

Make Your Own Healthy Desserts



Finding a premade dessert that is both tasty and healthy can be tricky. Instead, make your own desserts with healthy ingredients that will satisfy your sweet tooth.

Tips

- Make fruit the main ingredient in a dessert. Add ½ cup fresh berries or ½ cup sliced peaches to nonfat Greek or frozen yogurt.
- Use fat-free frozen yogurt instead of regular ice cream. Add 1 tablespoon dark chocolate chips and a small sliced banana to ½ cup fat-free frozen yogurt or low-fat ice cream for a lower-calorie sundae.
- Try angel food cake instead of denser cakes. Top cake slices with fresh fruit and/or a chocolate drizzle and up to 2 tablespoons whipped cream per person.
- When a recipe calls for sweetened condensed milk, half-and-half, heavy cream, or whole milk, substitute reduced-fat (2%) milk or soy milk for less fat and fewer calories.
- Replace up to half the oil or butter called for in cake, brownie, and cookie recipes with lower-fat ingredients. For cakes, use applesauce or nonfat plain yogurt. For brownies, use dried plum (prune) puree or mashed banana. For cookies, use apple butter.
- Watch your portion sizes. Use small dessert dishes to make portion control easy. For example, use 6-ounce bowls. If you fill up the bowl two-thirds of the way, you are eating a ½ cup portion.

Recipe Ideas

Mango Sauce for Frozen Yogurt or Greek Yogurt

1. Add 2 cups diced mango, 1 cup diced or crushed pineapple, 1 teaspoon vanilla extract, and ½ teaspoon ground cinnamon to a blender or food processor.
2. Puree until smooth.
3. Spoon sauce over ½ cup vanilla frozen yogurt or fat-free Greek yogurt right before serving. Makes 6 servings of sauce.

Honey-Lime Blackberry Topping

1. Add 2 tablespoons honey, the juice and grated zest (peel) of 1 lime, and 2 cups blackberries to a medium-size bowl. Toss to combine.
2. Spoon the topping over a slice of angel food cake or ½ cup low-fat or fat-free vanilla frozen yogurt. Makes 4 servings of topping.

Red Wine Poached Pears

1. Pour 2 cups dry, full-bodied red wine, like cabernet sauvignon, into a saucepan. Stir in ¼ cup sugar, the juice of half an orange, and a 1-inch slice of orange peel.
2. Bring the mixture to a boil over high heat and then lower to a simmer.
3. Add 1 cinnamon stick and 2 cloves.
4. Simmer for 5 minutes.
5. Peel 4 Bosc or Anjou pears and cut off the bottom ends. Add the pears to the red wine mixture.
6. Let the pears cook, covered, for 15 minutes, turning occasionally.
7. Remove the pears from the mixture with a slotted spoon and serve. (Pears will stand up on a plate since the bottoms were cut off.)
8. Optional: Remove the spices from the red wine mixture and boil the liquid for about 15 minutes to make red wine syrup. Spoon the syrup over poached pears when serving. Serves 4.

