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Presented by the National Extension Dining with Diabetes Working Group.
November 2015
Apple-Berry Crisp
Serves 4

Equipment Needed:
Vegetable peeler
Measuring cups & measuring spoons
Sharp knife
Mixing bowl and spoon
Measuring spoons
1-quart baking dish

Ingredients:
1 8-oz. apple (medium), unpeeled
¾ c. fresh or frozen blueberries
1 packet aspartame sweetener (like Equal)
1 packet saccharin sweetener (like Sweeten Low)
¼ tsp. cinnamon

Topping
¼ c. uncooked rolled oats
¼ c. all-purpose or whole wheat flour
1 Tbsp. brown sugar
1 Tbsp. chopped pecans
1 packet aspartame sweetener (like Equal)
1½ Tbsp. low-fat (not fat-free) margarine
Cooking spray

Directions:
1. Preheat oven to 350°F.
2. Coat inside of 1-quart heat-proof baking dish with cooking spray.
3. Slice apple into dish. Add fresh or frozen blueberries. Toss lightly.
5. In same mixing bowl combine oats, flour, brown sugar, pecans, and remaining one packet of sweetener. Add margarine and mix with fork until crumbly. Sprinkle over fruit in baking dish.
6. Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish.
7. Serve warm with frozen whipped topping, milk, or vanilla frozen dessert. Remember that milk or frozen dessert topping will add more calories and carbohydrates, while 2 tablespoons of frozen whipped topping is a Free Food.

Nutrition Facts
4 servings per container
Serving size

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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Talking Points
Apple-Berry Crisp

1. Blueberries contain special phytochemicals (plant substances) in the colored portion of the skins. These phytochemicals may be important in helping the body fight off chronic diseases. Eating a wide variety of fruits and vegetables is a good way to get the vitamins, minerals you need on a daily basis and the phytochemicals, which occur in very small amounts, in food.

2. Apples contain both soluble and insoluble fiber. Soluble fiber helps the body get rid of some of the cholesterol consumed at meals. The insoluble fiber in the skins of apples and other foods is important in regulating bowel function.

3. Whole wheat flour and nuts are other important sources of fiber in the diet. In addition, certain nuts are sources of healthy monounsaturated fat.

4. Combing two types of sweeteners (saccharin and aspartame) produces a much sweeter taste than if the saccharin or aspartame were used alone. In this way, the recipe can be made with less total artificial sweetener.

5. Note: this recipe can be made without the artificial sweetener since the other ingredients provide sweetness.

6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.


Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.
Carrot Cake
Serves 16

Ingredients
1 ¼ c. raisins
½ c. water
1 packet saccharin-type sweetener
1 packet aspartame-type sweetener
½ c. canola oil
3 c. grated carrots (about ½ lb.)
¼ c. unsweetened applesauce
¾ c. egg substitute or 1 whole egg & 4 egg whites
1 tsp. vanilla extract
1½ tsp. cinnamon
½ tsp. allspice
4 packets aspartame-type sweetener
2 packets saccharin-type sweetener
1 tsp. baking soda
1 Tbsp. baking powder
1½ c. all-purpose flour
½ c. whole wheat flour
Cooking spray

Equipment
Small saucepan
Measuring cups and measuring spoons
Large and small mixing bowls
9” x 13” baking pan

Directions
1. Preheat oven to 350º F. Combine raisins and water in small saucepan. Simmer over medium heat until water is absorbed. Stir occasionally. Add 1 packet of saccharin and 1 packet of aspartame sweetener to raisins. (Or place raisins, water and sweeteners in heatproof bowl and microwave on High for 2 minutes). Remove from heat and let cool.
2. In large bowl, combine raisins, oil, grated carrots, applesauce, eggs or egg substitute, and vanilla extract.
3. In smaller bowl, combine cinnamon, allspice, 4 packets aspartame, 2 packets saccharin, baking soda, baking powder, all-purpose flour, and whole wheat flour. Stir to combine.
4. Add dry mixture to fruits in large bowl. Mix well.
5. Coat 9” x 13” baking pan with cooking spray. Pour batter into the coated pan. Bake for 40 minutes or until the cake is light brown. Serve warm or cooled. Cut into 16 servings

