

Decadent Desserts



By Chef Darla Davidson

UNION
HOSPITAL
**Diabetes Education
Center**

Banana Bread Muffins

- **Prep Time:** 10 mins
- **Total Time:** 35 mins
- **Servings:** 11

Ingredients

- 8 ounces bananas
- 1 eggs
- 3/4 cup Splenda granular
- 1/2 cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1/2 cup all-purpose flour
- 1 cup almond flour



Directions

1. Mash banana add egg, Splenda, unsweetened applesauce, vanilla, cinnamon, baking soda, baking powder, mix well.
2. Add in almond flour 1/2 a cup at a time mix well then add the all purpose flour.
3. Take muffin pan put in liners or spray with non stick spray spoon in 1/4 cup mixture into each muffin slot. Bake at 350°F for 25 to 30 minutes. Enjoy.

Nutrition Facts

Calories 52.5

Total Fat 0.5g

Total Carbohydrate 10.7

Individual Cheesecakes

- **Prep Time:** 20 mins
- **Total Time:** 45 mins
- **Serves:** 12, **Yield:** 12 individual cheesecakes

Ingredients

- 2 (8 ounce) blocks reduced-fat cream cheese, at room temperature (8-ounces each)
- 1 1/4 cups artificial sweetener (for baking)
- 3 eggs, at room temperature
- 1 teaspoon vanilla
- 1 lemons, zest of, finely grated
- 1 cup sour cream, at room temperature

Directions

1. Preheat oven to 325°F.
2. Beat cream cheese for 1 minute until smooth and free of any lumps. Gradually incorporate sweetener and beat until creamy. Add eggs, 1 at a time, until combined. Mix in vanilla and lemon zest. Blend in the sour cream. Be careful not to over-beat the mixture, as it will incorporate too much air, causing the cakes to puff when baking, then fall and crack when cooling.
3. Line cupcake pan with foil (they come out much better than with paper) liners. Fill cups with mixture.
4. Bake in preheated oven for 20 - 25 minutes. Cheesecakes should still jiggle, they will firm up after they have been chilled.
5. Remove from baking pan, cover and refrigerate at least 4 hours before serving.

Nutrition Facts

Calories 147.7

Total Fat 11.9g

Total Carbohydrate 3.6g



Lemon Fluff

- **Prep Time:** 5 mins
- **Total Time:** 15 mins
- **Servings:** 4



Ingredients

- 1 (3 ounce) packages sugar-free lemon gelatin
- 1 (8 ounce) containers plain low-fat yogurt
- 1 cup frozen light whipped dessert topping, thawed

Directions

1. In a small bowl, stir together gelatin and 1 cup boiling water for 2 minutes.
2. Add 1/2 cup cold water and the yogurt.
3. Cover and chill for 10 minutes.
4. Beat until frothy and fold in thawed whipped topping.
5. Spoon lemon mixture into four 4 ounce ramekins with parchment paper collars.
6. Chill for about an hour or two, remove collars before serving.

Nutrition Facts

Calories 108.9

Total Fat 0.8g

Total Carbohydrate 11.0g

Cinnamon Vanilla Pecans

- **Prep Time:** 5 mins
- **Total Time:** 45 mins
- **Servings:** 12

Ingredients

- 1 lb pecan halves
- 2 egg whites
- 2 tablespoons water
- 2 teaspoons sugar-free vanilla extract
- 1 1/2 cups Splenda granular
- 2 tablespoons cinnamon
- 1 1/2 teaspoons salt

Directions

1. Preheat oven to 350 degrees.
2. Beat eggs, water and vanilla until thick and foamy but not stiff.
3. Stir in pecans until thoroughly coated with egg mixture.
4. Mix dry ingredients thoroughly in large measuring cup.
5. Pour over pecans and stir well. Making sure the dry ingredients get a chance to coat all pecans.
6. Pour the mixture into a 9 X 13 baking pan and bake for about 35-40 minutes turning over and breaking up the pecans (they will stick to the pan and to each other) every 10 minutes or so.
7. Cool to warm before eating. They do taste great warm!

