

Low Fat Desserts



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Cathy & Rick

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Low Fat Sugar Cookies

Sugar-free optional

Ingredients

- 1 2/3 cups all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 5 tbsp unsalted butter, softened
- 3/4 cup sugar or Splenda
- 1/4 cup Egg Beaters or other fat-free egg substitute
- 1 tsp vanilla extract

Instructions

Combine flour, baking powder, and salt in medium-sized mixing bowl and set aside. In large bowl or electric mixer, beat together butter and sugar (or Splenda) until creamy. Add egg substitute and vanilla extract and stir well. Gradually add flour mixture, stirring constantly, until combined, but still somewhat crumbly. Divide dough in half, wrap in plastic wrap and place in refrigerator to chill for at least 1 1/2 hours.

Preheat oven to 350 degrees Fahrenheit, and line baking sheets with parchment paper. Lightly flour counter or other working surface, and turn out one half of dough onto it. Roll out to between 1/8- and 1/4-inches in thickness, then used lightly floured cookie cutters to cut desired shapes (eg hearts for Valentine's Day or stars, trees, etc for the winter holidays). Gather scraps, and roll out again, until no more cookies can be cut. Discard scraps. Place cookies at least 1 inch apart on lined baking sheet and bake 9-10 minutes or until edges turn golden. While the first batch are baking is a good time to repeat the rolling and cutting process with the second half of the dough. Let baked cookies sit 1 minute on baking sheet, then remove to wire racks or cut-open brown paper bags to cool. Decorate as desired with powdered sugar, icing, and/or small candies.

Variations

Orange Sugar Cookies:

Reduce vanilla to 1/2 tsp and add 1 tsp orange extract plus 1/2 Tbsp freshly grated orange rind.

Lemon Sugar Cookies:

Add 1 tsp fresh lemon juice and ½ tsp lemon zest.

Almond Sugar Cookies:

Reduce vanilla to ½ tsp and add 1 tsp almond extract plus 2 Tbsp ground almonds.

Sugar Cookie Mini Tartlets:

Roll cookies on the thin side, then layer two with 1 Tbsp mincemeat or pie filling in between, and seal edges with a fork.

Thumbprint Cookies:

Roll cookies on the thick side, make a slight indentation with a thumb, and place a spoonful of no-sugar-added fruit preserves in the indentation.

Linzer Cookies:

Cut smaller shapes out of the half of the larger ones, and, after baking, spread fruit preserves over one whole cookie, dusting the one with the cutout with powdered sugar, then place on top so jam shows through.

Low Fat Crème Brule

Ingredients

- 1/2 cup skim milk
- 1 tablespoon cornstarch
- 1 ½ cup canned evaporated fat-free milk
- 1/2 cup granulated sugar
- 3/4 cup fat-free half & half
- 4 egg yolks
- 1 tablespoon vanilla extract
- 1 tablespoon brandy
- 3 tablespoons sugar, for topping

Instructions

Preheat oven to 350 degrees. In medium saucepan, mix fat-free milk and cornstarch until smooth. Stir in sugar and evaporated fat-free milk, combining well. Place saucepan over medium heat and warm through, stirring regularly, until mixture just begins to boil. Remove from heat and set aside. In a separate bowl, whisk together fat-free half & half with the egg yolks. Add a small amount of hot milk mixture, gently stirring in, then pour egg mixture gradually into saucepan with the rest of the milk mixture, stirring constantly. Add vanilla and brandy and stir to combine.

Place six 1-cup ramekins or dessert dishes in two 13 x 9 baking pans. Divide custard mixture into the 6 ramekins. Pour hot water into the pans, creating a water bath for the ramekins. Place pans in the oven and bake 30 minutes or until custard is set. Remove ramekins from water bath and chill several hours or until completely cold.

Immediately before serving, sprinkle 1 - 2 teaspoons of sugar on top of each dish of custard. Using a small butane-fuel torch, heat sugar until it caramelizes, turning a light brown. (For those that do not own a butane torch, see "**Variations & Tips**" for instructions to caramelize.)