Nutrition Facts
16 servings per container
Serving size 1 serving (84g)

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Talking Points

Carrot Cake

1. To make this recipe in a food processor, use grating disk to grate carrots. Unplug food processor and carefully remove grating disk, leaving carrots in the processor bowl. Insert metal blade. Place plumped raisins, applesauce, oil, egg or egg substitute, and vanilla extract in bowl. Replace cover and pulse quickly two times to mix. In separate bowl, measure flours, seasonings, sweeteners, baking powder, and baking soda. Stir to mix. Add all at once to food processor bowl. Replace cover and pulse three or four times, just enough to mix in dry ingredients. Pour into 9” x 13” inch pan that has lightly coated with cooking spray. Bake as directed.

2. This recipe is high in fiber, potassium, and beta carotene. The addition of whole wheat flour gives the recipe a nutty taste without adding fat.

3. If nuts are added to this recipe, fiber, fat, and calories will be increased. Many nuts are rich in monounsaturated fat which is thought to help protect against heart disease. Nuts are low in carbohydrate, so they do not raise blood sugar levels significantly. If ½ c. of chopped pecans is added to this recipe and the cake is cut into 16 pieces, each piece would then have 203 calories and 10 grams fat.

4. No icing is needed—could garnish with light whipped topping or a sprinkle of confectioners’ sugar.

5. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

6. **Flavor Notes: Cinnamon** has a naturally sweet flavor that may reduce the amount of sugar used in baked goods and desserts. **Other Uses for Cinnamon:** We can add cinnamon to stews and meat sauces. It can be sprinkled over sweet potatoes, winter squash, hot oatmeal, fruit desserts (baked apples, pears) and added to hot/cold beverages. **Possible Health Benefits:** Cinnamon is an excellent source of antioxidants, Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

   **Allspice** is made from the ground berries of the *Pimenta dioica* plant. It is NOT a spice blend. The flavor does bring to mind cloves, cinnamon, nutmeg and pepper. Use allspice in both savory and sweet dishes: chicken, sausage, barbecue sauces, cider, meatballs, muffins, and desserts. **Possible Health Benefits:** More research is needed on the health benefits of Allspice. Use allspice to offer great taste, in place of salt and sugar.


Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.
Double Layer Pumpkin Pie
Serves 16

Ingredients
1½ c. graham cracker crumbs
4 Tbsp. reduced-fat margarine
4 oz. reduced-fat cream cheese (Neufchatel), softened
2 Tbsp. skim milk
2 packets artificial sweetener
1 8-oz. tub light frozen whipped topping, thawed
1 c. skim milk
2 boxes (4 servings each) sugar-free instant vanilla pudding
15-oz. can pumpkin (NOT pie mix)
1 tsp. cinnamon
½ tsp ginger
¼ tsp. ground cloves (or use 1½ tsp. pumpkin pie spice in place of cinnamon, ginger, and cloves)

Equipment
2 pie pans or one 9" x 13" pan
2 mixing bowls
Measuring cups & measuring spoons
Electric mixer or wire whisk
Rubber scraper

Directions
1. Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into bottom of two 9" pie pans or one 9" x 13" pan. Bake for 5-7 minutes at 350°F.
2. Cool while mixing next layer.
4. Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix over milk; beat on low speed; mixture will thicken. Stir in pumpkin and spices. Fold in remaining whipped topping. Spread on cream cheese layer. Chill for one hour.