Calories 267.7

Total Fat 27.2g

Total Carbohydrate 6.3g



Pumpkin Muffins

- **Prep Time:** 10 mins
- **Total Time:** 30 mins
- **Serves:** 24, **Yield:** 24 muffins

Ingredients

- 3 cups oatmeal
- 2 tablespoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 2 cups pumpkin
- 1/4 cup Splenda sugar substitute
- 1/2 cup applesauce (can substitute 1/2 cup oil)
- 1/2 cup egg substitute (can substitute 2 eggs)
- 1 teaspoon vanilla

Directions

1. Grind oatmeal in food processor to fine consistency. Combine all dry ingredients (except Splenda). In separate bowl combine all liquid ingredients and Splenda. Combine liquid with dry. Spoon into paper lined muffin pans.
2. Bake at 350 for 15-20 minutes, until tooth pick comes out clean.

Nutrition Facts

Calories 50.6

Total Fat 0.6g

Total Carbohydrate 9.5g



Cheesecake Dream

- **Prep Time:** 10 mins
- **Total Time:** 4 hrs 10 mins
- **Servings:** 6-8

Ingredients

- 2 tablespoons graham cracker crumbs
- 2/3 cup boiling water
- 1 (1/3 ounce) package flavored sugar-free jello
- 1 cup low fat cottage cheese
- 1 (8 ounce) packages fat free cream cheese
- 8 ounces Cool Whip Topping

Directions

1. Spray a 8 or 9 inch pie pan with vegetable oil spray; sprinkle graham cracker crumbs on the bottom of the pan.
2. Stir boiling water into gelatin in large bowl until dissolved. Let cool for 5 minutes.
3. Pour gelatin into a blender and add the cottage cheese and cream cheese.
4. Blend on medium speed until well blended, stopping and scraping sides if needed.
5. Pour mixture back into large bowl.
6. Add whipped topping and stir lightly until well blended.
7. Pour into pie pan and refrigerate 4 hours or until set.
8. Store in refrigerator.

Nutrition Facts

Calories 214.4

Total Fat 15.5g

Total Carbohydrate 6.4g



Nutty Cheesecake Bites

- **Prep Time:** 10 mins
- **Total Time:** 55 mins
- **Yield:** 30 balls

Ingredients

- 8 ounces cream cheese, softened
- 1/2 cup creamy peanut butter (try to find a low carb peanut butter if you can!)
- 1/3 cup Splenda sugar substitute
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- finely chopped peanuts or unsweetened dried shredded coconut

Directions

1. Combine all ingredients, except peanuts or coconut, in a bowl with electric mixer on medium speed.
2. Scrape down sides of bowl as needed.
3. Chill 30 minutes, till firm.
4. Roll into 3/4" balls; then roll balls in peanuts or coconut.
5. Chill 15 minutes more.

Nutrition Facts

Calories 51.8

Total Fat 4.8g

Total Carbohydrate 1.0g



Warm Delights Mini

- **Prep Time:** 1 mins
- **Total Time:** 2 mins
- **Serves:** 1, **Yield:** 1 mini cake

Ingredients

- ½ T. Betty Crocker whipped cream cheese frosting (1/2 TBL)
- ½ T. nestle toll house milk chocolate chips (1/2 TBL)
- 3T. Pillsbury reduced sugar devil's food cake (approx 3 unpacked TBL)
- 1 1/2 tablespoons water

Directions

1. Put cake mix in a small bowl
2. Mix water into cake mix.
3. Microwave on high for 40 seconds.
4. Top with chocolate chips (they will melt).
5. Top with small dollops of frosting.

Nutrition Facts

Calories 70.9

Total Fat 3.4g

Total Carbohydrate 9.5g

Baked Apples

- **Prep Time:** 7 mins
- **Total Time:** 47 mins
- **Servings:** 6

Ingredients

- 6 granny smith apples
- 1 cup Splenda granular, sugar substitute
- 1 teaspoon cinnamon
- 1 tablespoon margarine



Directions

1. Preheat oven to 350 degrees.
2. Wash and core apples using an apple corer. Place slices in a shallow baking dish.
3. Mix splenda and cinnamon in small bowl. Sprinkle over apples.
4. Place small dots of margarine over the apples.
5. Cover with foil and bake for 35-45 minutes, until a little soft.

