhile, sprinkle 3 tablespoons confectioners' sugar over two kitchen towels. Immediately invert cakes onto prepared towels. Gently peel off parchment paper. Roll up cakes in towels jelly-roll style, starting with a short side. Cool completely on a wire rack.

Unroll cakes. Spread each with 1 cup whipped topping to within 1 in. of edges. Combine pie filling and extract; spread over whipped topping on each cake. Roll up again. Place seam side down on a serving platter. Refrigerate for 1-2 hours. Dust with remaining confectioners' sugar. Slice; garnish with remaining whipped topping.

Per slice: 175 calories, 36g carbohydrates, 3g protein



Microwave Peanut Brittle

Ingredients:

1 1/2 cups dry roasted peanuts	1 cup white sugar
1/2 cup light corn syrup	1 pinch salt (optional)
1 tablespoon butter	1 teaspoon vanilla extract
1 teaspoon baking soda	

Directions:

Grease a baking sheet, and set aside. In a glass bowl, combine peanuts, sugar, corn syrup, and salt. Cook in microwave for 6 to 7 minutes on High (700 W); mixture should be bubbly and peanuts browned. Stir in butter and vanilla; cook 2 to 3 minutes longer.

Quickly stir in baking soda, just until mixture is foamy. Pour immediately onto greased baking sheet. Let cool 15 minutes, or until set. Break into pieces, and store in an airtight container.

Amount Per Serving (16 per recipe): 160 calories, 7.5g fat, 22g carbohydrates, 1.2g fiber, 3.5g protein

Microwave Truffles

Ingredients:

1 (8 ounce) package cream cheese, softened	3 cups confectioners' sugar, sifted
3 cups semisweet chocolate chips, melted	1 1/2 teaspoons vanilla

Directions:

In a large bowl, beat cream cheese until smooth. Gradually beat in confectioners' sugar until well blended. Stir in melted chocolate and vanilla until no streaks remain. Refrigerate for about 1 hour. Shape into 1 inch balls.

Notes:

Roll truffles in ground walnuts (or any ground nuts), cocoa, coconut, confectioners' sugar, candy sprinkles, etc. To flavor truffles with liqueurs or other flavorings, omit vanilla. Divide truffle mixture into thirds. Add 1 tablespoon liqueur (almond, coffee, orange) to each mixture; mix well.

Makes 50 truffles, 111g calories, 5.4g fat, 15.9g carbohydrates, 0.7g fiber, 0.3g protein

Chewy Low Fat Banana Nut Oatmeal Cookies

From *Gina's Weight Watcher Recipes*

Ingredients:

- 1 cup all purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 2 tbsps unsalted butter, room temperature
- 1/2 cup sugar
- 1/2 cup unpacked brown sugar
- 1 large egg
- 1/4 cup mashed ripe banana
- 1/2 tsp vanilla extract
- 2 cups quick oats
- 3/4 cup chopped walnuts



Directions:

Preheat oven to 350°; line two baking sheets with parchment paper or use a silpat mat.

In a medium bowl, whisk together flour, baking powder, baking soda, salt and cinnamon.

In a large bowl, with a mixer, cream together the butter and the sugars on medium speed.

Add the egg, followed by the mashed banana and vanilla extract.

Working by hand, stir in the flour mixture and the oats until just combined and no streaks of flour remain; stir in the chopped walnuts.

Drop heaping tablespoonfuls of the dough onto prepared baking sheets. Bake for about 10-12 minutes, or until cookies become light brown at the edges.

Let cool on baking sheet for 3 or 4 minutes, then transfer to a wire rack to cool completely.