Variations & Tips

- Substitute flavored liqueur for brandy to add variety to the standard creme brulee. Examples: Kahlua, Cointreau, Triple Sec, Amaretto, Frangelico, Grand Marnier, Creme de Cacao, Limoncello, Bailey's Irish Cream, etc.
- Place whole fresh berries or layer sliced fruit in the bottoms of ramekins before pouring custard mixture into them.
- Spread a thin layer of low-sugar fruit preserves (apricot, raspberry, and orange marmalade are particularly delicious) over the bottom of each ramekin before pouring custard.
- While the fat in this recipe is already minimal, if a completely fat-free flan is desired, substitute 1/3 cup Egg Beaters or similar textured fat-free egg substitute for egg yolks. Texture, however, may differ slightly from the traditional with this variation.
- If you do not own a torch and/or do not wish to purchase one, you may caramelize the tops of your custards under the broiler. When using this method, be very careful to watch closely, as they tend to turn rather more quickly than under a torch.

Chocolate Marble Mousse Pie

Ingredients

- 1 sm. box (4 serve) fat-free sugar-free instant chocolate pudding mix
- 2 cups skim milk
- 1 tub (8 oz) fat free cool whip, thawed
- 1 prepared pie crust

Directions

Prepare pie crust as directed. Whisk together pudding mix and milk, fold in whipped topping to give swirled appearance, pour into pie crust, chill for 30-60 minutes or until set.

Sugar-Free Version

Substitute sugar-free cool whip for fat-free.

No Bake White Chocolate Cheesecake

Ingredients

- 1 prepared graham cracker crust
- 2 pkg (16 oz total) fat free cream cheese
- 1 tub (8z) fat free cool whip, thawed
- 1 cup white chocolate chips

Instructions

Melt chocolate chips in microwave one minute, stir. Repeat in 30-second intervals until completely melted. Cube cream cheese and add to chocolate, mix until smooth. Fold in cool whip until well blended, pour into crust, refrigerate 4 hours or until firm.

Variations

Try milk chocolate or dark chocolate chips. If the fat-free cream cheese flavor is unappealing to you, use low-fat, or substitute Philadelphia Neufchatel cheese instead.

Sugar-Free Version

If available, find sugar-free graham crust. Substitute sugar-free cool whip for fat-free, and sugar-free chocolate morsels for white chocolate chips.

Strawberries-N-Cream Cake

Ingredients

- 1 prepared angel food cake
- 1/4 cup no-sugar-added strawberry fruit spread or jam
- 2 cups fat-free cool whip
- 1 1/2 cup chopped strawberries
- 1 tsp vanilla

Instructions

Slice 1-inch-thick layer off top of cake, set aside. Hollow out cake leaving 3/4 inch border on sides and 1-inch border on bottom. Beat together jam and 1 cup cool whip until fluffy, fold in chopped strawberries. Spoon strawberry mixture into hollowed cake, replace top. Beat together cool whip and vanilla, frost cake. Chill. Garnish with fresh strawberry halves immediately before serving.

Low Sugar Version

Substitute sugar-free cool whip for fat-free, and sugar-free jam for no-added-sugar.

Tip

Cake pieces from hollowed out shell can be used in Mmm-Mmm-Mocha Trifle, recipe below.

Mmm-Mmm-Mocha Trifle

Ingredients

- 1 prepared angel food cake
- 1 lg. box (6 serve) fat-free sugar-free chocolate instant pudding mix
- 3 cup skim milk
- 1 tub (8 oz) fat-free cool whip
- 2 tsp instant coffee

Instructions

Cut angel food cake into 1-inch cubes and place in bottom of large trifle bowl. Mix instant coffee into milk until dissolved. Whisk together milk mixture and pudding according to directions, 1-2 minutes until well blended. Pour over cake pieces, making sure all are covered. Do not wait to set, but top with cool whip immediately, chill one hour or until ready to serve.

Low Sugar Version

Substitute sugar-free cool whip for fat-free.

Apple Cobbler

Serves 8-10.

Ingredients

- 1 1/2 cup white flour
- 2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup applesauce
- 1/2 cup skim milk
- 1/2 cup apple juice
- 4 apples, sliced

Instructions

Preheat oven to 350 degrees fahrenheit. Mix dry ingredients and wet ingredients separately, combine. Pat into greased 13 x 9 pan. Add sliced apples, and sprinkle with

cinnamon. Bake 45 minutes, or until crust is brown and fruit is tender. Serve warm with fat-free vanilla frozen yogurt.

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Pear Tart

Serves 6.

Ingredients

- 2 cans sliced pears in light syrup (32 oz total)
- 1 cup skim milk
- 4 egg whites
- 3/4 cup rolled oats
- 2 Tbsp honey
- 1 tsp vanilla
- 1/4 tsp cinnamon

Instructions

Preheat oven to 350 degrees. Grease 9-inch pie plate, arrange pear slices in the bottom. Finely chop oats in blender, gradually adding all other ingredients. Blend well, and pour over pears. Bake 35 to 40 mins, or until puffed and golden.