Calories 89.6

Total Fat 2.1g

Total Carbohydrate 19.3g

Crustless Pumpkin Pie

- **Prep Time:** 10 mins
- **Total Time:** 1 hrs 10 mins
- **Servings:** 8



Ingredients

- 1 (15 ounce) cans pumpkin
- 1 (12 ounce) cans evaporated skim milk
- 3/4 cup egg substitute
- 1/2 teaspoon salt
- 1 -2 tablespoon pumpkin pie spice (I like mine spicier)
- 1 teaspoon vanilla
- 2/3 cup splenda sugar substitute

Directions

1. Combine all ingredients and beat until smooth.
2. Pour into 9-inch pie pan sprayed with cooking spray.
3. Bake at 400 degrees F for 15 minutes; reduce temperature to 325 degrees F and bake for 45 minutes more.
4. Pie is done when knife inserted into center comes out clean.

Calories 121.7

Total Fat 1.0g

Total Carbohydrate 21.4g

Weight Watchers "butterfinger Fluff"

- **Prep Time:** 10 mins
- **Total Time:** 10 mins
- **Servings:** 8-10

Ingredients

- 8 ounces fat-free cool whip
- 1 ounce sugar-free fat-free butterscotch pudding
- 8 ounces crushed pineapple
- 2 small apples, peeled cored, cut
- 1/4 cup ground honey roasted peanuts

Directions

1. Blend pudding mix and cool whip. Mix in apples, pineapple and ground peanuts.
2. Servings are a guess as was not indicated on my original recipe.

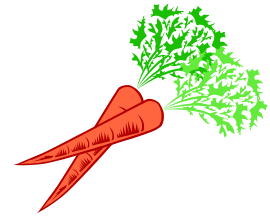
Calories 57.7

Total Fat 2.4g

Total Carbohydrate 8.8g

Carrot Cake

- **Prep Time:** 5 mins
- **Total Time:** 25 mins
- **Serves:** 12, **Yield:** 12 pieces



Ingredients

- 1 (18 ounce) boxes carrot cake mix, BC Supermoist with pudding
- 1 (15 ounce) cans pumpkin puree
- 1/2 cup water

Directions

1. Preheat oven to 325°F.
2. Mix all ingredients.
3. Spray 9x13-inch cake pan to grease.
4. Fill cake pan. Smooth top as best as possible.
5. Bake for 15 to 20 minutes. (I checked mine at 10 and then again at 15. It was almost done then. So left for another 5 total 20 minutes).

Calories 186.0

Total Fat 4.2g

Total Carbohydrate 36.0g

Fabulously Low Calorie, Still Delicious Chocolate Chip Cookies

- **Prep Time:** 10 mins
- **Total Time:** 20 mins
- **Serves:** 43, **Yield:** 43 cookies

Ingredients

- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3 tablespoons margarine
- 5 tablespoons plain nonfat yogurt
- 1/2 cup sugar
- 1/4 cup light brown sugar
- 2 tablespoons cornstarch
- 1/4 cup unsweetened applesauce
- 2 tablespoons skim milk
- 1/2 teaspoon vanilla extract
- 1/2 cup chocolate chips

Directions

1. Beat margarine, yogurt, sugars, corn starch, applesauce, milk and vanilla until well mixed.
2. Then add flour and baking soda/powder and salt and beat until smooth - then add chocolate chips.
3. Drop by teaspoonfuls onto greased cookie sheet.
4. Bake at 350°F for 6-10 minutes until lightly golden brown.

Calories 49.6

Total Fat 1.4g

Total Carbohydrate 8.8g

Low Calorie Banana Oatmeal Bread

- **Prep Time:** 20 mins
- **Total Time:** 1 hrs 20 mins
- **Serves:** 22-24, **Yield:** 2.0 loafs

Ingredients

- 1/4 cup brown sugar
- 1/4 cup Splenda sugar substitute or 1/4 cup sugar substitute
- 5 tablespoons oil
- 4 egg whites
- 1 whole eggs
- 4 mashed bananas
- 2 cups old fashioned oats
- 1 cup skim milk
- 2 cups all-purpose flour
- 2 cups whole wheat flour
- 2 tablespoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