Servings: 15, Serving Size: 2 cookies

175.8 Calories, 6.7 g Fat, Protein: 3.5 g Protein, 28.3 g Carbohydrates, 1.6 g Fiber, 14 g Sugar

Fall Muffins

Ingredients:

1/2 cup(s) raisins
3/4 cup(s) whole-wheat flour
3/4 cup(s) all-purpose flour
2 1/2 teaspoon(s) baking powder
1/4 teaspoon(s) salt
1/2 teaspoon(s) ground cinnamon
3/4 cup(s) unprocessed wheat bran or oat bran
1 large egg, lightly beaten
1/2 cup(s) low-fat milk
1/2 cup(s) spiced apple butter
1/2 cup(s) packed light brown sugar, or 1/4 cup Splenda Sugar Blend for Baking
1/4 cup(s) canola oil
3 tablespoon(s) molasses
1 cup(s) finely diced peeled apple

Directions:

Preheat oven to 375°F. Coat 12 standard 2 1/2-inch muffin cups with cooking spray. Place raisins in a small bowl and cover with hot water. Set aside.

Whisk whole-wheat flour, all-purpose flour, baking powder, salt and cinnamon in a large bowl. Stir in bran.

Whisk egg, milk, apple butter, brown sugar, oil and molasses in a large bowl until blended. Make a well in the dry ingredients and pour in the wet ingredients. Drain the raisins; add them and the diced apple to the bowl. Stir until just combined. Scoop the batter into the prepared pan (the cups will be very full).

Bake the muffins until the tops spring back when touched lightly, 18 to 22 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

Wrap leftover muffins individually in plastic wrap, place in a plastic storage container or ziplock bag and freeze for up to 1 month. To thaw, remove plastic wrap, wrap in a paper towel and microwave on Defrost for about 2 minutes.

Per muffin: 207 calories, 5.4g fat, 39.1g carbohydrates, 2.4g fiber, 3.2g protein

Easy Peanut Butter Fudge

Ingredients:

4 cups white sugar
1 cup light brown sugar
1/2 cup butter
1 (12 fluid ounce) can evaporated milk
1 (7 ounce) jar marshmallow crème
1 (16 ounce) jar peanut butter
1 teaspoon vanilla extract

Directions:

Grease a 9x13 inch baking dish.

In a medium saucepan over medium heat, combine sugar, brown sugar, butter and evaporated milk. Bring to a boil, stirring constantly, and boil for 7 minutes. Remove from heat; stir in marshmallow creme until well incorporated and melted. Stir in peanut butter and vanilla until smooth; spread in prepared pan. Let cool before cutting into squares.

Makes 36 pieces, per piece: 230 calories, 9.6g total fat, 34.3g carbohydrates, 1.2g fiber, 3.9g fiber



Cranberry Orange Bars

Ingredients:

1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
3/4 cup whole-wheat pastry flour
3/4 cup all-purpose flour
1/2 cup sugar
1/2 teaspoon salt
4 tablespoons cold unsalted butter, cut into small pieces
1 large egg
2 tablespoons canola oil
1 teaspoon vanilla extract
1/4 teaspoon almond extract

Fruit Filling:

5 cups cranberries, fresh or frozen, divided	1/2 cup orange juice
3/4 cup sugar	1/4 cup cornstarch
1 cup orange segments	1 1/2 teaspoons freshly grated orange zest
1 teaspoon vanilla extract	

Directions:

To prepare crust: Combine 3/4 cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated.

Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Process, then pulse, scraping down the sides, if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out 1/2 cup of the mixture and combine in a bowl with the remaining 1/4 cup chopped nuts (or oats). Set aside for the topping.

Preheat oven to 400°F. Generously coat a 9-by-13-inch baking dish with cooking spray.

To prepare fruit filling & assemble bars: Combine 3 cups cranberries, orange juice, sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. (It may take up to 10 minutes to get a thick result if you start with frozen fruit.) Stir in the remaining 2 cups cranberries, orange zest and 1 teaspoon vanilla.

Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling.

Bake the bars for 15 minutes. Reduce oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1 1/2 hours.