Pumpkin Bars

Serves 10-12.

Ingredients

- 1 cup canned pumpkin
- 1 cup applesauce
- 2 egg whites
- 1/4 cup skim milk
- 1/3 cup pitted dates
- 1 cup raisins
- 2 cups all-purpose flour
- 1 Tbsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt

- 1 Tbsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger

Instructions

Preheat oven to 350 degrees. Mix dry ingredients in large bowl, set aside. Put applesauce, milk, dates, and egg whites into blender, blend until smooth. Mix wet into dry ingredients, add raisins. Pour into 9x13 greased baking pan. Bake 30-40 minutes until toothpick inserted in the middle comes out clean. Cool to room temperature, refrigerate, serve cold.

Chocolate Cupcakes

Makes 18 cupcakes.

Ingredients

- 2 1/2 cups all-purpose flour
- 2 cups sugar
- 2/3 cup unsweetened cocoa powder
- 1/2 tsp salt
- 6 Tbsp applesauce
- 2 1/4 cup skim milk
- 1 tsp vanilla extract
- 2 tsp baking soda

Instructions

Preheat oven to 375 degrees. Whisk together dry ingredients. Combine wet ingredients. Stir wet into dry until well blended. Grease muffin tins, pour mixture evenly into tins. Bake for 25 mins, remove from pan and place on rack to cool.

Strawberry-Rhubarb Crisp

Serves 10.

Ingredients

- 2 cups chopped rhubarb
- 2 cups sliced strawberries
- 1/2 cup white sugar
- 1/2 cup flour
- 1 1/2 cup rolled oats
- 1 1/2 cup brown sugar
- Approximately 3 Tbsp apple juice

Instructions

Preheat oven to 375 degrees. Mix fruit with white sugar and flour to coat, set aside 20 minutes. Meanwhile, mix oats and brown sugar, stir in enough apple juice to moisten. Spread fruit mixture in the bottom of greased 9x13 baking pan, sprinkle oat/sugar mixture over the top. Bake 20 minutes.

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Low Fat Oatmeal Raisin Cookies

Ingredients

- 1 cup sifted all-purpose flour
- 1/2 tsp baking soda
- 1 1/2 cups rolled oats
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 2 egg whites, lightly beaten
- 1/2 cup brown sugar
- 1/3 cup applesauce
- 1/2 cup nonfat milk
- 1 tsp vanilla extract
- 1 cup raisins

Instructions

Preheat oven to 375 F. Sift together flour, baking soda, cinnamon and nutmeg. Stir in rolled oats. In a separate container, mix all other ingredients, and add this mixture to dry ingredients, mixing well. Drop teaspoon-sized balls of batter onto greased non-stick cookie sheet. Bake 12-15 minutes.

Oatmeal Brownie Cookies

Ingredients

- 2/3 cup all-purpose flour
- 1/3 cup sugar
- 1 cup quick-cooking rolled oats
- 1/2 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/4 tsp salt
- 2 egg whites, beaten
- 1/3 cup honey
- 1 tsp vanilla
- 2/3 cup chocolate chips

Instructions

Preheat oven to 350 F. Mix egg whites, honey and vanilla. In a separate container, mix all other ingredients. Make a well in dry ingredient mixture, add wet ingredients, stir only until moistened. Fold in chocolate chips. Place tablespoon-sized lumps of batter on greased baking sheet. Bake 10 minutes.

Orange-Cranberry Oatmeal Cookies

Ingredients

- 2 egg whites
- 1 ripe banana
- 1/2 cup honey
- 1/2 cup thawed orange juice concentrate
- 1 1/2 cup rolled oats

- 1 cup flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 cup dried cranberries
- 1/2 tsp orange zest (grated peel)
- 1 tsp orange extract

Instructions

Preheat oven to 350 F. Mix banana, egg whites, and juice concentrate in blender until smooth. Pour into mixing bowl, add honey, stir. Add oats and flour, baking soda and cinnamon, then cranberries and zest, stirring regularly. Place by tablespoon onto greased cookie sheet. Bake 10-12 minutes.

No-Cholesterol, Low-Fat Crust

The foundation to any good pie is a tasty crust. Fat free pie crusts just don't cut it, but this low-fat, zero-cholesterol recipe is delicious, and healthy to boot!

