

DESSERTS & MARINADES & DRESSINGS
RECIPES

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Easy Vanilla Mousse

CC

Serves 8

Vanilla instant pudding mix, sugar-free without aspartame
1 1/4 cup 2% reduced-fat milk
1/4 cup coffee, chilled
1 cup pressurised whipped topping
1/2 cup grated unsweetened chocolate

In a medium bowl, mix together the pudding mix, milk, coffee and whipped cream until thick. Divide the mousse evenly into 8 bowls, sprinkle the chocolate over each and serve.

Coconut Macaroons

RR, SS, CC

Serves 8

2 tsp unsweetened cocoa powder
1 TBSP vegetable oil
1 tsp vanilla extract
2 cups shredded coconut
4 eggs
1 cup Splenda
1 tsp almond extract
1/2 cup almonds, sliced

Heat oven to 190°C. Combine egg whites and both extracts (egg whites should yield 1/2 cup). Combine Splenda with coconut. Mix dry and wet ingredients with sliced almonds. Roll into balls about 1 inch in diameter. Slightly flatten and put on greased baking sheet. Place 1.5 inch apart. Turn down oven to 160°C, and bake for 15 minutes or until golden brown on bottom and just starting to brown on top.

Flourless Chocolate Cake

CC

Serves 8

1 stick unsalted butter
3/4 cup Splenda
4 cups grated unsweetened chocolate
9 eggs

Preheat oven to 180°C. Butter a 9-inch spring-form pan. Put the chocolate and butter into the top of a double boiler and heat over 1 inch of simmering water until melted. Meanwhile, whisk the egg yolks with the Splenda in a mixing bowl until light yellow in colour. Whisk a little of the chocolate mix into the egg to temper the eggs (this keeps the eggs from scrambling from the heat of the chocolate), and then whisk in the rest of the chocolate mixture. Beat the egg whites in a mixing bowl until stiff peaks form and fold into the chocolate mixture. Pour into the prepared pan and bake until the cake is set (the top starts to crack and a toothpick inserted comes out clean, about 20-25 minutes). Let stand 10 minutes and remove the sides of the pan.

Lentil Cookies

SS, CC

Serves 12

2 cups whole-wheat flour
1 cup shredded coconut
1 oz. dried cherries
1 packet of 1-minute oats
3/4 cup butter, unsalted
2 tsp vanilla extract
1 1/2 cup lentil puree*
2 eggs
1/2 tsp allspice
1/2 tsp baking powder

(If desired, 1/4 of the whole-wheat flour can be substituted with lentil flour for a denser, stronger flavour.)

Preheat oven to 190°C. Mix flour, allspice, baking powder, salt, cinnamon. Using an electric mixer, cream the Splenda and butter on medium speed. Add the eggs and mix until just incorporated. Add the vanilla and lentil puree and mix until combined. Add the flour mix and blend on low speed. Stir in oatmeal, dried fruit and coconut. Form the dough into balls about 2 tsp in size and place on a baking sheet with parchment paper, leaving 1 inch of room in between. Bake for 15-17 minutes, or until an internal temperature of 90°C is reached.

*To make lentil puree: 4 oz. lentils, approximately 2/3 cup, picked over and rinsed; 3 cups water. In a small pot over medium heat, combine lentils and water. Bring to a simmer, cover and simmer for 30-40 minutes, or until lentils are tender. Puree. Let cool before using for cookies. Yields 1 1/2 cup puree. Lasts in refrigerator 3-4 days and freezer 2-3 months.

Mixed Berry Crumble

SS, CC

Serves 8

1/2 oz. cinnamon
1/3 oz. unsweetened cranberry juice
8 almonds, chopped
1 packet Splenda
1/2 cup cherries without pits
1 1/2 cup unthawed frozen raspberries
3/4 cup oat flakes

In a large saucepan, combine berries, juice, cinnamon and Splenda. Cook on high 2-4 minutes or until fruit is tender. In a bowl, mix cereal and almonds for a crumble topping. Place fruit in bowl and sprinkle cereal mix with almonds over each.

Jamaican Nut Baked Apple

FS, RR, SS, CC, P2

Serves 4

4 apples
4 plums, diced
4 peaches, diced
4 tsp salt
4 tsp peanuts
4 tsp almonds
2/3 oz. pecans
4 oz. rum extract
1 TBSP cinnamon

Core all apples. Using a knife, cut a skin deep horizontal line around the outside of the apples to allow room for the inside of the apple to expand. Place the apples in an oven-proof dish and stuff them with fruits and nuts. Pour 1 oz. rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 190°C for 45 minutes or until apples are soft.

