

ANGEL FOOD CAKE
Low Cal Desserts

Ingredients

- 1 cup sifted cake flour
- 1 1/2 cups granulated sugar
- 1/2 teaspoon salt
- 12 egg whites
- 1 tablespoon water
- 1 tablespoon lemon juice
- 1 teaspoon cream of tartar
- 1 teaspoon vanilla extract

Nutritional Info

- Fat: **1.1g**
- Carbohydrates: **34.2g**
- Calories: **165.6g**
- Protein: **4.8g**
- **Makes 12 Servings**

A light, satisfying and sweet dessert!

1. Sift flour, salt, and 3/4 cups sugar together.
2. Beat remaining ingredients until soft peaks form. Reduce mixing speed and gradually add remaining 3/4 cups sugar several tablespoons at a time.
3. Sift a small amount of the dry mixture over the whipped eggs. Fold gently. Continue (sifting and folding) until all flour is just incorporated.
4. Gently pour batter into a greased 10 inch pan. Bake at 350° F for 35-40 minutes (or until a toothpick inserted comes out clean).



APPLESAUCE CARROT CAKE
Low Cal Desserts

Ingredients

- 2 cups whole grain flour
- 1/2 cup sugar
- 2 teaspoons baking soda
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 3/4 cup unsweetened applesauce
- 1/4 cup olive oil
- 3 large eggs
- 3 cups carrots, coarsely chopped

Nutritional Info

- Fat: **5.7g**
- Carbohydrates: **21.5g**
- Calories: **145.8g**
- Protein: **3.6g**
- **Makes 16 Servings**

Applesauce makes this healthier than your typical cake.

1. In a large mixing bowl, combine flour, sugar, baking soda, cinnamon, nutmeg and salt.
2. In a separate small bowl, combine the applesauce, oil and eggs. Add to the flour mixture, stirring until the ingredients are well blended. Add the carrots and mix again.
3. Pour the batter into a greased 9" tube pan, or use a 9" x 13" rectangular cake pan, or two bread loaf pans, or a cupcake pan.
4. Bake the cake in a preheated 350° F oven for about 1 hour, 10 minutes, or until a toothpick inserted in the thickest part of the cake comes out clean. Set the cake on a wire rack for five minutes. Then, run a knife around the edges of the pan to loosen the cake, and turn the cake out onto the rack to cool.

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**CARAMELIZED PEARS WITH
TOASTED ALMONDS & YOGURT**
Low Cal Desserts

Ingredients

- 3 ripe pears, scrubbed, quartered, cored and thinly sliced
- 1 tablespoon firmly packed brown sugar
- 1 tablespoon unblanched almonds, sliced
- 1/2 cup lowfat vanilla yogurt

Nutritional Info

- Fat: **2.1g**
- Carbohydrates: **28.4g**
- Calories: **131.8g**
- Protein: **2.7g**
- **Make 4 Servings**

Not only will this taste yummy, but you'll impress everyone with this gorgeous presentation.

1. Place a broiler rack about 3 inches from source of heat. Heat the broiler.
2. Arrange the pears in a shallow, flameproof dish in concentric circles, slightly overlapping each other. Sprinkle with the brown sugar.
3. Broil until the brown sugar has caramelized and pears begin to brown, about 5 minutes.
4. Sprinkle with the almonds and broil for about 1 minute or until almonds turn golden.
5. Serve warm, topping each serving with a dollop of vanilla yogurt.

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CITRUS CHEESECAKE
Low Cal Desserts

Ingredients

Basic Ingredients

- nonfat cooking spray
- 1 cup graham cracker crumbs
- 2 tablespoons brown sugar
- 2 tablespoons butter or margarine, melted

Filling Ingredients

- 1/2 cup sugar
- 1/3 cup wheat flour
- 1 teaspoon vanilla extract
- 2 8 oz. packages nonfat cream cheese
- 2 eggs
- 1/2 cup 1% milk
- 1/3 cup nonfat sour cream
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh orange juice
- 1 teaspoon lemon peel, grated
- 1 teaspoon lime peel, grated
- 1 teaspoon orange peel, grated
- 3 egg whites
- 1/4 cup sugar

Nutritional Info

- Fat: **4.2g**
- Carbohydrates: **26.3g**
- Calories: **177.0g**
- Protein: **8.6g**
- **Makes 12 Servings**

A cool variety of a plain favorite.

1. Preheat oven to 300° F.
2. Prepare the crust: Coat a 9-inch springform pan with cooking spray. In a medium bowl, mix crumbs, brown sugar and butter then firmly press mixture into bottom and 2 inches up the sides of the pan.
3. Prepare the filling: In a large sized mixing bowl, combine sugar and flour then add vanilla, cream cheese, and eggs. Beat until smooth. Add milk, sour cream, citrus juices and peels and beat until smooth.
4. In a separate mixing bowl, using clean and dry beaters, beat egg whites at room temperature at high speed until soft peaks form. Gradually add 1/4 cup sugar, 1 tablespoon at a time and beat until stiff peaks form. Gently fold egg white mixture with cream cheese mixture.
5. Pour into prepared crust and bake at 300° F for 1 hour or until set. Remove from oven and let completely cool on a wire rack. Cover and chill for 4 hours or overnight.
6. Sprinkle with grated lemon, lime and orange zest before serving (optional).

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