



Discovering Delicious AND Nutritious Desserts

Most people think that all desserts and sweets are unhealthy. However, that is not always the case! *"Discovering Delicious AND Nutritious Desserts"* is a great opportunity to learn new dessert recipes that are tasty, easy to make, and healthy for you! Individuals of all skill levels are invited to participate in this fun, hands-on learning session.

Participants will enjoy learning how to make healthy and simple versions of their favorite desserts, such as cheesecakes, chocolate cake, cookies, and much more!

This workshop will be held at the Bridgerland Applied Technology College in Logan, and all materials and supplies will be provided. Come ready to bake, learn, and have some fun!

Chocolate Dipped Strawberries

Ingredients:

- 1 pound of medium-sized whole strawberries
- 4 ounces semi-sweet chocolate

Preparation:

Microwave chocolate in a glass bowl, stopping after 30 seconds, then every 10 seconds until almost melted. Stir until smooth and glossy. Wash strawberries and pat them dry (any moisture from the fruit will spoil the texture of the melted chocolate). Dip each strawberry into the melted chocolate, covering the lower half of the strawberry. Place on a baking sheet lined with wax paper. Refrigerate for at least 1 hour.

<http://lowfatcooking.about.com/od/dessert/r/Chocstrawb.htm>

Cinnamon Crisp Tortillas

Ingredients:

- 2 medium fat-free flour tortilla(s)
- 2 tsp reduced-calorie margarine
- 1/2 tsp ground cinnamon
- 1/2 tsp sugar

Preparation:

Preheat broiler. Arrange tortillas on nonstick baking sheet. Brush each tortilla with 1/4 of the margarine and sprinkle with 1/4 of the cinnamon. Broil on lowest rack until margarine is bubbly, 1 to 2 minutes. Combine remaining cinnamon with sugar. Turn tortillas over, brush each with half of remaining margarine, then sprinkle each with sugar remaining sugar-cinnamon mixture. Broil until cinnamon-sugar mixture caramelizes, about 1 minute.

http://www.safehaven.us/low_fat_dessert_recipes.htm#tortilla

Low-fat Lemon Cheesecake

Ingredients:

- Nonstick vegetable cooking spray
- 1/4 c [graham cracker](#) crumbs
- 16 oz Low-fat [cream cheese](#)
- 1 c [sugar](#)
- 2/3 c [egg substitute](#)
- 1 3/4 c Plain yogurt cheese;
- 2 ts [vanilla](#)
- 1 ts Grated [lemon rind](#)
- 1 tb [lemon juice](#)
- Sliced [oranges](#); and/or for garnish
- [strawberries](#); and/or for garnish
- Kiwifruit; for garnish

Preparation:

Heat oven to 350 degrees. Coat a 9-inch springform pan with vegetable spray and sprinkle bottom with graham cracker crumbs. Refrigerate. In a large bowl, beat cream cheese until smooth. Gradually add sugar, beating until smooth. Add remaining ingredients except fruit and beat until smooth. Pour into pan. Bake 50 to 60 minutes or until edges are set. (To minimize cracking, place a shallow pan half full of hot water on lower oven rack while baking.) Remove from oven and cool on a wire rack.

<http://www.dietandfitnesstoday.com/recipe.php?recipeid=175>

Low-fat Chocolate Cake

Ingredients:

- 1 1/2 c [flour](#)
 - 1/4 c Granulated [fructose](#)**
 - 1/2 c Unsweetened [cocoa](#)
 - 1 1/2 ts [baking soda](#)
 - 1 ts [salt](#)
 - 1 c Low fat [milk](#) (2%)
 - 2/3 c Liquid shortening
 - 2 [eggs](#)
- **or other sugar replacement

Preparation:

Preheat oven to 350 deg. Grease and flour a 13 X 9" cake pan. Combine all ingredients in a mixing bowl and beat just until blended. Pour into prepared pan and bake for 40-45 minutes. Let cool.

<http://www.dietandfitnesstoday.com/recipe.php?recipeid=72>

Chocolate Chip Cherry Cookies

Ingredients

- 1/2 cup (125 ml) Hard Margarine, softened
- 2 Eggs
- 3/4 cup (175 ml) Brown sugar, packed
- 1 tsp (5 ml) Vanilla
- 1 1/2 cup (375 ml) Brown rice flour
- 1/3 cup (75 ml) Potato starch
- 1 tsp (5 ml) GF Baking powder
- 1/2 tsp (2 ml) Baking soda
- 1/2 cup (125 ml) Semi-sweet chocolate chips
- 1/2 cup (125 ml) Dried Bing Cherries (I used dried cranberries)

Preparation:

Cream margarine and sugar until fluffy. Add eggs one at a time, beating after each one. Add vanilla and stir. Combine and sift rice flour, potato starch, baking powder and soda. Add flour mixture to creamed margarine and sugar mixture. Mix in chocolate chips and cherries. Cover and chill for 1 hour.

Drop by 1 Tbsp (15 ml) onto a non-stick cookie sheet. Bake at 350 F (180 C) for about 10 minutes or until golden brown. Cool slightly on baking sheets before removing cookies onto wire rack. Place cooled cookies in a sealed container. Can be frozen.

<http://homecooking.about.com/gi/dynamic/offsite.htm?site=http://www.castleweb.com/diabetes/d%5F08%5F200.htm>