Nutrition Facts
16 servings per container
Serving size 1 slice (78g)
Amount per serving Calories 130

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Protein 2g

Vitamin D 0mcg | 0%
Calcium 39mg | 4%
Iron 1mg | 6%
Potassium 46mg | 0%

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Talking Points
Double Layer Pumpkin Pie

1. Graham cracker crumb crusts can be high in calories, so this recipe uses just enough to
cover the bottom of the pans. Using reduced-fat margarine helps to keep the calories and
fat low in the recipes.
2. Reduced-fat cream cheese works well in recipes that are beaten or baked. Fat-free cream
cheese does not work as well.
3. Sugar-free pudding mixes contain cornstarch, a carbohydrate-rich food. They are not free
foods. Sugar-free gelatin mixes are “free foods”.
4. Pumpkin is rich in beta-carotene from which the body makes Vitamin A. Beta-carotene is also an antioxidant which may have many health-promoting properties.
5. Frozen nondairy whipped toppings contain highly saturated tropical oils, so choose “light”
or fat-free varieties and use only occasionally.
6. This recipe has an image of the Plate Method to show which food groups are represented
per serving. Use the Plate Method to select a daily balanced meal pattern.
7. **Flavor Notes:** *Pumpkin Pie Spice* is a mixture of cinnamon, ginger, cloves, nutmeg. You can
use the Pumpkin Pie Spice mix OR you can add the spices separately. Adding the spices
separately allows you to adjust the recipe according to you and your family’s taste buds and
use spices what you may already have in your cupboard.

*Cinnamon, Cloves and/or Nutmeg.* (dried/powdered) Use these spices together or
separately in sweet and savory dishes: mix into meats; sprinkle on vegetables or salads (i.e.,
apples, sweet potatoes, squash); and/or stir into warm or cold beverages, sprinkle in
smoothies.
Possible Health Benefits:
*Cinnamon, nutmeg, and cloves* all contain antioxidants. Antioxidants can: slow or prevent
damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

*Ginger* can be used in Asian dishes, such as stir fry combinations, sauces, glazes, marinades.
Add ginger to hot water or beverages and let steep. Serve hot or cold.
Possible Health Benefits of Ginger: Ginger may aid in digestion. There is some evidence that
ginger can help decrease blood pressure and blood glucose. Ginger is an ancient herb used
widely in history for its many natural medicinal properties and particularly as an antiemetic
agent; something that prevents nausea vomiting.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003
Updated by: Kansas State University Agricultural Experimental Station and Cooperative
Extension Service, 2020
Fresh Fruit Tarts
Serves 12

Equipment Needed:
Cutting board and knife
Measuring cups and spoons
Bowl for fruit
Small bowl for spread
Spoon
Small saucepan
Muffin tin tray

Ingredients:
12 wonton skins
2 Tbsp. sugar-free jelly or fruit spread
1½ c. diced fresh fruit*
1 c. non-fat yogurt, any flavor
Cooking spray

*Select fruit based on what is in season. Any of the following could be used: bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections, etc.

Directions:
1. Wash hands with soap and water. Wash all produce prior to preparing.
2. Preheat oven to 375° F and spray muffin tins with cooking spray.
3. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
4. Bake wontons until lightly brown, approximately 4-6 minutes. Watch carefully, as Wonton skins bake very quickly.
5. Remove from oven; carefully take each wonton out of muffin tin, place on a tray and allow time for cooling.
6. Warm jelly or fruit spread, and then lightly coat bottom of each wonton with a spoon.
7. Fill each wonton with fruit and a rounded dollop of yogurt on top.
8. Garnish with small piece of fruit or a dab of jelly/spread and serve immediately.

Nutrition Facts
12 servings per container
Serving size 1 tart (52g)

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DWD Side Dishes
FAMILY AND CONSUMER SCIENCES
Talking Points
Fresh Fruit Tarts

1. Diced fresh peaches were used as the fruit choice in the nutrition analysis of this recipe.
2. This recipe can be used as a dessert or an appetizer. It is very easy to prepare.
3. Wonton shells are generally located near the produce section.
4. Wontons can also be baked in mini-muffin pans. A serving would be considered two.
5. Tarts can be topped with fat-free whipped cream such as “Redi-Whip.”
6. Thawed frozen fruit, such as berries, can be used for the fresh fruit. The nutrition fact information would change slightly.
7. Baked wonton shells can also be filled with pudding, ice cream, or other dessert item. They could also be used as a luncheon dish by filling them with chicken, tuna, or crab salad, but make sure you use low-fat ingredients.
8. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Flavor Notes:

- **Cinnamon and/or Nutmeg, dried/powdered** – If using peaches, sprinkle the fruit with small amounts of cinnamon and nutmeg (1/2 tsp. cinnamon and 1/4 tsp. nutmeg) to add a unique flavor to this dessert. Use these spices together or separate in sweet and savory dishes; mixed into meats; sprinkled on vegetables (i.e., sweet potatoes, squash); and/or stirred into warm or cold beverages.

- **Fresh Mint, finely chopped** – If you use berries and/or berry-flavored yogurt, try adding 2 tablespoons of fresh chopped mint. The mint flavor will complement the sweet berries, while the green mint color will contrast with the red berries. Mint can be used in savory dishes as well as desserts.

Possible Health Benefits:

- **Cinnamon and nutmeg** both contain antioxidants. Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

- **Fresh spearmint and peppermint** contain beta-carotene, iron, manganese and vitamin C. Mint has a unique flavor that can add great taste, as well as reduce sugar in a recipe. Mint and ginger may have uses as an antiemetic agent which prevents nausea on vomiting. The amounts of seasonings are suggestions. We recommend to begin with small amounts, do a taste test, add more if you wish.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003
Updated by: Kansas State University Agricultural Experimental Station and Cooperative Extension Service, 2020
Fruit and Yogurt Parfait
Serves 8

Ingredients
3 c. mixed fruit (choose berries, chopped fresh fruit, fruit cocktail packed in juice and well-drained, or any combination of fruit desired)
½ tsp. ground cinnamon
1 c. fat-free plain yogurt
1½ tsp. vanilla extract
⅓ c. Splenda granular (optional)
½ c. low-fat granola

Equipment
Measuring cups and spoons
Mixing bowls and spoons
Serving spoons
Parfait glasses or clear plastic glasses (6 oz.)

Directions
1. Combine the fruit and cinnamon in a bowl and gently mix.
2. In a separate bowl, mix together yogurt, vanilla, and Splenda.
3. Layer 3 Tbsp. fruit in each parfait glass. Top with 3 Tbsp. yogurt. Repeat layers and garnish each parfait with 1 Tbsp. granola. These parfaits can also be prepared by layering ingredients in a clear glass or plastic bowl.

Nutrition Facts
8 servings per container
Serving size: 3/4 cup (186g)

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Talking Points

Fruit and Yogurt Parfait

1. If preparing this dessert in a bowl, the recipe will yield about 20 sample-sized servings.
2. Plain, fat free yogurt is recommended as it is lower in carbohydrate than flavored yogurt. If you use a flavored yogurt in place of plain, fat free yogurt, check the carbohydrate. Omit the sweetener and cinnamon as flavored yogurts are much sweeter than plain.
3. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
4. Flavor Notes:
   Cinnamon and/or Nutmeg, dried/powdered – Using spices such as cinnamon or nutmeg not only adds flavor but also enhances the taste of fruits that are used.
   Possible Health Benefits:
   Cinnamon and nutmeg both contain antioxidants. Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.
   Herbs such as mint, basil, or thyme will each add a different twist to the flavor of this recipe. Fresh Mint, finely chopped -- If you use berries and/or berry-flavored yogurt, try adding 2 tablespoons fresh chopped mint. The mint flavor will complement the sweet berries, while the green mint color will contrast with the red berries.
   Fresh Basil, chopped – Add 2 tablespoons chopped basil. You can begin with 1 tablespoon, taste, then add more if you like the flavor.
   Fresh Thyme, chopped -- Try adding 3 tablespoons chopped fresh thyme to the yogurt. Thyme’s small leaves add flecks of light green color, along with a very light taste.
   Possible Health Benefits: In addition to reducing sugar and salt, herbs may also offer other health benefits.
   Fresh spearmint and peppermint contain beta-carotene, iron, manganese and vitamin C. Mint has a unique flavor that can add great taste and reduce sugar and salt in a recipe.
   Basil is a good source of vitamin K, a nutrient important for bone health and blood clotting. Basil also contains beta-carotene (which the body can convert to Vitamin A). Basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk (anti-inflammatory) and may inhibit the growth of foodborne bacteria (antimicrobial).
   Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.
   The amounts of seasonings are suggestions. We recommend beginning with small amounts, do a taste test, add more if you wish.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.
Lemon Cake
Serves 16-24