Ingredients

- 1 1/3 cup white flour
- 1/2 tsp salt
- 1/3 cup canola oil
- 3 Tbsp skim milk

Instructions

Mix flour and salt in one bowl, oil and milk in another. Combine dry and wet ingredients. Beat with a fork until clumps form. Use lightly-floured hands to press into a ball, and flatten out into a 5-6 inch diameter pancake. Roll out between sheets of wax paper, to desired thickness (at least 12-inch diameter). Peel off top sheet of paper, flip into 9-inch pie plate, peel off second sheet. Press dough into pie plate, trim edges, and pinch or flute.

If making a double-crust pie, double the recipe and set aside half the dough before rolling.

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Easy Apple Pie Filling

Ingredients

- 5 apples, sliced
- 1 Tbsp lemon juice
- 3/4 cup sugar or splenda
- 1 Tbsp flour
- 2 tsp cinnamon
- 1 tsp nutmeg

Instructions

Preheat oven to 425 F. Toss ingredients together, layer in pie crust. Roll out top crust, place over filling, trim and flute. Poke top of pie with fork or slice with sharp knife. Bake 10 minutes, reduce heat to 350 F, continue baking 30 minutes or until crust turns golden and apples are soft and tender.

Sweet Potato Pie Filling

Ingredients

- 1 1/2 cup cooked/mashed sweet potato
- 4 egg whites
- 1 1/4 cup skim milk
- 3/4 cup packed brown sugar or splenda
- 1 tsp cinnamon
- 1 tsp allspice
- 1 tsp cloves
- 1 tsp nutmeg

Instructions

Preheat oven to 425 F. Combine all ingredients and pour into crust. Bake 15 minutes, reduce heat to 350 F and bake additional 40 minutes or until set.

Pumpkin Pie Filling

Ingredients

- 3 egg whites
- 1 16-oz can solid pack pumpkin
- 1/2 cup maple syrup
- 1 1/4 tsp cinnamon
- 1/4 tsp ginger
- 1/4 tsp cloves
- 1/8 tsp nutmeg
- 1 Tbsp cornstarch
- 1 1/2 cups evaporated skim milk

Instructions

Preheat oven to 425 F. Lightly beat egg whites. Combine all ingredients, mix until well blended. Pour mixture into pie crust, bake 15 minutes, reduce heat to 325 F. Bake 30-40 minutes more, until knife inserted in the center of the pie comes out clean.

Quick Pecan Pie Filling

Ingredients

- 6 egg whites
- 1 cup corn syrup
- 1 cup sugar or splenda
- 2 Tbsp margarine, melted
- 1 tsp vanilla extract
- 1 1/2 cup pecan halves

Instructions

Preheat oven to 350 F. Combine all ingredients except pecans, mix well. Stir in pecan halves. Spoon into pie crust. Bake 50-55 minutes, until knife inserted halfway between the middle and outside edge of the pie comes out clean.

Berry Custard Pie Filling

Ingredients

- ? 1 1/2 cups raspberries
- ? 1 cup blackberries
- ? 1/2 cup fat free sour cream
- ? 2 egg whites
- ? 1/2 cup sugar or splenda
- ? 3 Tbsp all-purpose flour
- ? 1/2 tsp ground cinnamon
- ? 1/4 tsp ground nutmeg
- ? 1/2 tsp vanilla extract

Instructions

Preheat oven to 450 F. Combine all ingredients except for berries. Place berries evenly in crust, pour custard mixture over them. Cover edges of crust in foil, bake 10 minutes, reduce heat to 350 F, bake 30 minutes or until center is set.

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Red, White, and Blueberry Crisp

Ingredients

- 1 1/2 cup sliced strawberries
- 1 1/2 cup raspberries
- 1 1/2 cup blueberries
- 4 Tbsp white sugar
- 2 cups all-purpose flour
- 2 cups rolled oats
- 1 1/2 cups packed brown sugar
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 cup applesauce

Instructions

Preheat oven to 350 F. Toss together fresh berries and white sugar, set aside. In a separate bowl, combine all dry ingredients and stir in applesauce. Press half of mixture into bottom of greased 9 x 13 baking dish. Gently spoon berries over crust, sprinkle remaining dry mixture over top. Bake 30 to 40 minutes or until fruit is bubbly and topping turns golden brown. Serve with vanilla fat-free frozen yogurt.