Per bar: 205 calories, 9 g fat, 30 g carbohydrates, 3 g protein, 3 g fiber

Carrot Cake

Ingredients:

2 cups whole wheat pastry flour
2 1/2 teaspoons baking powder
1 1/2 teaspoons cinnamon
3/4 teaspoon fine grain sea salt
3/4 cup finely chopped walnuts
4 ounces unsalted butter, heated until just melted
1/2 cup dried dates, seeded and finely chopped into a paste
3 ripe bananas (1 1/4 cups), mashed well
1 1/2 cups grated carrots (about 3 medium)
1/2 cup plain Greek yogurt (2% or low-fat is ok)
2 eggs, lightly whisked
6 ounces cream cheese, room temperature
3 tablespoons agave nectar or maple syrup (or to taste)

Directions:

Preheat oven to 350F. Butter a 9x5x3 / 8-cup loaf pan (or 8x8 cake pan) and line it with parchment paper.

Sift together the flour, baking powder, cinnamon, and salt. Stir in the walnuts and set aside.

Stir the dates into the melted butter, breaking up the dates a bit.

In a separate bowl combine the bananas and carrots. Stir in the date-butter mixture, breaking up any date clumps as you go. Whisk in the yogurt and the eggs. Add the flour mixture and stir until everything just comes together. Spoon into the prepared pan. Bake for about 50 - 60 minutes or until a toothpick tests clean in the center of the cake - it'll be less if you are using a standard cake pan. Remove from oven and let cool.

While the cake is baking whip together the cream cheese and agave nectar. Taste. If you like your frosting sweeter adjust to your liking. When the cake has completely cooled frost the top of the cake with an offset spatula.

Makes one carrot cake.

Per slice (1/15 of cake) 258 calories, 14.8g fat, 27g carbohydrates, 3.6g fiber, 5.7g protein

Banana Nut Walnut Cake with Date Sweetened Chocolate Frosting

Ingredients:

1/2 cup agave nectar	1/3 cup canola oil
1 1/4 cup mashed banana	2 eggs, lightly beaten
1 teaspoon vanilla extract	2 teaspoons fresh squeezed orange juice
1 teaspoon orange zest	2 1/4 cup All-Purpose Gluten-Free Flour Mix
1 teaspoon cinnamon	1/2 teaspoon freshly ground nutmeg
1 teaspoon baking soda	1 1/2 teaspoons baking powder
1/3 cup crushed pineapple, drained	3/4 cup toasted walnuts, roughly chopped

Directions:

Prepare the baking pan of your choice with unflavored cooking spray and line with parchment paper. Preheat oven to 325 degrees F. Cream agave and oil until light. Add banana and beat until mixed well. Add eggs, vanilla, orange juice, and zest. Mix until combined.

Sift gluten-free flour blend, cinnamon, nutmeg, baking soda, and baking powder. Mix into batter on a medium-low speed until smooth. Do not over mix. Stir in crushed pineapple and walnuts. If using (2) 8" round pans, divide batter evenly by using measuring cups. Bake for 30-35 minutes until golden brown and a toothpick inserted in center comes out clean.

Date Sweetened Chocolate Frosting

1 cup date sugar	1 1/2 cups water
1 ounce unsweetened chocolate	1 teaspoon instant coffee
1 tablespoon canola oil	

Put date sugar in a medium sized glass bowl. Bring water to a boil and pour over date sugar. Stir until mixed and let sit for an hour. It's ok to let it sit longer – this softens the date sugar.

Put date sugar & water into a medium, heavy bottomed sauce pan. Add chocolate, instant coffee, and canola oil. Bring to a boil, stirring constantly. Let mixture boil for 5 minutes, making sure that chocolate has melted completely.

Remove from heat and put into the bowl of a food processor fitted with a steel blade. Process for several minutes, until mixture is smooth. Store in refrigerator overnight before using. Mix with a hand mixer on high speed before using.