Ingredients
1 purchased angel food cake, small or large
1 box (4 servings) sugar-free instant lemon pudding
½ c. skim milk
1 c. lemon flavored fat-free, no-sugar-added yogurt
½ of an 8 oz. tub light frozen whipped topping, thawed

Equipment
Mixing bowl
Measuring cups
Serrated knife
Electric mixer
Whisk
Serving plate

Directions
1. Cut angel food cake in half, horizontally using serrated knife in a sawing motion. Place bottom layer on serving plate.
2. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.
3. Fold whipped topping into pudding mixture.
4. Frost bottom layer of cake with lemon mixture. You may then place top layer on cake and frost with remaining mixture, or make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry. Lemon, or kiwi slices.
5. Slice into 16 servings (small cake) or 24 servings (large cake).

Nutrition Facts
16 servings per container
Serving size 1 slice (53g)

Amount per serving
Calories 90
% Daily Value
Total Fat 1g 1%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 250mg 11%
Total Carbohydrate 10g 3%
Dietary Fiber 0g 0%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 2g

Fruit
Meat
Starches
Milk
Vegetables

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Talking Points
Lemon Cake

1. Angel food cake is always fat-free, but it is high in carbohydrates. Desserts made with angel food cake should be cut into small servings.
2. A homemade angel food cake would be delicious in this recipe, but a purchased cake is quick and easy. Keep a purchased angel food cake and a carton of “light” whipped topping in the freezer for a last-minute dessert.
3. Angel food cake should be cut with a serrated knife using a light sawing motion. Cutting with a regular knife or pressing down on the cake will make very unattractive servings.
4. Sugar-free instant pudding is not a “free-food” because it is made with cornstarch and milk. It must be counted as part of the carbohydrate in recipes. Sugar-free gelatin is a “free food”.
5. Flavored yogurt can be very high in carbohydrates because of added sugar. Look for no-sugar-added or artificially sweetened yogurt to cut down on carbohydrates.
6. Frozen non-dairy whipped topping is made with tropical oil which contains highly saturated fat. It is fine for occasional use, but should not be used daily.
7. This is a very quick, easy, and delicious dessert.
8. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
9. **Flavor Notes:** Want to add a different twist to the lemon flavoring in this cake? Try using the herb: Thyme. Add 3 tablespoons chopped *fresh* thyme to the pudding/yogurt/whipped topping mixture, in Step 4 of the recipe. Thyme’s small leaves add flecks of light green color, along with a very light taste. Thyme can also be added to sauces, beans, poultry, egg dishes.

_Possible Health Benefits:_ In addition to reducing sugar and salt, herbs and spices may also offer other health benefits. Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.

_Update by:_ Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020
Peach and Berry Crisp
Serves 16

Ingredients
6 c. fresh or frozen sliced peaches, peeled and drained
2 c. fresh or frozen blueberries, raspberries, or blackberries
3-4 Tbsp. Splenda
½ tsp. ground nutmeg
¼ tsp. cinnamon
½ c. oatmeal
4 Tbsp. flour
2 Tbsp. packed brown sugar
2 Tbsp. reduced calorie margarine
¼ tsp. cinnamon

Equipment
11” x 7” baking dish
Small bowl
Medium mixing bowl
Measuring cups and spoons

Directions
1. Preheat oven to 375°F.
2. Combine peaches and berries in an ungreased 11” x 7” baking dish.
3. Mix sweetener, nutmeg and cinnamon in small bowl; sprinkle over fruit and stir gently.
4. In medium bowl, mix oatmeal, flour, brown sugar, margarine, and cinnamon together; spread over fruit.
5. Bake uncovered, 35-40 minutes.
Talking Points
Peach and Berry Crisp

1. To cut back on time for later preparation, slice fresh peach halves ahead and freeze. A little lemon juice prolongs the life of fresh cut produce.

