



EatingWell Favorite **Dessert** Recipes

Chocolate Chip Cake	2
One-Bowl Chocolate Cake	3
Peach Custard Pie	4
Deep-Dish Apple Pie	5
Raspberry-Swirl Cupcakes	6
Oatmeal Chocolate Chip Cookies	7
Blueberry Tart with Walnut Crust	8
Key Lime Pie	9
Strawberry-Rhubarb Fruit Bars	10
Rocky Road Brownies	10
Lemon Pudding Cakes.....	11
Cherry Ice Cream Pie with Chocolate Cookie Crust	12
Watermelon-Blueberry Ice Pops	12
Old-Fashioned Fruit Crumble	12



Chocolate Chip Cake

Makes: 16 servings

Active time: 45 minutes **Total:** 2 hours

Equipment: 12-cup Bundt pan

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

This chocolate chip cake has an amazing moist, dense texture and a healthy profile with egg whites, buttermilk, canola oil and whole-wheat pastry flour. Plenty of chocolate chips give it rich flavor.

Cake

- 4 large egg whites
- ¼ teaspoon cream of tartar
- 1½ cups sugar, divided
- 1¼ cups whole-wheat pastry flour (see *Tip*, page 3)
- 1¼ cups all-purpose flour
- 2 teaspoons baking powder
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1½ cups nonfat buttermilk (see *Tip*)
- ¼ cup canola oil
- 1 tablespoon vanilla extract
- ½ cup mini chocolate chips

Chocolate Drizzle

- ⅓ cup mini chocolate chips
- 2 tablespoons low-fat milk

1. **To prepare cake:** Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.
2. Beat egg whites in a large bowl with an electric mixer on low speed until foamy. Add cream of tartar, increase speed to medium-high and beat until soft peaks form. Gradually add ½ cup sugar, beating until stiff but not dry (this can take up to 5 minutes).
3. Combine the remaining 1 cup sugar, whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in another large bowl. With the mixer on medium speed, beat in buttermilk, oil, vanilla and a heaping spoonful of whites. Fold in the remaining whites and ½ cup chocolate chips with a whisk. Scrape the batter into the prepared pan and smooth the top.

4. Bake the cake until a skewer inserted into it comes out clean, 40 to 50 minutes. Let cool in the pan on a wire rack for 10 minutes. Invert onto the rack and let cool completely.

5. **To prepare chocolate drizzle:** Combine ⅓ cup chocolate chips and milk in a small saucepan. Heat over low heat, stirring, until the chocolate is melted and the mixture is smooth. Drizzle over the cooled cake. Serve immediately or let stand until the chocolate is set, about 45 minutes.

Per serving: 235 calories; 7 g fat (2 g sat, 3 g mono); 1 mg cholesterol; 41 g carbohydrate; 24 g added sugars; 4 g protein; 1 g fiber; 365 mg sodium; 114 mg potassium.

Carbohydrate Servings: 3

Exchanges: 3 other carbohydrate, 1 fat

Tip:

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

One-Bowl Chocolate Cake

Makes: 12 servings

Active time: 25 minutes **Total:** 1 hour 5 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This easy-to-make chocolate cake is dark, moist, rich—and only dirties one bowl! Not quite as easy as boxed cake mixes, but those often contain trans fats. Our simple “from scratch” recipe gives you a home-baked cake with healthful canola oil and whole-wheat flour.

- $\frac{3}{4}$ cup plus 2 tablespoons whole-wheat pastry flour (see *Tip*)
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{3}$ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup nonfat buttermilk
- $\frac{1}{2}$ cup packed light brown sugar
- 1 large egg, lightly beaten
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup hot strong black coffee
- Confectioners' sugar for dusting

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.

2. Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.

3. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners' sugar before slicing.

Per serving: 139 calories; 3 g fat (1 g sat, 2 g mono); 16 mg cholesterol; 27 g carbohydrate; 18 g added sugars; 2 g protein; 2 g fiber; 212 mg sodium; 63 mg potassium.

Carbohydrate servings: 2

Exchanges: 1½ other carbohydrate

Tip:

Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.



