

# SBL Cooking Demo: Memorial Day Desserts

May 22, 2017

## Mixed Berry Cobbler

Makes: 6, 3/4 cup servings

### Ingredients

#### For the Filling:

Nonstick cooking spray

Two, 12 oz bags frozen mixed berries, thawed (~6 cups)

¼ cup whole wheat flour

¼ cup sugar

1 orange, zest finely grated (~2 teaspoons)

#### For Topping:

¼ cup whole wheat flour

¼ cup all-purpose flour

2 Tablespoons, plus 1 teaspoon sugar, divided

½ teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

2 Tablespoons chilled unsalted butter, cut into small pieces

1/3 cup low-fat buttermilk

2 Tablespoons canola oil



### Directions:

Preheat the oven to 400 degrees F. Coat an 8 by 8-inch baking dish with cooking spray.

For the filling: In a large bowl, toss the berries with whole wheat flour, sugar and zest. Transfer the berry mixture to the baking dish and set aside.

For the topping: In a medium bowl whisk together the whole-wheat flour, all-purpose flour, 2 tablespoons of sugar, baking powder, baking soda and salt. Cut in the butter using 2 knives or a pastry cutter until many small pebble-sized pieces are formed.

In a small bowl or pitcher, whisk together the buttermilk and oil. Add the buttermilk-oil mixture to the dry ingredients and mix until just moistened. Do not over mix. Drop the batter onto the fruit forming 6 mounds. Sprinkle with the remaining teaspoon of sugar. Bake for 30 minutes, until fruit is bubbly and top is golden. Let stand for at least 10 minutes before serving.

**Nutritional Information per serving:**

Calories: 220, Total Fat: 9 gm, Sat Fat: 3 gm, Chol: 10 mg, Na+: 210 mg, Carb: 34 gm, Pro: 3 gm  
Fiber: 5 gm

Source: foodnetwork.com

## Chocolate-Dipped Apricots

Makes: 36 servings

### Ingredients

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½ cup bittersweet chocolate chips

36 dried apricots

2 tablespoons chopped pistachios

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### Directions:

Line a baking sheet with parchment or wax paper.

Place chocolate chips in a small glass bowl. Microwave on Medium for 1 minute. Stir, then continue microwaving in 20-second intervals until melted, stirring after each interval. (Alternatively, melt in the top of a double boiler over hot, but not boiling, water.)

Dip half of each apricot into the melted chocolate. Let the excess drip back into the bowl. Place the dipped fruit on the prepared baking sheet. Sprinkle pistachios over the chocolate. Refrigerate until the chocolate is set, about 30 minutes.

### Nutritional Information per piece:

Calories: 21, Total Fat: 1 gm Fat, Sat Fat 0 gm, Na+ 0 gm, Carb: 4 gm, Pro: 0 gm, Fiber: 1 gm

Source: eatingwell.com

# Flourless Blender Muffins

Makes: 9 muffins

## Ingredients

- 1/2 cup quick oats, loosely packed
- 3/4 tsp baking powder
- 1/4 tsp salt
- 1/8 tsp baking soda
- 1 medium (1/2 cup) mashed over-ripe banana
- 1 can white beans (garbanzo /chick pea)
- 1/4 cup peanut butter or allergy-friendly substitution
- 1/4 cup pure maple syrup or honey
- 2 tsp pure vanilla extract

Optional handful mini chocolate chips, crushed walnuts, coconut, pinch cinnamon, etc.

## Directions

Preheat the oven to 350°F and line 8-9 muffin cups. Drain the beans and rinse extremely well, and pat dry (this lessens the taste of bean). Blend all ingredients until smooth in a blender or food processor. Pour into the muffin cups – don't overfill or they will rise and then sink in the centers. Bake 20 minutes. They will look underdone – let sit 20 minutes and they will firm up. (Optional- if doughy texture is preferred, bake for only 16 minutes). These muffins are supposed to be fudgy, not fluffy and flour-y like traditional muffins. Not everyone will be a fan of the texture, but give it a try and see. Muffins last for 3-4 days refrigerated or 2-3 weeks frozen.

## Nutrition Information per muffin

Calories: 119, Total Fat: 4 gm, Sat Fat: 0.8 gm, Cholesterol: 0 mg, Na+: 102 mg, Carb: 17 gm, Protein: 4.6 gm, Fiber: 2.5 gm

Source: [chocolatecoveredkatie.com](http://chocolatecoveredkatie.com)



## 2 Ingredient Banana Bread Cookies

Makes: 12 cookies

### Ingredients:

2 small overripe bananas (~1 cup mashed)

1 cup old-fashioned rolled oats

### Directions:

Preheat oven to 350°F, and line a baking sheet with parchment paper. Spray with cooking spray. Place the bananas in a bowl and mash them with the back of a spoon (based on preference, the bananas don't need to become perfectly creamy). Add oats and stir to combine.

Drop heaping spoonfuls of the batter onto the baking sheet (this recipe should yield about 12 cookies).