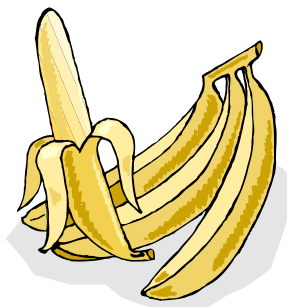
Directions

1. Preheat oven to 350 degrees.
2. Beat first 6 ingredients on medium speed until blended. Add milk, flour, oats, baking powder, baking soda and cinnamon, mix well with mixer.
3. Pour into 2 prepared loaf pans.
4. Bake 1 at 350 degrees, or until toothpick comes out clean.

Calories 174.4

Total Fat 4.2g

Total Carbohydrate 29.9g



The Best Low Calorie Cheesecake Bites

- **Prep Time:** 45 mins
- **Total Time:** 3 hrs 45 mins
- **Servings:** 11

Ingredients

- 1 (8 ounce) packages fat free cream cheese, softened
- 1/3 cup powdered sugar
- 2 teaspoons lemon juice
- 44 medium strawberries, whole
- 1/2 cup graham cracker crumbs

Directions

1. In a small mixing bowl, beat together the cream cheese, sugar, and lemon juice until smooth and creamy, set aside.
2. Using a paring knife, hollow out the top of each strawberry to a depth of approximately 3/4 an inch. Gently fill each with cream cheese mixture using a pastry bag just slightly above the tops. Place them on a cookie sheet(s) as you do this.
3. Once all of the strawberries are filled, dip each top into the graham cracker crumbs and place back onto the cookie sheet.
4. Place the cookie sheet into the refrigerator and leave them for a few hours or over night to completely chill.
5. ENJOY!

Calories 65.6

Total Fat 0.8g

Saturated Fat 0.2g

Total Carbohydrate 11.5g



Rice Pudding

- **Prep Time:** 5 mins
- **Total Time:** 3 hrs 5 mins
- **Servings:** 8

Ingredients

- 3/4 cup rice
- 4 cups 2% low-fat milk
- 3 tablespoons Splenda sugar substitute
- 1 teaspoon vanilla
- 1 teaspoon reduced-calorie butter or 1 teaspoon light butter
- 1/4 teaspoon ground cinnamon
- 2% low-fat milk

Directions

1. Stir in an oven proof dish, rice, milk and splenda.
2. Bake at 275 degrees for 3 hours.
3. Stir pudding frequently. Add more milk, if the pudding starts to dry out.
4. Once pudding is done, in vanilla, cinnamon and butter.
5. Spoon into individual servings and chill.

Calories 128.5

Total Fat 2.5g

Total Carbohydrate 20.3g



Zucchini Bread

- **Prep Time:** 15 mins
- **Total Time:** 1 hrs
- **Serves:** 16-20, **Yield:** 2.0 medium loafs

Ingredients

- 3/4 cup egg whites, beat (or egg substitute)
- 1/2 cup unsweetened applesauce
- 1/2 cup fat-free margarine, melted
- 2 cups zucchini, shredded
- 1/2 cup carrots, shredded
- 6 tablespoons Splenda brown sugar blend (3/4 cup reg. brown sugar)
- 3/4 cup Splenda granular
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 teaspoons vanilla extract
- 1/4 cup walnuts, chopped
- 2 cups whole wheat flour

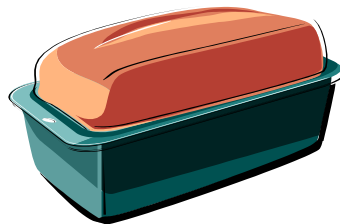
Directions

1. Preheat oven 350 degrees.
2. Grease and flour two medium loaf pans.
3. In a bowl combine egg, brown sugar, sugar, apple sauce, and margarine.
4. To bowl add baking powder, baking soda, cinnamon, nutmeg, salt, and vanilla.
5. Add flour slowly.
6. Add shredded carrots, zucchini and nuts.
7. Beat mixture (by hand or mixer).
8. Pour loaf into pans.
9. Bake 45 mins or 'til toothpick comes out clean.