Peach Custard Pie

Makes: 10 servings

Active time: 45 minutes **Total:** 4½ hours
(including dough chilling & pie cooling time)

To make ahead: Prepare crust through Step 1 and refrigerate for up to 3 days. Cover and refrigerate the cooled pie for up to 1 day.

   

We use low-fat milk along with nonfat Greek yogurt in the creamy custard for this peach pie. The yogurt gives the custard a smooth texture without using cream or too many egg yolks. A slice is just as delicious served warm from the oven as it is chilled.

Crust

- ½ cup pecan halves
- ¾ cup whole-wheat pastry flour
- ¾ cup all-purpose flour
- 1 tablespoon sugar
- ¼ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 tablespoon canola oil
- ¼ cup ice water, plus more as needed
- 1 large egg yolk
- 1 teaspoon lemon juice or distilled white vinegar

Filling

- 1 cup sugar
- ¾ cup low-fat milk
- ¾ cup nonfat plain Greek yogurt (6 ounces)
- 2 large eggs
- 2 tablespoons all-purpose flour
- 2 teaspoons cornstarch
- 1 teaspoon vanilla extract or ¼ teaspoon almond extract
- Pinch of salt
- 2 cups sliced peaches, fresh or frozen, peeled if desired
- 2 tablespoons chopped pecans

1. To prepare crust: Pulse pecans in a food processor until finely ground. Combine with whole-wheat pastry flour, all-purpose flour, sugar and salt in a medium bowl. Cut in but-

ter with a pastry blender or your fingers until the mixture resembles coarse crumbs with a few larger pieces. Add oil and stir with a fork to blend. Mix ¼ cup water, egg yolk and lemon juice (or vinegar) in a measuring cup. Make a well in the center of the flour mixture. Add enough of the wet ingredients, stirring with a fork, until the dough clumps together. (Add a little water if it seems too dry.) Turn the dough out onto a lightly floured surface and knead several times. Form into a ball, then flatten into a disk. Wrap in plastic wrap and refrigerate for at least 1 hour.

2. Position rack in lower third of oven; pre-heat to 400°F. Coat a 9-inch pie pan with cooking spray.

3. To prepare filling & assemble pie: Combine sugar, milk, yogurt, eggs, flour, cornstarch, vanilla (or almond) extract and salt in a medium bowl; whisk until smooth.

4. Roll out the dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into the prepared pie pan. Peel off the remaining paper. Trim the dough so it overhangs evenly by about 1 inch. Fold the edges under to make a plump edge; flute or crimp the edge with your fingers (*see Tip*) or a fork. Place on a baking sheet.

5. Arrange peaches in the crust and pour the filling on top (some peaches will float but this won't affect the final results). Bake for 30 minutes.

6. Remove the pie from the oven and sprinkle chopped pecans over the top. Cover the edges with heavy-duty foil (or a double layer of regular foil) to help prevent overbrowning. Reduce oven temperature to 350°. Return the pie to the oven and bake until a knife inserted in the center comes out clean, 40 minutes to 1 hour more. Let cool for 1½ hours. Serve warm or refrigerate until cold.

Per serving: 301 calories; 12 g fat (4 g sat, 5 g mono); 69 mg cholesterol; 42 g carbohydrate; 21 g added sugars; 7 g protein; 2 g fiber; 103 mg sodium; 127 mg potassium.

Carbohydrate servings: 3

Exchanges: 3 other carbohydrate, 2½ fat



Tip: For a prettier pie crust use a fork to crimp the edge. Or use one hand to pinch/flute the edge of the crust between your thumb and side of your index finger.

Deep-Dish Apple Pie

Makes: 10 servings

Active time: 1¼ hours **Total:** 4 hours (including cooling time)

To make ahead: Prepare the crust (Step 1), wrap tightly and refrigerate for up to 2 days or freeze for up to 6 months.

Equipment: 9½-inch deep-dish pie pan

Heart Health Diabetes Weight Loss Gluten Free

With all that delicious fruit an apple pie should be healthy, but the truth is a slice can have as much as 750 calories and 30 grams of fat. For the most part, the culprit is the crust. We use whole-wheat pastry flour to add fiber and lower the saturated fat by replacing some of the butter with canola oil. A slice has half the calories of a typical version and only 10 grams of fat —sweet!