Place the cookies in the oven and bake for 12-15 minutes, or until the tops are lightly browned and crisp. Let cool for a few minutes, then enjoy!

### Nutritional Information per serving- serving size: 2 cookies

Calories: 80, Total Fat: 1.1 gm, Sat Fat: 0.2 gm, Cholesterol: 0 mg, Na+ 0.34 mg, Carb 17 gm, Protein 2 gm, Fiber 2.2 gm

### Optional Variations:

Brown Sugar-Cinnamon Raisin Cookies Add 2 tbsp. raisins, 1/2 tsp. cinnamon and 1 tsp. brown sugar to the batter.

Almond Butter-Chocolate Chip Cookies Add 2 tbsp. mini chocolate chips and 2 tbsp. almond butter (or peanut butter) to the batter.

Source: [cookinglight.com](http://cookinglight.com)



# Red, White, and Blueberry Cheesecake Yogurt Cupcakes

Makes: 12 cupcakes

## Ingredients:

- 12 reduced fat vanilla wafers
- 8 oz, 1/3 less fat cream cheese, softened
- 1/4 cup sugar
- 1 tsp vanilla
- 6 oz fat-free vanilla Greek yogurt
- 2 large egg whites
- 1 tbsp all purpose flour
- 8 oz strawberries, hulled and sliced thin
- 8 oz blueberries



## Directions:

Heat oven to 350°F.

Line cupcake tin with liners. Place a vanilla wafer at the bottom of each liner.

Gently beat cream cheese, sugar and vanilla until smooth using an electric mixer.

Gradually beat in fat free yogurt, egg whites, and flour. Do not over beat. Pour into cupcake liners filling half way.

Bake 20-25 minutes or until center is almost set. Cool to room temperature then chill at least 1 hour in the refrigerator.

## Nutritional Information per cupcake:

Calories: 98, Fat: 4 gm, Na+ 30 mg, Carb: 10.5 gm, Protein 3.6 gm, Fiber: 0.3 gm

Source: [skinnytaste.com](http://skinnytaste.com)

# Chocolate Zucchini Brownies

Makes: 16

## Ingredients

- 8 tablespoons (1 stick) unsalted butter
- 4 ounces unsweetened chocolate, chopped
- 1 cup granulated sugar
- $\frac{1}{4}$  teaspoon salt
- 1 cup shredded zucchini
- 2 teaspoons vanilla extract
- 2 large eggs
- 1 cup white whole-wheat flour
- $\frac{3}{4}$  cup chopped semisweet chocolate or chocolate chips
- $\frac{2}{3}$  cup toasted pecans, coarsely chopped, divided (optional)



## Directions:

Preheat oven to 350°F. Line an 8-inch-square baking pan with foil, letting it overhang on the sides; coat with cooking spray.

Melt butter in a large saucepan over medium-low heat. Remove from heat, add unsweetened chocolate and stir until melted. Add sugar and salt; stir until well combined. Stir in zucchini and vanilla. Add eggs, one at a time, vigorously mixing after each addition. Fold in the flour until almost incorporated. Fold in chopped chocolate (or chips) and  $\frac{1}{2}$  cup pecans (if using) until just combined. Transfer the batter to the prepared pan, spreading evenly. Sprinkle with the remaining pecans (if using).

Bake until the sides look dry and the middle is firm to the touch, about 30 minutes. Let cool completely, then lift out of the pan using the foil. Cut into 16 squares.

## Nutritional Information per brownie (2 inch by 2 inch square)

Calories: 220, Fat: 12 gm, Sat Fat 8 gm, Cholesterol 39 mg, Na+ 49 mg, Carb 25 gm, Pro 3 gm, Fiber 2 gm

Source: [eatingwell.com](http://eatingwell.com)

## Chocolate Caramel Bars

Makes: 24

### Ingredients:

35 square shortbread cookies

1 pkg. (11 oz.) KRAFT Caramel Bits

1 Tbsp. milk

3 oz. BAKER'S Semi-Sweet Chocolate

3 oz. BAKER'S White Chocolate



### Directions:

Line 13x9-inch pan with Reynolds Wrap® Aluminum Foil, with ends of foil extending over sides; spray with cooking spray. Arrange cookies in single layer on bottom of prepared pan.

Microwave caramel bits and milk in microwaveable bowl on HIGH 1-1/2 to 2 min. or until bits are completely melted and mixture is well blended, stirring after each minute. Pour over cookies; spread to completely cover cookies.

Microwave chocolates in microwaveable bowl 2 min. or until almost melted, stirring every 30 sec.; stir until chocolates are completely melted. Pour over caramel layer; spread to completely cover caramel layer.

Let stand 2 hours before cutting into bars.

### Nutritional Information per serving:

Calories: 150, Total Fat: 6 gm, Sat Fat: 3 gm, Cholesterol: 5 mg, Na+: 95 mg, Carb: 22 gm, Protein: 1 gm, Fiber: 0

Source: kraftrecipes.com