Per slice (15 slices) 238 calories, 11.3g fat, 33.2g carbohydrates, 3.1g fiber, 4.5g protein

French Apple Tart

Adapted from Ina Garten

Ingredients:

1 pie crust	2 – 3 Granny Smith Apples, depending on the size
juice of ½ lemon	1 – 2 tablespoons agave nectar
¼ teaspoon good quality cinnamon	2 tablespoons cold, unsalted butter diced in small pieces
¼ cup all-fruit apricot preserves	

Directions:

Preheat the oven to 400 degrees F.

Roll out the crust into a 8 x 10 rectangle between two sheets of waxed paper. Use a kitchen ruler and a chef's knife to trim the edges neatly. If the dough is too soft to remove the cut edges, put it back in the refrigerator for 10 minutes or so.

Now comes the fun part. Spray a baking sheet with cooking spray. Rip off a piece of parchment paper that will cover the baking spray. Remove the top piece of waxed paper. Place the parchment paper on top of the dough. Turn the dough over and place on the prepared baking sheet with the parchment paper on the baking sheet. Remove the top piece of waxed paper. Smile. You just made the perfect gluten-free crust. Put the dough back in the refrigerator while you get the apples ready.

Fill a medium bowl with cold ice water and mix in the lemon juice. This will keep your apples from browning. Peel your apples and put them in the water. Cut them in half, use your knife to cut out the stem and seeds, then use a melon baller to remove any remaining seeds if necessary. Slice ¼ inch thick. Keep the apples in the water until you're ready to use them.

Place the apples diagonally on the pie crust, overlapping them slightly, starting with the longest length. Work your way out in rows and fill in empty spots with a piece of apple cut to fit. Warm agave in microwave for 15 – 20 seconds and brush over the apples. Sprinkle with cinnamon – you don't need to use it all. Dot with butter, and then bake for 25 – 30 minutes rotating at the 15 minute mark. The apples should be browned in spots and the edges of the tart will be brown too. Don't worry if the juices run and brown around the tart. This is ok.

Mix apricot preserves with 2 tablespoons of water and heat in microwave for 20 seconds. Brush over entire tart and return to oven for another 5 to 8 minutes. Remove from oven and let cool. Gently slide onto a large cutting board and slice into desired size. Serve warm or at room temperate.

Makes 12 slices. Per slice: 247 calories, 10.5g fat, 40g carbohydrates, 2.4g fiber, 1.5g protein

Winter Fruit Compote

Makes 3 1/2 to 4 cups

Ingredients:

- 1 – 2 navel oranges
- 1 3/4 cups filtered water
- 1/2 of a cinnamon stick
- 1/2 of a star anise
- 1 large Gala apple
- 1 large ripe D'anjou or Bartlett pear
- 1/2 cup dried Calimyrna figs, quartered
- 1/2 cup prunes
- 2 tablespoons dried bing cherries

Directions:

Using a swivel peeler, cut 2 strips of orange peel from the orange and squeeze 1/3 cup of juice from the oranges. Set aside.

In a medium saucepan combine water, cinnamon, star anise, and orange peel. (The size is important – if you use too big of a saucepan, the fruit won't be covered by the sauce and it won't cook evenly.) Cover and bring to a boil, then reduce to a simmer for 5 minutes. While sauce is cooking, peel and core apple and pear. Slice 1/4 inch thick.

Stir figs, prunes, and cherries into sauce and simmer for 5 minutes. Add apples and simmer for 3 -4 minutes, then add pears for the last 2 minutes. Apples and pears should be al dente – they will continue to cook as the compote cools. Stir in orange juice, cover, and let cool for 20 minutes. Strain compote through a fine mesh strainer catching juice. Return juice to pan, bring to a boil and then simmer uncovered for 10 – 15 minutes until juice has thickened and is syrupy. Let syrup cool. Pour on top of fruit and serve, or cover and chill.