Crust

- 1¼ cups whole-wheat pastry flour
(see Tip, page 3)
- 1¼ cups all-purpose flour
- 2 tablespoons granulated sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water

Filling

- 6 cups thinly sliced peeled McIntosh apples (about 2 pounds)
- 6 cups thinly sliced peeled Granny Smith apples (about 2 pounds)
- ⅔ cup packed light brown sugar
- 1 tablespoon lemon juice
- 1¼ teaspoons ground cinnamon, divided
- ⅛ teaspoon ground nutmeg
- Pinch of ground allspice
- Pinch of salt
- 2 tablespoons all-purpose flour
- 1 teaspoon granulated sugar
- 1 large egg white, lightly beaten, for brushing

1. To prepare crust: Whisk whole-wheat flour, 1¼ cups all-purpose flour, 2 table-

spoons sugar and ½ teaspoon salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap the dough in plastic and refrigerate for at least 1 hour.

2. Meanwhile, make filling: Combine apples, brown sugar, lemon juice, 1 teaspoon cinnamon, nutmeg, allspice and pinch of salt in a large bowl. Reserving 4 cups, transfer the rest of the apple mixture to a Dutch oven. Cook over medium heat, stirring, until the apples are tender and beginning to break down, about 10 minutes. Remove from the heat, stir in the reserved apples and 2 tablespoons flour; let cool for about 30 minutes.

3. To assemble & bake pie: Position a rack in lower third of oven; preheat to 425°F.

4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 13-inch circle. Peel off the top sheet and invert the dough into a 9 ½-inch deep-dish pie pan. Peel off the remaining paper. Scrape the filling into the crust. Roll the remaining portion of dough between sheets of parchment or wax paper into another 13-inch circle. Peel off the top sheet of paper and invert the dough onto the fruit. Peel off the remaining paper. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers. Combine 1 teaspoon granulated sugar and the remaining ¼ teaspoon cinnamon in a small bowl. Brush the crust with egg white and sprinkle with the cinnamon-sugar. Cut 6 steam vents in the top crust.



5. Bake the pie on the bottom rack for 20 minutes. Reduce the oven temperature to 375° and continue baking until the crust is golden brown and the filling is bubbling, 25 to 35 minutes more. Let cool on a wire rack for about 1½ hours before serving.

Per serving: 345 calories; 10 g fat (4 g sat,

4 g mono); 15 mg cholesterol; 62 g carbohydrate; 17 g added sugars; 4 g protein; 5 g fiber; 144 mg sodium; 213 mg potassium.

Carbohydrate Servings: 4

Exchanges: 1½ starch, 1 fruit, 1½ other carbohydrate, 2 ½ fat

Raspberry-Swirl Cupcakes

Makes: 12 cupcakes

Active time: 40 minutes **Total:** 3 hours
(including cooling and chilling time)

To make ahead: Cover and refrigerate the frosting (Step 7) for up to 3 days. Store cooled cupcakes airtight at room temperature for up to 1 day. **Equipment:** Muffin tin with 12 (½-cup) cups, paper liners

 Heart Health  Diabetes  Weight Loss  Gluten Free

These raspberry-lemon cupcakes are topped with an easy cream cheese frosting tinted pink with a little raspberry puree. For those unaccustomed to the mildly nutty flavor of whole-wheat flour (used in these cupcakes), the flavor of the raspberry puree swirled into the lemony cake makes the wheat flavor undetectable.

Cupcakes

2 cups raspberries, fresh or frozen
(thawed and drained), plus **12 fresh berries for garnish** (about 12 ounces total)

1 tablespoon plus ¾ cup granulated sugar, divided

¾ cup whole-wheat pastry flour (see *Tip*, page 3)

¾ cup cake flour

1½ teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

¼ cup canola oil

2 large eggs

1 teaspoon vanilla extract

1 teaspoon freshly grated lemon zest

½ cup nonfat buttermilk (see *Tip*, page 2)

Frosting

8 ounces reduced-fat cream cheese
(Neufchâtel), at room temperature

1 cup packed confectioners' sugar

½ teaspoon freshly grated lemon zest

1. To prepare cupcakes: Preheat oven to

350°F. Line 12 (½-cup) muffin cups with paper liners; coat the liners with cooking spray.