Calories 81.9

Total Fat 1.8g

Total Carbohydrate 13.5g



Low Calorie and Low Fat Cheesecake

- **Prep Time:** 1 hrs 20 mins

- **Total Time:** 2 hrs 20 mins
- **Servings:** 8

Ingredients

- 1 cup reduced-fat honey graham crackers (crushed)
- 1/4 cup melted sweet creamy butter (salted)
- 1/2 cup Splenda sugar substitute
- 3 tablespoons cake flour
- 1/4 teaspoon salt
- 2 egg whites
- 1/2 cup nonfat milk
- 16 ounces fat free cream cheese
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees F.
2. Melt butter in 8" round baking pan.
3. Be careful, make sure butter does not burn.
4. Remove from heat and stir in graham cracker crumbs until evenly distributed.
5. Press evenly and firm throughout the baking pan.
6. Bake crust for 10 minutes, remove and set aside.
7. Reduce heat to 325 degrees F.
8. With electric mixer, mix cream cheese, splenda, vanilla extract, egg whites until thoroughly mixed.
9. Add cake flour, salt, and milk.
10. With electric mixer, mix thoroughly.
11. Pour the batter into the cooled crust and bake for 1 hour at 325 degrees F.
12. Let cool at room temperature for about 20 minutes.
13. Place in refrigerator and chill for at least 2 hours.
14. Hey, it's definitely not the real thing-- but at 155 calories/serving, (1/8 of the cheesecake), it tastes pretty damn good!

Calories 111.3

Total Fat 4.7g

Total Carbohydrate 6.6g



Cool 'n Easy Pie!

- **Prep Time:** 5 mins
- **Total Time:** 5 mins
- **Servings:** 8

Ingredients

- 1 (1/3 ounce) box sugar-free jello (4 serving size -any flavor)
- 1 (8 ounce) containers thawed Cool Whip Free
- 1 reduced fat graham cracker crust (Keebler makes one)
- water
- ice cubes

Directions

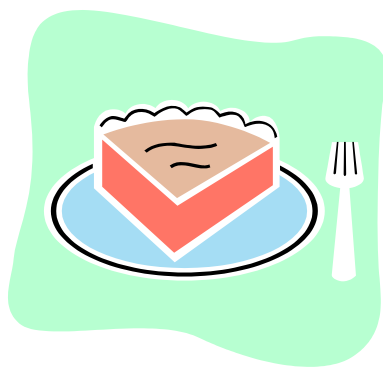
1. Boil 2/3 c water.
2. In mixing bowl, mix boiling water and Jello for about 2 minutes until dissolved.
3. In a measuring cup, combine ice cubes and water to measure 1 cup.
4. Stir into Jello mixture until ice is melted.
5. Add Cool Whip and whisk until smooth.
6. Put mixing bowl in the refrigerator for 20 minutes to allow mixture to thicken.
7. Spoon filling into crust.
8. Refrigerate overnight.

Calories 35.7

Total Fat 5g

Total Carbohydrate 2.3g

(Total fat and carbs may vary based on what crust is used)



Strawberry Pie- No Crust

- **Prep Time:** 10 mins
- **Total Time:** 15 mins
- **Servings:** 8

Ingredients

- 1 1/2 lbs fresh strawberries
- 1 (1 ounce) package jell-o sugar-free vanilla pudding mix, cook kind
- 1 (5/8 ounce) package jell-o sugar-free strawberry gelatin
- 2 cups water



Directions

1. Wash, dry and hull berries.
2. Place in bottom of lightly oiled 9" pie pan standing upright.
3. Mix pudding and jello in pan.
4. Add 2 cups water.
5. Bring to full boil stirring constantly.
6. Pour over strawberries.
7. Let chill 6 hours or more.

Calories 32.8

Total Fat 0.2g

Total Carbohydrate 8.6g

Ice Cream Sandwich

- **Prep Time:** 1 mins
- **Total Time:** 1 mins
- **Servings:** 1

Ingredients

- 1 whole honey graham crackers
- 1 tablespoon light whipped cream

Directions

1. Break graham crackers in half.
2. Place on one half of the cracker a tbsp of whipped cream and top with another cracker.
3. Press lightly. place in freezer until ready to be eaten.
4. Make as many as you like as they are so good and are only 1 point.