2. Try substituting fresh raspberries or blackberries for the blueberries. Or mix two or three types of berries together for more color.

3. With only 1 carbohydrate exchange per serving, this makes a great low calorie treat.

4. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

5. Flavor Notes:
   Cinnamon and/or Nutmeg, dried/powdered –
   Use cinnamon and nutmeg in both sweet and savory dishes: mixed into meats, sprinkled on vegetables (i.e., sweet potatoes, squash) and/or stirred into warm or cold beverages.

   Possible Health Benefits:
   Cinnamon and nutmeg both contain antioxidants. Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.
Poor Man’s Oatmeal Cookies
Serves 21

Ingredients
1 c. regular rolled oats
½ c. packed brown sugar
¼ c. Splenda
½ c. flour
⅛ tsp. salt
½ tsp. baking soda
⅛ c. hot water
¼ c. margarine, melted and cooled
½ tsp. vanilla extract or flavoring
Cooking spray

Equipment
Measuring cups and spoons
2 mixing bowls
Cookie sheet

Directions
1. Preheat oven to 350º F and spray cookie sheet.
2. In large mixing bowl, combine oats, sugars, flour, and salt.
3. In small bowl, combine baking soda and water, melted margarine, and vanilla; stir into oat mixture.
4. Roll into walnut sized balls and place on prepared cookie sheet.
5. Bake for 10 minutes or until golden brown.
6. Remove from oven and let cool for 2 minutes before placing on cooling rack.

Nutrition Facts
21 servings per container
Serving size 1 cookie (17g)
Amount per serving
Calories 60
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Talking Points
Poor Man’s Oatmeal Cookies

1. This recipe tastes like the traditional oatmeal cookie but has fewer calories.

2. These cookies have no cholesterol and are low in saturated fat.

3. The small size helps to control portions.

4. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.
Raspberry-Filled Cookies
Serves 24

Ingredients
1/3 c. Splenda granular
½ c. tub margarine (not light), softened
1 ½ tsp. vanilla extract
1 egg white
1 c. all-purpose flour
2 Tbsp. cornstarch
¼ tsp. baking powder
¼ tsp. salt
1/3 c. reduced-sugar raspberry preserves
Cooking spray

Glaze
½ c. powdered sugar
2-3 tsp. lemon juice
¼ tsp. almond extract (optional)

Equipment
Baking sheet 3 mixing bowls
Electric mixer Small spoon
Measuring cups and spoons Serrated knife

Directions
1. Preheat oven to 375ºF. Spray a baking sheet with cooking spray.
2. Beat Splenda and margarine with an electric mixer until well blended. Add vanilla extract and egg white; beat well. In a medium bowl, whisk together flour, cornstarch, baking powder, and salt. Add dry mixture to wet mixture, stirring well until blended. (Dough will be stiff). Divide dough into two equal portions.
3. Take 1 piece of dough and place on baking sheet. Shape into a log, approximately 12 inches in length. Using index finger or handle of wooden spoon, form a ½ inch deep indentation down the length of the log. Repeat with remaining piece of dough. Fill indentations with preserves and bake for 20 minutes. Let cool.
4. In small bowl, combine all ingredients for glaze; stir until smooth.
5. Remove cooled logs; drizzle with glaze. Cut each log diagonally into 12 pieces.
Talking Points
Raspberry-Filled Cookies

1. Dry ingredients can be mixed ahead of time and stored in an airtight container or zip-top bag until preparation.

2. Use different kinds (colors) of jam to fill each log and then alternate cookies on a serving plate for an attractive presentation. Apricot or blueberry contrasts well with raspberry.