2. Puree 2 cups raspberries and 1 tablespoon granulated sugar in a blender or food processor until smooth. Strain through a fine-mesh sieve into a small bowl, pressing with a rubber spatula to extract all the puree; discard seeds. Reserve 4 teaspoons of the puree for the frosting.

3. Whisk whole-wheat flour, cake flour, baking powder, baking soda and salt in a medium bowl.

4. Beat ¾ cup granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined. Beat in eggs, vanilla and 1 teaspoon lemon zest until well combined. With the mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined.

5. Fill the prepared cups half full of batter. Place a scant tablespoon of raspberry puree on each cup (you may have some left over). Divide the remaining batter evenly among the cups. Use a wooden skewer or toothpick to swirl and fold the puree into the batter.

6. Bake the cupcakes until a toothpick inserted into the center comes out clean, 22 to 24 minutes. Transfer to a wire rack and let cool completely.

7. To prepare frosting: Meanwhile, beat cream cheese, confectioners' sugar, ½ teaspoon lemon zest and the reserved 4 teaspoons raspberry puree with an electric mixer until smooth. Refrigerate the frosting until very cold, at least 2 hours. Spread the frosting on the cooled cupcakes and decorate with a raspberry on top, if desired.

Per cupcake: 272 calories; 10 g fat (3 g sat, 4 g mono); 45 mg cholesterol; 41 g carbohydrate; 24 g added sugars; 5 g protein; 2 g fiber; 486 mg sodium; 85 mg potassium.

Carbohydrate Servings: 3

Exchanges: 3 carbohydrates (other), 2 fat



Oatmeal Chocolate Chip Cookies

Makes: about 45 cookies

Active time: 15 minutes **Total:** 1 hour

To make ahead: Store in an airtight container for up to 2 days or freeze for longer storage.

☐ Heart Health ☒ Diabetes ☐ Weight Loss ☐ Gluten Free

These oatmeal chocolate chip cookies have the familiar flavors of brown sugar and chocolate, but get a sophisticated twist from tahini (sesame paste). Tahini helps to lower the saturated fat by more than 66 percent while adding a nutty flavor to an old classic.

- 2 cups rolled oats (not quick-cooking)**
- ½ cup whole-wheat pastry flour (see Tip, page 3)**
- ½ cup all-purpose flour**
- 1 teaspoon ground cinnamon**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- ½ cup tahini (see Tip)**
- 4 tablespoons cold unsalted butter, cut into pieces**
- ⅔ cup granulated sugar**
- ⅔ cup packed light brown sugar**
- 1 large egg**
- 1 large egg white**
- 1 tablespoon vanilla extract**
- 1 cup semisweet or bittersweet chocolate chips**
- ½ cup chopped walnuts**

1. Position racks in upper and lower thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.

2. Whisk oats, whole-wheat flour, all-purpose flour, cinnamon, baking soda and salt in a medium bowl. Beat tahini and butter in a large bowl with an electric mixer until blended into a paste. Add granulated sugar and brown sugar; continue beating until well combined—the mixture will still be a little grainy. Beat in egg, then egg white, then vanilla. Stir in the oat mixture with a wooden spoon until just moistened. Stir in chocolate chips and walnuts.

3. With damp hands, roll 1 tablespoon of the batter into a ball, place it on a prepared baking sheet and flatten it until squat, but don't let the sides crack. Continue with the remaining batter, spacing the flattened balls 2 inches apart.

4. Bake the cookies until golden brown, about 16 minutes, switching the pans back to front and top to bottom halfway through. Cool on the pans for 2 minutes, then transfer the cookies to a wire rack to cool completely. Let the pans cool for a few minutes before baking another batch.

Per cookie: 102 calories; 5 g fat (2 g sat, 1 g mono); 7 mg cholesterol; 14 g carbohydrate; 18 g added sugars; 2 g protein; 1 g fiber; 45 mg sodium; 41 mg potassium.

Carbohydrate servings: 1

Exchanges: 1 other carbohydrate, 1 fat

Tip: Tahini is a paste made from ground sesame seeds. Look for it in natural-foods stores and some supermarkets.