Yankee Doodle Sundae

For each person:

Ingredients

- fat-free vanilla frozen yogurt
- strawberry or raspberry syrup
- blueberries
- fat-free cool whip
- sundae cherry, fresh strawberry, or fresh raspberry

Instructions

Scoop vanilla frozen yogurt into bottom of tall glass. Drizzle syrup over yogurt, sprinkle blueberries over both. Add another scoop of frozen yogurt, repeat drizzle with syrup, sprinkle blueberries. Top with a dollop of fat-free cool whip and fresh berry or sundae cherry.

Popsicle Rockets

Ingredients

- red juice (eg. raspberry, cranberry, cherry)
- white juice (eg. coconut, lemonade, white grape)
- blue juice (eg. kool-aid, gatorade, blue raspberry)

Instructions

Line up 3-oz. paper cups on a baking sheet, and pour 2 tablespoons of red juice into the bottom of each cup, freeze 2-3 hours until slushy. Pour 2 tablespoons of white juice into each cup, stick popsicle stick in the middle, freeze 2-3 hours. Pour 2 tablespoons blue juice into each cup, freeze until hard. To serve, peel off paper cups.

Old-Glorified Trifle

Ingredients

- 1 1/2 cup cold skim milk
- 4-serve pkg cheesecake-flavor fat-free instant pudding mix
- 8 oz fat-free cool whip, thawed
- 16 oz angel food cake
- 2 cups sliced strawberries (alt: 2 cups raspberries)
- 1 cup blueberries
- 1 cup sliced bananas

Instructions

Cut angel food cake into 1/2-inch cubes. Beat milk and pudding mix together 1-2 minutes with wire whisk, stir in thawed cool whip. In large glass or trifle bowl, layer half of the cake cubes, half of the fruit, and half of the pudding mixture. Repeat, ending with pudding mixture. Refrigerate at least 2 hours before serving.

Patriotic Pudding Parfait

This is a nearly fat free, not a completely non-fat recipe.

Ingredients

- 1 cup sliced strawberries OR 1 cup raspberries
- 1 cup blueberries
- 1 Tbsp white sugar
- 4-serve fat-free white chocolate instant pudding mix
- 2 cups cold milk
- 8 oz low-fat vanilla wafer cookies, crumbled

Instructions

Mix milk into pudding mix with wire whisk, beat for 1-2 minutes until well blended. Toss strawberries with sugar. Divide cookie crumbs over the bottom of 4 small parfait bowls or clear glasses. Add 1/4 of strawberries into each bowl, top with 1/2 cup pudding, top with 1/4 of blueberries.

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Quick Orange Mousse

Ingredients

- 2/3 cup hot water
- 2 envelopes unflavored gelatin
- 1/2 cup splenda no-calorie sweetener
- 1 can orange juice concentrate
- 2 Tbsp fat free yogurt
- 1/2 tsp vanilla
- 2 cups ice cubes

Instructions

Set out orange juice concentrate ahead of time. Add hot water and gelatin mix to blender and mix on high 30 seconds. Add splenda and pulse an additional 5 seconds. Next, add partially defrosted orange juice concentrate, yogurt, vanilla, and ice cubes. Blend on high about 25 seconds, or until the ice is crushed and evenly distributed throughout mixture. Pour into parfait glasses or serving dishes and chill.

Frozen Lemon Mousse

Ingredients

- 8 egg whites, divided
- 1/2 cup fresh lemon juice
- 1 cup splenda no-calorie sweetener, divided
- 1 1/2 Tbsp grated lemon zest
- 1/8 tsp cream of tartar

- 1/8 tsp salt
- 1 cup evaporated skim milk
- 1/2 cup fat-free plain yogurt

Instructions

Combine 4 egg whites with fresh lemon juice, 1/4 cup splenda, and lemon zest. Let stand at room temperature. Meanwhile, beat remaining egg whites until foamy. Add cream of tartar and salt, and beat until soft peaks form. Gradually add remaining 3/4 cup splenda, beating constantly until stiff and glossy. Beat evaporated milk and yogurt in separate bowl, then fold carefully into lemon juice mixture, alternating with cream of tartar mixture. Gently spoon into freezer-safe container or baking pan, cover with tinfoil, and freeze overnight. Let mousse soften in refrigerator 30-45 minutes prior to serving.