Peanut Butter Cookies

SS,CC

Makes 36 cookies

3/4 cup all-purpose flour
1 1/4 almond flour
1/2 tsp baking soda
8 TBSP butter
2 TBSP brown sugar
1/2 cup sugar (or Splenda)
3/4 cup peanut butter, smooth
1 1/2 tsp vanilla extract
2 egg whites

Preheat oven to 190°C. In a small bowl, combine the flours and baking soda. In a separate bowl, lightly beat the butter until soft, and then add sugars and peanut butter and beat until smooth. Add the egg whites and vanilla extract and mix well. Add the flour mix and beat everything together. Use 1 TBSP of cookie dough for each cookie and place on a cookie sheet lined with parchment paper. Bake 9-10 minutes and let cookies cool on wax paper.

Pepper Tart

SS, CC

Serves 8

3 cups brown sugar (or brown or white Splenda)
3 TBSP balsamic vinegar
1 TBSP thyme
7 TBSP olive oil
5 TBSP water
1/2 TBSP salt
1/2 cup slivered almonds
1 1/4 cup whole grain flour
1 red onion, sliced
1/2 cup red bell pepper, sliced
1 yellow bell pepper, sliced

Preparing the crust: Combine flour and salt in a bowl and stir in 5 TBSP of oil. Add water and stir until dough forms. Wrap in plastic wrap and place in refrigerator for 30 minutes. Filling: Heat oven to 230°C. Place peppers and onions on a baking dish and drizzle with vinegar, thyme and 2 TBSP oil. Roast until peppers and onions are brown. Stir in pan when cooking. Reduce oven heat to 200°C and put brown sugar and remaining oil in a saucepan. Bring to a boil and cook until thickened. Pour into pie pan. Place peppers and onions into pan and sprinkle with almond slices. Roll out dough and cover filling. Bake until golden brown, about 30 minutes. Let rest 10 minutes before serving.

Tofu and Ricotta Raspberry-Swirl Cheesecake

CC

Serves 6

4 oz. oatmeal cookies
6 1/2 TBSP butter, melted
9 oz. soft tofu
18 oz. part-skim ricotta cheese
Zest of 1 lemon
1 tsp vanilla extract
3 eggs
8 TBSP agave syrup
2 TBSP raspberry jam and preserves
2 cups raspberries

Preheat oven to 135°C. Line a 6x1 muffin tin with paper muffin cups. Place the cookies in a food processor and process until they form fine crumbs. Transfer to a bowl and stir in butter until well combined. Divide the mixture evenly among the paper cups and press down firmly to form a base. Place in refrigerator while you make filling. Place the ricotta mixture, tofu, lemon rind and vanilla in a food processor and process until smooth. Add the eggs and agave and beat until smooth and well combined. Divide the ricotta mixture evenly among the prepared bases. Gently stir 1 tsp of jam into each cheesecake. Bake for 1 hour 10 minutes or until set in the middle. Remove from the oven and allow to cool completely before covering with plastic wrap and chilling for 3-4 hours. Serve with topped raspberries.

Whole Wheat Banana Bread

SS, CC

Serves 8

1 tsp baking soda
1/2 oz. Splenda
1 cup walnuts, chopped
1 egg
4 bananas (less ripe)
1 TBSP unsalted butter
1/2 oz. cinnamon
1 tsp baking powder
1 1/2 cup whole-wheat flour

Combine flour, baking soda and powder and cinnamon in a large bowl. Combine Splenda, melted butter, mashed banana and egg in another bowl. Add to flour mixture, stirring until all are mixed together. Stir in walnuts. Pour mixture into a loaf pan coated with cooking spray. Bake at 180°C for 55-60 minutes.

Courgette Bread

RR, SS, CC

Serves 8

1 tsp garlic
1 TBSP baking powder
1/2 cup crushed pineapple
1 tsp vanilla extract
3 TBSP vegetable oil
1 egg
2 cups courgette, grated or finely diced
1/2 tsp nutmeg
1/2 oz. cinnamon
1/2 tsp all spice
1/2 tsp baking soda

Preheat oven to 180°C and coat a 9x5 pan with cooking spray. In a large bowl, combine the flour, baking powder, baking soda, salt, allspice, cinnamon, nutmeg and garlic cloves. In another bowl, beat the egg, then add the courgette, pineapple, oil and vanilla and stir to combine. Add the flour mixture. Pour into the pan and bake 50-60 minutes or until a toothpick comes out clean. Cool completely before cutting.

Baked Apples

RR, SS, CC

Serves 8

4 bramley apples
2 stems of ginger
1 tsp cinnamon
50 g sugar
4 spoonfuls vanilla ice cream
4 prunes

Heat oven to 180°C. Core apples and score round centre. Put the apples in a baking dish and bake with 2 tsp of water. Mix chopped ginger, sugar, prunes and cinnamon and stuff into apples. Bake for a further 40 minutes. Serve warm with the ice cream.