Blueberry Tart with Walnut Crust

Makes: 12 servings

Active time: 30 minutes **Total:** 2 hours
(including cooling & chilling time)

To make ahead: Refrigerate for up to 1 day.

Equipment: 9-inch removable-bottom tart pan

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

For this tart a few tablespoons of maple syrup sweeten the blueberry topping and round out the flavor of the cream filling.

Crust

- ½ cup walnuts, lightly toasted
- 1 cup graham cracker crumbs, preferably whole-wheat (see *Tip*)
- 1 large egg white
- 1 tablespoon butter, melted
- 1 tablespoon peanut or canola oil
- Pinch of salt

Filling

- 8 ounces reduced-fat cream cheese (Neufchâtel), softened
- ¼ cup reduced-fat sour cream
- ¼ cup plus 2 tablespoons pure maple syrup, preferably grade B, divided
- 2 cups fresh blueberries

- 1. To prepare crust:** Preheat oven to 325°F.
- 2.** Coarsely chop walnuts in a food processor. Add graham cracker crumbs and process until the mixture looks like fine crumbs.
- 3.** Whisk egg white in a medium bowl until frothy. Add the crumb mixture, butter, oil and salt; toss to combine. Press the mixture into the bottom and ½ inch up the sides of a 9-inch removable-bottom tart pan. Set the pan on a baking sheet. Bake until dry and slightly darker around the edges, about 8 minutes. Cool on a wire rack.

- 4. To prepare filling:** Beat cream cheese, sour cream and ¼ cup maple syrup in a medium bowl with an electric mixer on low speed until smooth. When the crust is cool, spread the filling evenly into it, being careful not to break up the delicate crust. Arrange blueberries on the filling, pressing lightly so they set in. Drizzle the remaining 2 tablespoons maple syrup over the berries. Chill for at least 1 hour to firm up.

Per serving: 176 calories; 11 g fat (4 g sat, 3 g mono); 18 mg cholesterol; 17 g carbohydrate; 8 g added sugars; 4 g protein; 1 g fiber; 117 mg sodium; 111 mg potassium.

Carbohydrate servings: 1

Exchanges: 1 carbohydrate (other), 2 fat

Tips: To avoid trans fats, look for graham crackers without partially hydrogenated vegetable oil. To make crumbs, pulse graham crackers in a food processor or place in a large sealable plastic bag and crush with a rolling pin. (You'll need about 14 whole-wheat graham cracker squares to make 1 cup of crumbs.)



Key Lime Pie

Makes: 8 servings

Active time: 45 minutes **Total:** 5 hours
(includes 4 hours chilling time)

To make ahead: Prepare through Step 3 up to 1 day in advance.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

We tested this healthy Key lime pie quite a few times and no one got tired of it. We lightened the filling with nonfat condensed milk blended with tangy low-fat plain yogurt and continued the makeover with a topping of lovely golden meringue rather than whipped heavy cream.

Crust

- 1¼ cups graham cracker crumbs
(about 10 crackers)
- 3 tablespoons butter, melted
- 3 tablespoons canola oil

Filling

- 1 14-ounce can nonfat sweetened condensed milk
- ⅔ cup low-fat plain yogurt
- 2 teaspoons freshly grated lime zest, preferably Key lime
- ½ cup fresh lime juice (4-5 limes), preferably Key lime
- 2 tablespoons water
- 1½ teaspoons unflavored gelatin

Meringue

- 2 tablespoons dried egg whites (see *Tip*), reconstituted according to package directions
- ¼ teaspoon cream of tartar
- ½ cup sugar
- 1 teaspoon vanilla extract
- Lime slices for garnish

1. To prepare crust: Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.

2. Place graham cracker crumbs, butter and oil in a medium bowl. Blend with your fingertips until thoroughly combined. Press the mixture in an even layer on the bottom and sides of the pie plate. Bake until lightly browned, about 10 minutes. Cool on a wire rack.