Per 3/4 cup: 69 calories, 0.2g fat, 17.5g carbohydrates, 3.2g fiber, 0.7g protein

Makeover Pumpkin Cake

From *Taste of Home*, makes 18 servings

Ingredients:

1 can (15 ounces) solid-pack pumpkin	1-2/3 cups sugar
2 eggs	1/2 cup egg substitute
1/2 cup buttermilk	1/2 cup canola oil
1/4 cup unsweetened applesauce	1 teaspoon pure vanilla extract
2 cups all-purpose flour	3 teaspoons ground cinnamon
2 teaspoons baking soda	1 teaspoon salt
1/4 cup chopped pecans	

FROSTING:

1 package (8 ounces) reduced-fat cream cheese	1/4 cup butter, softened
3 cups confectioners' sugar	2 teaspoons pure vanilla extract

Directions:

In a large bowl, combine the first eight ingredients; beat until well blended. Combine the flour, cinnamon, baking soda and salt; gradually beat into pumpkin mixture until blended. Stir in pecans.

Transfer to a 13-in. x 9-in. baking pan coated with cooking spray. Bake at 350° for 35-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

For frosting, in a small bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar and vanilla; beat until smooth. Frost cake. Store in the refrigerator.

1 piece equals 345 calories, 13 g fat (4 g saturated fat), 40 mg cholesterol, 380 mg sodium, 53 g carbohydrate, 2 g fiber, 5 g protein.

Crock-Pot Berry Cobbler

Adapted from Paula Deen

Ingredients:

- 1 (10-ounce) bag frozen strawberries
- 1 (10-ounce) bag frozen blueberries
- 1 (10-ounce) bag frozen raspberries
- 1/3 to 2/3 cup sugar, depending on your level of preferred sweetness
- 1/2 cup Bisquick Heart Smart baking mix

Topping:

- 2 1/4 cups baking mix
- 1/4 cup sugar, plus 1/4 cup
- 4 tablespoons butter, melted
- 1/2 cup 2% milk
- 2 teaspoons ground cinnamon

Directions:

Spray the insert of a slow cooker with nonstick cooking spray.

In a large mixing bowl, toss together all the frozen fruit, sugar and 1/2 cup baking mix. Transfer the fruit to the slow cooker. In another large mixing bowl, stir together 2 1/4 cups baking mix, 1/4 cup sugar, melted butter and milk with a wooden spoon. With your hands, drop bits of dough on top of the fruit in the slow cooker. In a small mixing bowl, stir together the remaining 1/4 cup sugar and ground cinnamon. Sprinkle the cinnamon sugar on top of the dough and place the lid on the slow cooker. Turn the power onto high and slow cook for 3 to 4 hours until the topping has puffed and the fruit is bubbling.

If you would like, serve it with a small scoop of vanilla ice cream or light whipped cream (not included in nutritional information)

Serves 10: 282 calories, 9.8g fat, 46.8g carbohydrates, 3.4g fiber, 3.4g protein



Pumpkin Custard

Ingredients:

- 1 (15 ounce) cans pumpkin puree
- 1 (12 ounce) cans evaporated skim milk
- 1/3 cup sugar
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1 1/2 tablespoons flour (I use whole wheat)
- 4 egg whites

Directions:

Preheat oven 350 degrees, spray a pie pan/tart pan with nonstick spray.

Combine all ingredients except egg whites in a large bowl, mix until smoothly incorporated.

In a small bowl, beat the egg whites until they are smooth and lose a bit of their elasticity. Combine with pumpkin mixture.

Pour mixture into prepared pan, carefully put into the oven. *Tip: Put it on a cookie sheet!

Bake for 50 minutes, or until set in the middle.

Cool and chill, then enjoy.