3. Vanilla extract can be substituted for almond extract in the glaze, if desired.

4. Light margarine is not recommended for this recipe. It will cause the cookie dough to spread excessively on the baking sheet, making it difficult to fill indentations with jam.

5. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.
Strawberry Dessert  
Serves 8

Equipment
½ purchased angel food cake (small)  
1 box (4 servings) sugar-free strawberry gelatin  
¾ c. boiling water  
1 pint fresh strawberries  
1 packet artificial sweetener  
¾ c. (½ of 12-oz. can) evaporated skim milk, chilled  
Fresh strawberries for garnish

Equipment
Mixing bowl  
Blender  
1½ qt. baking dish

Directions
1. Break angel food cake into bite size pieces in large mixing bowl. Set aside.
2. Dissolve gelatin in boiling water; cool in refrigerator for 30 minutes.
3. Wash strawberries; set aside 8 of the prettiest strawberries, leaving stems intact.
4. Stem and trim blemishes from remaining washed berries. Place in blender with one packet of sweetener, chilled milk, and cooled gelatin. Process until well blended, light and fluffy.
5. Pour mixture over angel food cake pieces in large mixing bowl; fold until cake pieces are coated. Pour into 1½ qt. baking dish. Cover with plastic wrap and chill until serving time.
6. To serve, cut into squares and garnish with strawberry fans made from reserved strawberries.

Nutrition Facts
8 servings per container  
Serving size: 1 square (103g)

Amount per serving  
Calories 90

% Daily Value*  
Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g 0%  
Cholesterol 0mg 0%  
Sodium 210mg 9%  
Total Carbohydrate 18g 7%  
Dietary Fiber 1g 4%  
Total Sugars 5g  0%  
Includes 0g Added Sugars 0%  
Protein 3g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Talking Points
Strawberry Dessert

1. This dessert is light and creamy and low in calories and fat.

2. Strawberry fans are made by using a paring knife and making slices from the bottom of the strawberry to the top without slicing all the through the cap of the berry.

3. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

4. **Flavor Notes:**
   - **Fresh Mint, finely chopped or Fresh Basil, chopped** --
     Try adding 2 tablespoons of fresh, finely chopped mint. The mint flavor will complement the sweet of the strawberries, while the green mint color will contrast with the red berries. (Mint can be used in savory dishes as well as desserts.)
   - **Fresh spearmint and peppermint** contain beta-carotene, iron, manganese and vitamin C. Mint has a unique flavor that can add great taste, as well as reduce sugar and salt in a recipe.
     Or, you can use 2 tablespoons of fresh chopped basil.
   - **Basil** is a good source of vitamin K, a nutrient important for bone health and blood clotting. Basil also contains beta-carotene (which the body can convert to Vitamin A). Basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk, and may inhibit the growth of foodborne bacteria.

   _Anti-Inflammatory_ compounds fight against inflammation, which may cause joint stiffness and pain, or fever. Inflammation occurs when the body "over-responds" to an infection. Inflammation is linked to type 2 diabetes, Alzheimer's disease and certain cancers. _Antibacterial or Antimicrobial_ are compounds that slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.

   You may find that you like the taste of these herbs, but need a stronger flavor. We recommend starting with a little taste, then add more to boost the taste.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020
White-Chocolate Orange Pudding
Serves 12

Equipment Needed:
3 c. cold skim milk
2 boxes (4 servings each) sugar-free instant white chocolate pudding
4 c. light whipped topping, thawed
1½ tsp. grated orange peel

Equipment
Mixing bowl
Measuring cups and spoons
Wire whisk
Grater
Gelatin mold or serving dish

Directions
1. Pour milk into a large bowl and add pudding mix.
2. Beat with the wire whisk for 1 minute.
3. Gently fold in whipped topping and orange peel.
4. Spoon into mold or serving dish.
5. Refrigerate until ready to serve.
Talking Points
White-Chocolate Orange Pudding

1. This recipe is easy and quick to make.

2. The milk provides a good source of calcium.

3. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.