3. To prepare filling: Whisk condensed milk, yogurt, lime zest and juice in a medium bowl. Stir water and gelatin in a small heatproof cup or bowl. Microwave, uncovered, on High until the gelatin has completely dissolved but the liquid is not boiling, 20 to 30 seconds. (Alternatively, bring ½ inch water to a gentle simmer in a small skillet. Set the bowl with the gelatin mixture in the simmering water until the gelatin has dissolved completely.) Stir the gelatin mixture, then whisk into the lime mixture. Set that bowl over a larger bowl of ice water, stirring occasionally, until it begins to thicken, 15 to 20 minutes. Scrape the filling into the pie shell and refrigerate until chilled and set, at least 4 hours and up to 1 day.

4. To prepare meringue & finish pie: Position oven rack about 6 inches below the broiler; preheat broiler.

5. Beat reconstituted egg whites and cream of tartar in a mixing bowl with an electric mixer on medium until soft peaks form. Gradually add sugar and continue mixing until the egg whites are glossy and hold stiff peaks. Blend in vanilla.

6. Spread the meringue over the top of the pie, sealing to the edge of the crust and decoratively swirling on top. Broil (leaving the oven door ajar and watching very carefully to prevent burning) until the meringue is lightly browned on top, 30 seconds to 1 minute. Serve garnished with lime slices.

Per serving: 329 calories; 6 g fat (2 g sat, 3 g mono); 13 mg cholesterol; 60 g carbohydrate; 48 g added sugars; 8 g protein; 0 g fiber; 150 mg sodium; 591 mg potassium.

Nutrition bonus: Calcium & Potassium (17% daily value).

Carbohydrate Servings: 4

Exchanges: 4 carbohydrate, 2 fat

Tip: Dried egg whites are pasteurized—a wise choice when making meringue toppings that may not reach 160°F (the temperature at which eggs are considered “safe”). They can be found in the baking or natural-foods section of most supermarkets.





Strawberry-Rhubarb Fruit Bars

Makes: 18 bars

Active time: 40 minutes **Total:** 2¾ hours (including 1½ hours cooling time)

To make ahead: Cover and refrigerate the crust and topping (Steps 1-2) for up to 1 day. Cover or individually wrap and refrigerate the cooled bars for up to 5 days.

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

Crust

- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
- ¾ cup whole-wheat pastry flour (see Tip, page 3)
- ¾ cup all-purpose flour
- ½ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract

Fruit Filling

- 3 cups diced strawberries (fresh or frozen), divided
- 3 cups diced fresh rhubarb, divided
- ¼ cup orange juice
- ½ cup plus 2 tablespoons sugar
- ¼ cup cornstarch
- 1 teaspoon vanilla extract

1. To prepare crust: Combine ¾ cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated.

2. Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Process, then pulse, scraping down the sides, if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out ½ cup of the mixture and combine in a bowl with the remaining ¼ cup chopped nuts (or oats). Set aside for the topping.

3. Preheat oven to 400°F. Generously coat a 9-by-13-inch baking dish with cooking spray.

4. To prepare fruit filling & assemble bars: Combine 2 cups strawberries, 2 cups rhubarb, orange juice, sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. (It may take up to 10 minutes to get a thick result if you start with frozen fruit.) Stir in the remaining 1 cup strawberries and 1 cup rhubarb and 1 teaspoon vanilla.

5. Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling.

6. Bake the bars for 15 minutes. Reduce oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1½ hours.

Per bar: 192 calories; 9 g fat (2 g sat, 2 g mono); 17 mg cholesterol; 26 g carbohydrate; 13 g added sugars; 3 g protein; 2 g fiber; 71 mg sodium; 148 mg potassium.

Carbohydrate servings: 2

Exchanges: 2 carbohydrate (other), 2 fat

Rocky Road Brownies

Makes: 16 (2-inch) brownies

Active time: 20 minutes **Total:** 3 hours (including cooling time)

To make ahead: Prepare through Step 3; refrigerate for up to 12 hours. Store brownies in an airtight container for up to 2 days.

☐ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

These super-rich brownies made chocolaty with plenty of cocoa powder have less fat than other brownies, but stay extra gooey and good with marshmallows, nuts and chocolate chunks on top.