Per serving (makes 9) 95 calories, 0.1g fat, 19g carbohydrates, 5g protein

Big Beautiful Baked Alaska

From Hungry Girl (hungry-girl.com)

Ingredients:

3 cups fat-free vanilla ice cream, softened
2 cups light strawberry ice cream, softened
16 reduced-fat vanilla round wafer cookies (recommended: Reduced Fat Nilla)
1/2 cup liquid egg whites (or about 3 large egg whites), room temperature
1/8 teaspoon cream of tartar
1/4 cup granulated sugar
1/4 cup granulated no-calorie sweetener (recommended: Splenda)
1/4 teaspoon vanilla extract



Directions:

Choose a medium-large bowl that's about 8 inches in diameter at the top with a capacity of about 1 1/2 quarts -- the top should just fit inside a 9-inch pie pan (which you'll also need).

Line the bowl with plastic wrap, draping excess wrap over the sides. Evenly and firmly pack vanilla ice cream into the bowl. Smooth the surface, and then repeat with strawberry ice cream, yielding two packed layers with a flat surface. Place wafers, rounded side down, in a single even layer over the strawberry ice cream. (Use fewer wafers, if needed.) Cover with plastic wrap, and freeze until very firm, at least 8 hours.

Preheat oven to 500 degrees F.

To make the meringue, set out all measured ingredients. Combine egg whites and cream of tartar in a large bowl. Beat with an electric mixer set at high speed until fluffy and slightly stiff, about 3 minutes. While still beating the mixture, gradually add sugar, no-calorie sweetener, and vanilla extract. Continue beating until mixture is fully blended and stiff peaks form, 2 to 3 minutes. Set aside.

Remove bowl from the freezer and uncover. Place a 9-inch pie pan firmly over the bowl, upside down, and carefully flip so the pie pan is on the bottom. Gently tug on the plastic wrap to release the ice cream from the bowl, leaving the ice cream in the pie pan. Remove the plastic wrap.

Quickly and evenly spread meringue over the ice cream mound, swirling to form peaks. Place pie pan on a large baking sheet.

Bake in the oven until meringue is cooked through and lightly browned, about 3 minutes.

Cut into 8 slices and enjoy! (P.S. Freeze leftovers... and enjoy them frozen!)

Cook's Note: Prefer sugar only? Skip the no-calorie sweetener and double the granulated sugar. Then each serving will have 203 calories, 42g carbs, and 29g sugars. Sweet!

PER SERVING (1 large slice, 1/8th of recipe): 182 calories, 2g fat, 37g carbs, 0.5g fiber, 23.5g sugars, 4.5g protein

Oatmeal Cookie Fruit Pizza

Cookie Crust Ingredients:

2 tablespoons butter	1/4 cup honey
1/2 cup light brown sugar	1 egg white
1/3 cup applesauce	2 teaspoon vanilla extract
1 cup all-purpose flour	1 teaspoon baking soda
1/2 teaspoon salt	1 teaspoon ground cinnamon
1 1/2 cups old-fashioned oats	1/3 cup dried apricots, finely chopped

Topping Ingredients:

8 ounces low-fat cream cheese, softened
1/4 cup frozen apple juice concentrate, thawed
2 tablespoons grated lemon zest
4 kiwis, peeled and sliced
1/2 cup canned sliced peaches packed in light syrup, strained
1/2 cup strawberries, cut in 1/2 lengthwise
1 medium banana, cut into 1/4-inch slices

Directions:

Preheat oven to 350 degrees F.

To make the cookie crust: Cream the butter, honey, and brown sugar together in a mixing bowl.

Add the egg white and combine. Mix in the applesauce and vanilla.

Sift the flour, baking soda, salt, and cinnamon together. Add to the sugar mixture, stirring just to combine. Gently stir in the oats and apricots, just to combine.

Spread the batter on a 12-inch nonstick pizza pan or line a baking sheet with parchment paper into a 12-inch circle. Bake until lightly browned, 30 to 35 minutes. Let cool in the pan for 5 minutes, then carefully transfer to a wire rack and let cool completely.

To make the topping: In a mixing bowl, whip the cream cheese with the apple juice concentrate and lemon zest until light and creamy.