Calories 37.3

Total Fat 1.3g

Total Carbohydrate 5.7g

Sponge Cake

- **Prep Time:** 20 mins
- **Total Time:** 50 mins
- **Servings:** 10

Ingredients

- 1/2 cup nonfat dry milk powder (reconstituted)
- 1 cup all-purpose flour (sifted)
- 1 1/2 teaspoons baking powder
- 1 dash salt
- 3 egg whites
- 1/2 cup Splenda sugar substitute
- 1/4 cup sugar
- 2 teaspoons lemon peel (grated)

Directions

1. In small saucepan, heat milk until bubbles form around edge of pan. Remove from heat; set aside.
2. Preheat oven to 350°F Sift flour with baking powder and salt; set aside.
3. In small bowl of electric mixer, at high speed, beat eggs until thick and lemon colored. Gradually add sugar, beating until mixture is smooth and well blended, about 5 minutes.
4. At low speed, blend in flour mixture just until smooth. Add warm milk and peel, beating just until combined.
5. Immediately pour batter into ungreased 9 inch angel food pan. Bake 30 minutes, or until cake tester inserted in center comes out clean. Invert pan over neck of bottle; let cool completely. Serve plain. Makes 10 servings; 90 calories each.

Calories 92.2

Total Fat 0.1g

Total Carbohydrate 17.9g



Chocolate Treats

- **Prep Time:** 10 mins

- **Total Time:** 20 mins
- **Servings:** 18

Ingredients

- 1 tablespoon butter
- 1 tablespoon unsweetened applesauce
- 2 tablespoons fat free cream cheese
- 6 tablespoons brown sugar
- 6 tablespoons stevia or 6 tablespoons Splenda granular
- 1 tablespoon vanilla extract
- 1 large eggs
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons cocoa powder
- 1/2 cup whole wheat flour

Directions

1. Preheat your oven to 375 degrees. Prepare baking tray by covering it with foil and spraying it with cooking oil.
2. Cream together melted butter, applesauce, cream cheese, sugar, and stevia/splenda. Beat in egg and then add vanilla extract.
3. Combine dry ingredients together. Gradually beat them into the mix.
4. Drop batter by the tablespoons onto tray, keeping each cookie a few inches from the other.
5. Bake for 7-10 minutes.

Calories 44.9

Total Fat 1.2g

Total Carbohydrate 8.0g



Vanilla and Cinnamon Custard

- **Prep Time:** 5 mins
- **Total Time:** 10 mins
- **Servings:** 10

Ingredients

- 1 cup low-fat milk
- 2 cups water
- 1/4 cup cornstarch
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla essence
- 1 dash salt
- artificial sweetener
- mint (optional) or pandan leaves (optional)

Directions

1. Heat milk and water in a saucepan.
2. Combine cornstarch, cinnamon and salt. Using a little water, mix it into a paste, then add to the saucepan.
3. Cook until it thickens slightly.
4. Cool, then add in the vanilla and artificial sweetener to taste.
5. Serve chilled.
6. You can experiment with different flavours such as mint or pandan (screw pine)leaves. In this case, heat the leaves together with the milk and water, and remove them before chilling.

Calories 23.8

Total Fat 0.2g

Total Carbohydrate 4.2g



Crepes

- **Prep Time:** 10 mins

- **Total Time:** 30 mins
- **Serves:** 4, **Yield:** 16 crepes

Ingredients

- 1 1/2 cups skim milk
- 3 large eggs
- 2 teaspoons vanilla extract
- 3 teaspoons sugar substitute, such as Splenda
- 1 cup all-purpose flour
- 4 tablespoons margarine, melted, such as Smart Balance
- canola oil cooking spray

Directions

1. Prepare 8-9 inch diameter sauté pan by heating on low heat on stove.
2. Beat eggs together with milk using whisk.
3. Add vanilla extract and Splenda and continue to blend.
4. Add flour in increments, blending into the mixture.
5. Drizzle melted margarine into batter, continuing to blend with whisk. Set aside.
6. Turn heat up to medium on sauté pan, and spray lightly with cooking spray for the first crepe. If the cooking spray turns brown, the pan is too hot. The spray should remain a clear color.
7. Add 1/4 to 1/3 cup of the batter to the center of the pan. Pick up the pan and swirl the batter to where it forms a circle. (A circular crepe takes practice. The key is to keep the batter thin and uniform in the pan.).
8. When the outside of the crepe's edges start to brown and the top of the crepe is no longer a wet appearance, flip the crepe over. Let it cook just a minute more so it's cooked through. Remove from pan onto a plate. Flip the crepe into a half, then another half, where it forms a quarter of a circle shape.
9. Repeat steps until all batter is used.