- 1 cup less 1 tablespoon all-purpose flour
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- 4½ tablespoons unsalted butter
- ½ cup plus 1 tablespoon unsweetened cocoa powder, preferably natural (see Tip)
- 1¼ cups sugar
- 1 large egg
- 2 large egg whites
- 2 teaspoons vanilla extract
- 8 regular-size marshmallows
- ⅔ cup coarsely chopped walnuts or pecans
- ⅓ cup chopped bittersweet or semisweet chocolate or large chocolate chips

1. Line the bottom and sides of an 8-inch-square baking pan with parchment paper or foil coated with cooking spray. (Leave enough of an overhang to be able to lift the brownies out of the pan later with the liner.) If you don't plan to let the batter rest at the end of Step 3 before baking, position a rack in center of oven and preheat to 350°F.

2. Thoroughly whisk flour, baking powder and salt in a small bowl.

3. Melt butter in a medium saucepan until sizzling. Remove from the heat and stir in cocoa, then sugar. (The mixture will look like a mass of very dark brown sugar.) Add egg, egg whites and vanilla. Stir briskly until smooth and glossy. Stir in the flour mixture until just



incorporated. Then stir briskly for about 50 strokes. Scrape the batter into the prepared pan and spread it evenly. The batter will be very shallow in the pan. If you have time, cover the pan and refrigerate for a few hours or up to 12 hours. (This hydrates the cocoa powder and flour and brings all the flavors into sharper focus.) Remove from the refrigerator about 30 minutes before baking; preheat oven to 350°F.

4. Quarter marshmallows with an oiled knife. Distribute the pieces over the batter, pressing them in. Distribute nuts and chocolate (or chips) around the marshmallows.

5. Bake the brownies until the marshmallows are golden brown, 25 to 35 minutes. (If you can find a place to test for doneness where there is no melted chocolate or marshmallow, a toothpick should come out with some moist, gooey batter clinging to it. Brownies in a metal pan will bake faster than those in a glass pan; if you're unsure, bake a few minutes longer to make sure the brownies are done in the middle.) Let cool completely in the pan on a wire rack for about 2 hours. Lift the ends of the pan liner and transfer to a cutting board. Cut into 16 brownies.

Per brownie: 190 calories; 8 g fat (3 g sat, 2 g mono); 21 mg cholesterol; 29 g carbohydrate; 19 g added sugars; 3 g protein; 2 g fiber; 60 mg sodium; 89 mg potassium.

Carbohydrate Servings: 2

Exchanges: 2 carbohydrate (other), 2 fat

Tip: Dutch-processed cocoa has been treated with alkali, or "Dutched," to neutralize the natural acidity of cocoa, while natural has not.



Lemon Pudding Cakes

Makes: 8 servings

Active time: 30 minutes **Total:** 1 hour 10 minutes (including 15 minutes cooling time)

To make ahead: Pudding cakes can be held at room temperature for up to 4 hours.

Equipment: Eight 4- to 6-ounce (½- to ¾-cup) ovenproof ramekins or custard cups

☐ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

These magical little desserts start out as one batter and separate during baking into fluffy cake hiding a creamy layer of lemon pudding.

- 1 cup granulated sugar, divided**
- ⅓ cup all-purpose flour**
- ⅛ teaspoon salt**
- 1 cup low-fat milk**
- 2 teaspoons freshly grated lemon zest**
- ½ cup lemon juice**
- 2 tablespoons butter, melted**
- 2 large egg yolks**
- 3 large egg whites, at room temperature**
- Confectioners' sugar for dusting**

- 1.** Preheat oven to 350°F. Coat eight 4- to 6-ounce (½- to ¾-cup) ovenproof ramekins or custard cups with cooking spray; place in a large deep roasting pan or baking dish. Put a kettle of water on to boil for the water bath.
- 2.** Whisk ¾ cup granulated sugar, flour and salt in a medium bowl. Make a well in the dry ingredients. Add milk, lemon zest, lemon juice, butter and egg yolks. Whisk until smooth.

3. Beat egg whites in a mixing bowl with an electric mixer on medium speed until soft peaks form (see *Tip*). Gradually add the remaining ¼ cup sugar and continue beating until stiff and glossy. Fold the egg whites into the batter (it will be thinner than other cake batter and it's OK if it's a little lumpy). Evenly divide among the prepared ramekins placed in the roasting pan.

4. Place the roasting pan in the oven and carefully pour in enough boiling water to come almost halfway up the sides of the ramekins.