Spread the cream cheese mixture over the cookie, leaving a 1/2-inch border around the rim. Arrange the fruit over the top. Slice into wedges with a pizza cutter and serve.

Pistachio Halva

Ingredients:

- 1- 1/4 cups shelled pistachios
- 1 cup boiling water
- 2 tablespoons milk
- 1/2 cup sugar
- 1-1/2 tablespoons butter or ghee
- 1 teaspoon vanilla extract

Directions:

Put pistachios in a bowl, top with boiling water and soak 30 minutes.

Grease and line an 8- inch square pan with waxed paper.

Drain pistachios thoroughly and put in a blender or food processor fitted with the metal blade. Add milk and process until finely chopped, scraping mixture down from sides once or twice. Stir in sugar. Heat a large nonstick skillet, add butter and melt over medium-low heat. Add nut paste and cook about 15 minutes, stirring constantly, until mixture is very thick.

Stir in vanilla extract, then spoon into prepared pan and spread evenly. Cool completely, then cut into 20 squares using a sharp knife.

Makes about 20 squares.

Per square: 62 calories, 3.2g fat, 6.9g carbohydrates, 0.6g fiber, 1.3g protein

Maple-Apple Pecan Crunch Pumpkin Pie

Ingredients:

1 15 ounce can pumpkin
1/3 cup sugar
2 tablespoons honey or pure maple syrup
1 1/2 teaspoons pumpkin pie spice
1/2 cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
1 teaspoon vanilla
3/4 cup evaporated fat-free milk
Maple-Apple Pecan Crunch (see below)

Directions:

Preheat oven to 350 degrees F. Lightly grease a 1-1/2-quart soufflé dish, 8-inch spring form pan, or 8 4-ounce ramekins; set aside. For filling, in a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly with a fork just until combined. Gradually stir in evaporated milk. Pour into prepared dish, pan, or ramekins. If using a spring form pan, place on a foil-lined baking sheet. If using ramekins, place in a 15x10x1-inch baking pan.

Bake for 45 to 50 minutes for dish or pan or 30 to 35 minutes for ramekins or until center appears set when gently shaken. Cool 1 hour on a wire rack. Cover and chill at least 2 hours or up to 24 hours before serving.

To serve, top with Maple-Apple Pecan Crunch. If using a spring form pan, loosen pumpkin from sides of pan by running a thin metal spatula around the edge. Remove sides of pan. Cut into wedges to serve. If using soufflé dish, spoon pumpkin out of the dish onto serving plates.

Makes: 8 servings Serving size: 1 slice

Per slice: 143 calories, 27g carbohydrates, 3g fat, 3g fiber

Maple Apple Pecan Crunch

Ingredients:

2 medium gala or Jonathan apples or 2 ripe pears
1/4 cup water
1/4 cup coarsely chopped pecans or walnuts, toasted
1 tablespoon pure maple syrup

Directions:

Maple-Apple Pecan Crunch: Core, quarter and thinly slice apples or pears. In a large skillet, cook apples and pears, covered, in water over medium heat for 5 minutes or just until softened and pliable but not mushy. Drain off liquid. Arrange apple or pear slices atop pumpkin when directed in step 3. Sprinkle with pecans and drizzle with maple syrup.

Holiday Biscotti

Ingredients:

2 tablespoons butter, softened	1 cup granulated sugar
1 teaspoon baking powder	1/2 teaspoon baking soda
1/4 teaspoon salt	1/2 cup refrigerated or frozen egg product, thawed
1/2 teaspoon vanilla	1/4 teaspoon almond extract
2 1/4 cups all-purpose flour	1 cup dried cranberries
3/4 cup pistachio nuts	1/2 cup snipped dried apricots
Fat-free milk (optional)	2 tablespoons coarse sugar (optional)
1/3 cup coarsely chopped white chocolate baking squares (with cocoa butter) (optional)	
1/2 teaspoon shortening (optional)	

Directions:

In a large bowl, beat butter with an electric mixer on medium to high speed for 30 seconds. Add granulated sugar, baking powder, baking soda, and salt. Beat until combined, scraping the sides of the bowl occasionally. Beat in egg, vanilla, and almond extract. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour, the cranberries, pistachio nuts, and apricots. Cover and chill dough about 2 hours or until easy to handle.