Calories 220.8

Total Fat 4.1g

Total Carbohydrate 31.8g



Black Bean Brownies

- **Prep Time:** 5 mins
- **Total Time:** 40 mins
- **Serves:** 16, **Yield:** 16 squares

Ingredients

- 1 1/2 cups canned black beans
- 2 eggs
- 2 tablespoons melted butter
- 1/4 cup milk
- 2/3 cup cocoa
- 1 tablespoon instant coffee granules
- 1/4 teaspoon baking powder
- 1/2 cup brown sugar
- 1/2 cup low calorie sweetener (Splenda)
- 1 teaspoon vanilla

Directions

1. Preheat oven to 350 F and spray and 8X8 pan with cooking spray.
2. Puree black beans with eggs, vanilla, melted butter and milk.
3. Combine remaining ingredients and mix well into bean mixture (both steps can be done in a food processor or with an immersion blender).
4. Pour batter into prepared pan and bake for 30-35 minutes or until brownie comes off of sides and toothpick inserted comes out with moist crumbs.

Calories 104.8

Total Fat 2.6g

Total Carbohydrate 17.5g

Apple Oatmeal Muffins

- **Prep Time:** 10 mins
- **Total Time:** 25 mins
- **Serves:** 12, **Yield:** 12 muffins



Ingredients

- 2 cups apples, peeled and shredded (= 2 small apples)
- 1 1/2 cups all-purpose flour
- 1 cup quick oats
- 2/3 cup firmly packed brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup milk
- 2 tablespoons vegetable oil

Directions

1. Combine all ingredients; bake for 15-18 minutes at 375 or until toothpick inserted comes out clean.

Calories 166.8

Total Fat 3.2g

Total Carbohydrate 32.0g

Chocolate Marshmallow Fudge

- **Prep Time:** 10 mins
- **Total Time:** 15 mins
- **Servings:** 36

Ingredients

- 1 2/3 cups sugar
- 2/3 cup fat-free evaporated milk
- 2 tablespoons reduced-calorie margarine
- 12 ounces semisweet chocolate, chopped (about 1 1/2 cups)
- 14 large marshmallows

Directions

1. Coat an 8x8-inch pan with cooking spray.
2. Stir together sugar, evaporated milk and margarine. Bring to a boil in sauce pan, reduce heat to medium-low and cook 3 minutes, stirring constantly.
3. Stir in chocolate and marshmallows. Remove from heat and stir until smooth.
4. Pour into pan and refrigerate until firm, about two hours. Cut into 36 squares and serve. (Leave fudge in refrigerator or freezer for a firmer consistency).
5. If you are following Weight Watchers, this has 2 points per serving.

Calories 100.1

Total Fat 5.4g

Total Carbohydrate 14.9g

Bread Pudding

- **Prep Time:** 10 mins
- **Total Time:** 50 mins
- **Servings:** 1



Ingredients

- 2 slices low-calorie bread
- 2 tablespoons raisins
- 1 cup skim milk
- 1 eggs
- 1 teaspoon Splenda sugar substitute
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 degrees.
2. Spray a 2 cup casserole dish with nonstick cooking spray.
3. Cut the bread into cubes and arrange them in the casserole dish with the raisins.
4. Combine milk, egg, splenda, and vanilla.
5. Pour over bread and rasins.
6. Sprinkle the top with cinnamon.
7. Bake for 35 to 40 minutes until done (insert knife if center, if comes out clean it's done).
8. Let stand for 15 minutes before serving.