5. Bake the pudding cakes until golden brown and the cakes have pulled away slightly from the sides of the ramekins, 25 to 30 minutes. Transfer the ramekins to a wire rack to cool for 15 minutes. Dust with confectioners' sugar and serve warm or at room temperature.

Per serving: 185 calories; 5 g fat (3 g sat, 2 g mono); 79 mg cholesterol; 32 g carbohydrate; 25 g added sugars; 4 g protein; 0 g fiber; 78 mg sodium; 95 mg potassium.

Carbohydrate Servings: 2

Exchanges: 2 carbohydrate (other), 1 fat

Tip:

When egg whites are beaten to “soft” peaks, the whites will still be soft enough to curl over when a beater is turned upside down.



Cherry Ice Cream Pie with Chocolate Cookie Crust

Makes: 8 servings

Active time: 15 minutes **Total:** 4¼ hours (including 4 hours freezing time)

To make ahead: Cover with foil and freeze for up to 1 week.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

This cherry ice cream pie is a simple summertime sweet treat! If you use frozen cherries, the pie will have a fun purple hue.

- 3 cups reduced-fat "light" vanilla ice cream, softened**
- ¼ cups chopped pitted fresh or frozen cherries, divided**
- 1 9-inch chocolate-cookie pie crust**
- 2 tablespoons mini chocolate chips**

Gently combine ice cream and 1 cup cherries in a large bowl. Transfer to the crust and garnish with the remaining ¼ cup cherries and chocolate chips. Freeze until firm, at least 4 hours.

Per serving: 272 calories; 12 g fat (4 g sat, 5 g mono); 16 mg cholesterol; 38 g carbohydrate; 16 g added sugars; 5 g protein; 1 g fiber; 230 mg sodium; 229 mg potassium.

Carbohydrate Servings: 2½

Exchanges: 2 ½ carbohydrate (other)



Watermelon-Blueberry Ice Pops

Makes: about 10 (3-ounce) freezer pops.

Active time: 10 minutes **Total:** 6 hours 10 minutes

To make ahead: Freeze for up to 3 weeks.

Equipment: Ten 3-ounce (or similar-size) freezer-pop molds

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

- 3¾ cups chopped seedless watermelon**
- 2 tablespoons lime juice**
- 1-2 tablespoons sugar**
- 1 cup fresh blueberries**

1. Puree watermelon, lime juice and sugar to taste in a food processor or blender until smooth.

2. Divide blueberries among freezer-pop molds. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

Per serving: 31 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 8 g carbohydrate; 1 g added sugars; 0 g protein; 1 g fiber; 1 mg sodium; 79 mg potassium.

Carbohydrate servings: ½

Exchanges: ½ fruit

Old-Fashioned Fruit Crumble

Makes: 4 servings

Active time: 10 minutes **Total:** 40 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

Use whatever fresh or frozen fruit you have on hand to make this old-fashioned crumble. Typical crumble topping has as much as a half cup of butter—ours has just a bit of canola oil and, for richness, chopped almonds, which are full of healthy monounsaturated fats.

- 2½ cups fresh or frozen fruit, such as blueberries, peaches, plums**
- 1 tablespoon granulated sugar**
- 3 tablespoons whole-wheat or all-purpose flour, divided**
- 1 tablespoon orange juice**
- ½ cup rolled oats**
- ¼ cup chopped almonds or pecans**
- 3 tablespoons brown sugar**

¼ teaspoon ground cinnamon

2 tablespoons canola oil

1. Preheat oven to 400°F.

2. Combine fruit with granulated sugar, 1 tablespoon flour and orange juice. Divide among four 6-ounce ovenproof ramekins. Combine oats, nuts, brown sugar, the remaining 2 tablespoons flour and cinnamon. Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Place the ramekins on a baking sheet.

3. Bake until the fruit is bubbling and the topping is golden, 20 to 25 minutes. Let stand for at least 10 minutes before serving.

Per serving: 232 calories; 10 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 36 g carbohydrate; 11 g added sugars; 3 g protein; 4 g fiber; 1 mg sodium; 151 mg potassium.

Carbohydrate Servings: 2

Exchanges: 1 fruit, 1 other carbohydrate, 2 fat



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)