



Maya W. Paul's Dessert Recipes

Note: These recipes are a supplement to Helpguide's Healthy Recipes article. Please refer to article for references and additional notes. (http://www.helpguide.org/life/healthy_recipes.htm)

Oatmeal Chocolate Chip Cookies

Oats are filled with fiber and good source of vitamin A, riboflavin, folate, calcium, phosphorus and selenium, as well as thiamin, niacin, vitamin B6, iron and manganese. These cookies are very moist and chewy.

Ingredients:

- ½ cup (1 stick) butter, softened
- ¾ cup apple sauce
- ¾ cup brown sugar packed
- 2 large egg
- 1 tsp. vanilla
- 1 ½ cups whole wheat flour (any flour will work)
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. salt
- 3 cups rolled oats
- ¾ cup chocolate chips (or raisins)

Directions:

1. Preheat the oven to 350.
2. Blend together sugar and butter until creamy
3. Add eggs and vanilla and mix well
4. Stir in apple sauce
5. Mix together dry ingredients (except oats) and stir in to wet ingredients
6. Stir in oats and chocolate chips
7. Place tablespoonfuls onto a non-stick baking sheet.
8. Bake for about 12 minutes or until the cookies are golden brown.
9. Cool briefly (1 minute or so) and then transfer to a wire cooling rack.

This recipe makes about 4 dozen cookies.

Simple Sorbets

Simple Sorbets are very easy and fast to make. All you need is frozen fruit and a food processor. These taste wonderful on warm days. Be creative with different fruit combinations (i.e. strawberry banana, blueberry peach, mango raspberry, etc).

Ingredients:

- 4 cups fruit pieces (frozen ahead – see below)
- Sugar to taste (1 to 3 Tbsp.)
- Lemon or lime juice to taste (1 to 3 Tbsp.)

Fruit Freezing Directions:

1. Peel and cut fruit into chunks and spread out on a cookie sheet
2. Freeze for 2 hours (or overnight) and then scrape fruit chunks into a freezer bag or airtight container for future use

Sorbet Directions:

1. Put the fruit through a food processor until very finely chopped.
2. Add sugar and lemon juice, to taste depending on the sweetness levels of the fruit you are using
3. Blend until very smooth (about 5 minutes). Be sure to scrape down the sides of the food processor regularly.
4. Put into serving dishes or a covered storage container.
5. If not serving immediately, put the mixture into the freezer and 15 minutes before you serve it put it into the refrigerator to temper it.

Rich Chocolate Pudding

This chocolate pudding is rich tasting while being low-fat and relatively low in sugar.

Ingredients:

- 2 Tbsp. sweetener (honey, agave nectar, sugar, etc.)
- ¼ cup unsweetened cocoa powder
- 3 Tbsp. cornstarch or arrowroot
- 1/8 tsp. ground cinnamon (optional)
- 2 cups liquid* (divided)
- 1 large egg
- 2 oz. bittersweet chocolate bits (about 1/3 cup)
- 1 ½ tsp. vanilla extract

* Liquid can be almond milk or low-fat milk (non-fat milk and rice milk don't work well)

Directions:

10. Whisk together sugar, cocoa, cornstarch, cinnamon, salt, and ½ cup liquid in medium saucepan
11. Pour remaining liquid into sugar mixture while whisking.
12. Bring to a simmer over medium low heat and simmer, whisking constantly, until slightly thickened, about 2 to 3 minutes
13. Beat egg lightly in small bowl
14. Pour in 1 cup of the hot liquid mixture while whisking
15. Pour egg mixture back into pan and cook over medium low heat, stirring, 2 minutes
16. Remove pan from heat, add chocolate and whisk until mixture is smooth
17. Stir in vanilla extract
18. Pour mixture into 4 serving dishes and chill for 2 hours or overnight, covered.

Fruit Crisp

This recipe can be made using many different types of fruits or combinations of fruits. Not only does fruit taste great because of its natural sweetness, but depending on the type can also offer vitamins, minerals, anti-oxidants, and fiber. Favorites for crisps are apples in the fall, strawberries in the spring, and peaches in the summer.

Fruit ingredients:

- 5 - 6 cups of fruit, cut into chunks

- Sweetener – honey, maple syrup, agave nectar or sugar (adjust the amount depending on the sweetness of the fruit. For example, when using sweet apples you can omit altogether, but with something like rhubarb you will want about ½ cup.)
- 2 - 3 tbsp. corn starch or arrowroot

Place fruit into a 9x9 baking dish (or 9x12 depending on amount of fruit) and mix in remaining ingredients. Set aside.

Topping ingredients:

- 1/3 cup firmly packed brown sugar
- ½ cup butter
- 1/3 cup flour
- 1 tsp. cinnamon
- 1½ cups rolled oats

Directions:

1. Preheat oven to 350.
2. In a pot, melt the butter over low heat
3. Add the sugar and stir together
4. Add the remaining ingredients and mix well.
5. Crumble evenly over the fruit.
6. Bake for 40 to 45 minutes until golden on top.
7. Let cool for 10 minutes.
8. Serve and enjoy!

Zucchini Bread

The zucchinis make this sweet dessert bread nice and moist. Zucchinis are low in Saturated Fat, Cholesterol and Sodium. They are a good source of Dietary Fiber, as well as various vitamins and minerals such as Vitamins A, C, & B6, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper and Manganese.

Ingredients:

- 3 cups flour (any mixture of flour works well: whole wheat, spelt, rice, oat, etc.)
- 2 tsp. baking soda
- ½ tsp. baking powder
- 1 cup packed brown sugar
- 1 – 2 tsp. cinnamon
- ½ tsp. nutmeg (optional)
- 1/3 cup vegetable oil*
- ¾ cup apple sauce*
- 3 eggs
- 1 Tbsp. vanilla
- 1 cup nuts (optional)
- 2 cups grated zucchini

*If you don't have apple sauce you can use 1 cup vegetable oil.

Directions:

1. Preheat oven to 350.
2. Mix together oil and sugar.
3. Add eggs and vanilla and mix well
4. Mix dry ingredients and then add to the wet mixture
5. Last add the zucchini and nuts, mix well

6. Place into two bread pans or one 9 x 13 dish and bake for 30 to 45 minutes.

Pumpkin Pie

Pumpkin is low in Saturated Fat, and very low in Cholesterol and Sodium. It is a good source of Vitamin E, Vitamin B6, Folate, Iron, Magnesium and Phosphorus, as well as a very good source of Dietary Fiber, Vitamins A & C, Riboflavin, Potassium, Copper and Manganese.

Ingredients:

- 2 cups cooked, pureed pumpkin, squash or sweet potato
- ½ cup brown sugar
- 2 Tbsp. molasses
- 1 tsp. cinnamon
- Dash of nutmeg
- ½ tsp. ginger (powdered)
- 1/8 tsp. cloves
- ½ tsp. salt
- 3 eggs
- ½ cup liquid
- 1 unbaked 9" pie crust

Directions:

1. Preheat oven to 375.
2. Place pumpkin puree in a medium-sized bowl and add all other filling ingredients. Mix until smooth.
3. Spread into pie crust and bake for 45 – 55 minutes until the pie is firm in the center
4. Serve at room temperature or refrigerated.