Calories 247.1

Total Fat 5.7g

Total Carbohydrate 30.7g

Key Lime Pie

- **Prep Time:** 5 mins
- **Total Time:** 2 hrs 5 mins
- **Servings:** 8

Ingredients

- 1 reduced fat graham cracker crust
- 1 (1/16 ounce) package sugar-free lime gelatin
- 1/4 cup boiling water
- 1 (8 ounce) containers fat-free whipped topping
- 2 (6 ounce) key lime pie yogurt

Directions

1. In a large bowl, dissolve gelatin in boiling water.
2. Stir in yogurt with wire whisk.
3. Fold in whipped topping with wooden spoon.
4. Spread in crust.
5. Refrigerate for at least 2 hours.

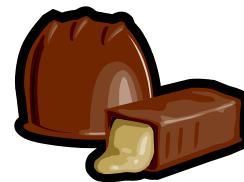
Calories 73.8

Total Fat 6.3g

Total Carbohydrate 3.6g

Weight Watchers' Candy

- **Prep Time:** 5 mins
- **Total Time:** 5 mins
- **Yield:** 8 pieces



Ingredients

- 1 Hershey Bars
- 1/4 cup reduced-fat peanut butter
- 1 cup Fiber One cereal

Directions

1. Melt chocolate and peanut butter in the microwave together.
2. Stir until smooth.
3. Add Fiber One cereal.
4. Using a spoon put a spoonful on a baking sheet lined with Wax paper.
5. Candy can be refrigerated or frozen.

Calories 44.2

Total Fat 1.8g

Total Carbohydrate 9.3g

Simple Strawberry Mousse

- **Prep Time:** 10 mins
- **Total Time:** 10 mins
- **Servings:** 4-6

Ingredients

- 2 cups strawberries, quartered
- 3 tablespoons sugar
- 1/2 cup low-fat sour cream
- 1 1/2 cups reduced-calorie whipped topping, thawed

Directions

1. Combine the strawberries and sugar in a blender, and process until smooth.
2. Combine strawberry puree and sour cream in a large bowl, stirring well with a whisk. Fold whipped topping into strawberry mixture.
3. Spoon into 6 custard cups. Cover and freeze 4 hours or until firm.
4. Note: If you make this up the day ahead of time, the mousse will be frozen solid. Give plenty of time to thaw it out a bit before serving.

Calories 162.3

Total Fat 7.5g

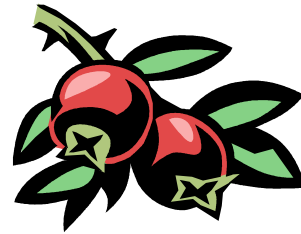
Total Carbohydrate 22.9g

Cranberry Fluff

- **Prep Time:** 10 mins
- **Total Time:** 10 mins
- **Servings:** 8-12

Ingredients

- 6 ounces Cool Whip (half tub)
- 1 ounce fat-free sugar-free vanilla pudding
- 21 ounces light cranberry sauce



Directions

1. mix coll whip with the dry pudding mix.
2. Fold in the cranberry sauce and chill.
3. note servings are a guess.

Calories 67.6

Total Fat 5.3g

Total Carbohydrate 4.9g

Pumpkin Bars

- **Prep Time:** 10 mins
- **Total Time:** 55 mins

- **Serves:** 16, **Yield:** 16 bars

Ingredients

- 2 cups All Bran extra fiber cereal
- 1/2 cup water
- 3 tablespoons egg whites
- 2 teaspoons vanilla extract
- 29 ounces Libby's canned pumpkin
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice
- 1 1/4 cups Splenda granular, artificial sweetener
- 1 ready-made pie crusts, Pillsbury



Directions

1. Mix together the All Bran, Water, Egg Whites and Vanilla and let sit for about 5 minutes.
2. Add the pumpkin and mix well.
3. Let sit another 5 minutes.
4. Add in the remaining ingredients. Mix well and set aside.
5. Spray a 9 x 13 pan extra well!
6. Spread one READY PIE CRUST into the pan covering only the bottom and just up the sides.
7. Mark the pie crust with a fork 5 or 6 times.
8. Spread the pie filling evenly over the crust.
9. Bake at 400 degrees for approximately 45 minutes.

Calories 62.0

Total Fat 2.7g

Total Carbohydrate 8.4g