Frozen Mango Mousse

Ingredients

- 1 large extra-ripe mango
- 1 1/2 cups skim milk, divided
- 2 Tbsp splenda no-calorie sweetener
- juice of 1 lime

Instructions

Peel mango and cut into 1-inch pieces. Arrange on baking sheet so no pieces touch. Meanwhile, pour 1 1/4 cups milk into shallow pan. Freeze milk and mango overnight. When ready to serve, break frozen milk into chunks and spoon into food processor or blender. Add remaining milk, splenda, lime juice, and mango, and blend well until smooth, stopping periodically to scrape sides of processor as needed. Spoon into clear ramekins or goblets and serve immediately.

Minted Melon Mousse

Ingredients

- 8 oz flesh of ripe cantaloupe, honeydew, or other sweet melon
- juice of 1/2 lemon

- 2 tsp chopped fresh mint
- pinch of salt
- 1/4 tsp unflavored gelatin
- 3/4 cup fat-free small-curd cottage cheese

Instructions

Puree melon in food processor or blender until smooth, transfer to small bowl and stir in lemon juice, mint, and salt. Press melon mixture through a fine sieve to strain. Let melon mixture stand at room temperature. Transfer puree to small saucepan. Sprinkle with gelatin powder and let stir over low heat until dissolved. Refrigerate until cooled and slightly thickened, about 15 minutes. Meanwhile, add cottage cheese to processor and pulse until smooth and stiff. Stir in 1/4 of melon puree, then fold in the remainder. Cover and refrigerate overnight. Gently fold once more prior to serving.

Simple Pecan Coffee Cake

Ingredients

Cake:

- 1 1/2 cups white flour
- 2 1/2 tsp baking powder
- 1/2 c sugar
- 1 egg white
- 1/4 cup oil
- 3/4 cup skim milk

Topping:

- 1/2 cup brown sugar
- 1/2 cup chopped pecans
- 2 Tbsp oil
- 2 Tbsp white flour
- 2 tsp cinnamon

Instructions

Preheat oven to 375 degrees Fahrenheit, and spray an 8 x 8 inch baking pan with nonstick zero-calorie cooking spray. In large bowl, combine flour, baking powder, and sugar. Mix egg white, oil, and milk separately, then stir into dry ingredients, just until

moistened. In separate bowl, mix topping ingredients. Spread half of batter mixture into sprayed baking pan, then sprinkle half the topping mixture. Spread remaining batter over topping layer, then sprinkle remaining topping. Bake 30 minutes or until toothpick inserted in the center of the cake comes out clean.

Apple-Cinnamon Coffee Cake

Ingredients

Cake:

- 1/4 cup butter
- 2 egg whites
- 1 small lemon, zest of
- 2 tsp fresh lemon juice
- 3/4 cup brown sugar
- 2 cups white flour
- 1 tsp baking soda
- 1/8 tsp salt
- 1 cup plain fat-free yogurt
- 2 cups diced apples

Topping:

- 1 Tbsp butter
- 1/4 cup white flour
- 1/4 cup brown sugar
- 1 tsp cinnamon
- 1/2 tsp. allspice

Instructions

Preheat oven to 350 degrees Fahrenheit and spray a tube (bundt) pan with nonstick zero-calorie cooking spray. In a large bowl or electric mixer, cream together butter, egg whites, lemon zest, lemon juice, and brown sugar. In separate bowl, combine flour, baking soda, and salt. Add flour mixture and yogurt alternately to sugar mixture, stirring well. Fold in diced apples and pour into tube pan. Combine topping ingredients and sprinkle over cake. Bake 35 minutes or until toothpick inserted in center of cake comes out clean.

Chocolate Spice Coffee Cake

Ingredients

- 3 cups white flour
- 1 cup sugar
- 1/4 cup butter
- 1/4 cup fat-free sour cream
- 2 Tbsp cinnamon
- 1 Tbsp unsweetened cocoa powder
- 1 tsp nutmeg
- 1/4 tsp salt
- 1/8 tsp cloves
- 2 cups fat-free buttermilk
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 cup chopped walnuts

Instructions

Preheat oven to 325 degrees Fahrenheit. Spray 9 x 13 inch baking pan with nonstick zero-calorie cooking spray and lightly flour. Cut butter into 1 1/2 cups flour and 1/2 cup sugar until it reaches a crumb texture, and set aside 1 cup of this mixture for topping. Take remaining mixture and add remaining sugar, flour, and sour cream. Stir in cinnamon, cocoa, nutmeg, cloves, and salt. In separate bowl, combine buttermilk with baking soda and baking powder, then add to flour mixture. Fold in walnuts and pour into baking pan. Sprinkle reserved crumb topping over cake. Bake 30 to 35 minutes.

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