Preheat oven to 350 degrees F. Lightly grease a cookie sheet; set aside. Divide dough in half. Shape each portion into a 12-inch-long loaf. Place loaves about 3 inches apart on prepared cookie sheet; flatten slightly until about 3/4 inch thick. If desired, brush with a little milk and sprinkle with coarse sugar.

Bake for 25 to 30 minutes or until lightly browned and a toothpick inserted near the centers comes out clean. Cool on cookie sheet for 1 hour.

Preheat oven to 325 degrees F. Using a serrated knife, cut each loaf diagonally into 1/2-inch-thick slices. Place slices on an ungreased cookie sheet. Bake for 6 minutes. Turn biscotti over; bake for 6 to 8 minutes more or until biscotti are dry and crisp. Transfer to a wire rack; cool.

If desired, in a small saucepan, heat and stir white chocolate and shortening over low heat until melted; cool slightly. Drizzle biscotti with melted white chocolate. Let stand until white chocolate is set.

Make-Ahead Directions: Prepare as directed; cool. Layer unfrosted biscotti between sheets of waxed paper in an airtight container. Cover and store at room temperature for up to 3 days or freeze for up to 3 months. Thaw biscotti at room temperature before frosting, if desired.

Per serving (makes 48): 65 calories, 12g carbohydrates, 1g fat, 1g fiber

Pineapple Dessert

From Julie Moresco, Clinical Administrative Assistant, Pacific Health Services

Ingredients:

1 lg packet lemon Jello
1 container light whip cream
2 blocks light cream cheese
1 can crushed pineapple
1 ½ cups hot water
½ cup chopped nuts

Directions:

Mix the package of lemon Jello in 1 ½ cups of hot water. Mash the cream cheese into the Jell-O mix until mixed well. Add the whipped cream to the Jello and mix well. Add the can of crushed pineapple and mix. Pour into a cake pan and scatter the chopped nuts on top. Refrigerate until hard.

Nutrition Facts per serving: Makes 16 servings: per serving: 196g, 15g fat, 10.3g CHO, 0.6g fiber, 4.5g protein

Persimmon Bread

From Julie Moresco, Clinical Administrative Assistant, Pacific Health Services

Ingredients:

2 eggs	1 ½ cup all-purpose flour
¾ cup white sugar	½ tsp. salt
½ cup vegetable oil	1 tsp. ground cinnamon
1 cup persimmon pulp	½ cup walnuts
1 tsp. baking soda	½ cup raisins

Directions:

Preheat oven to 325 degrees F. Oil a 9x4 inch pan. In a small bowl, combine flour, cinnamon, salt, nuts, and raisins. In a large bowl, blend eggs, sugar, and oil. Mix baking soda into pulp and add to sugar mixture. Fold in flour mixture. Pour batter into prepared pan. Bake for 75 minutes or until tester inserted into the center comes out clean. Makes 1 loaf.

Per serving: (1/12 of the cake); 249 calories, 13g fat, 30g carbohydrates, 1g fiber, 4g protein

Dog Treats for Your Furry Friends!

From Julie Moresco, Clinical Administrative Assistant, Pacific Health Services

Ingredients:

- 2 c. whole wheat flour
- ½ cup. Wheat germ
- ½ c. dry milk powder
- ½ c. water
- 1/3 cup oil
- 1 large egg
- 1 tbsp. beef bouillon granules
- 1 tbsp. brown sugar

Preheat oven to 300 degrees F. Beat all ingredients until blended. Knead dough 1-2 min. Cut into shapes and bake for 45 min.



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