

Better Way to Wellness

- Get Nourished... Be Well

WCRC Cooking Club Healthy Desserts

Presented by Sandy Der, Chef and Certified Nutrition Consultant

In the Healthy Desserts class we will learn about healthy alternatives to refined sugar, how to make a versatile sauce with yogurt, simple ways to create healthy fruit based desserts, an easy dairy free alternative to ice cream and more!

Healthy Dessert defined: low carbohydrate = low sugar + low refined flours. Add fiber, spices, good fats and proteins to boost the nutrient value.

Use fresh whole organic ingredients as much as possible. Such as: in-season fruit to take advantage of antioxidants, fair trade chocolates, whole grain flours, organic butter, coconut oil.

Sugar Substitutes

why artificial sweeteners are not healthy
alternatives:

dehydrated sugar cane juice: rapadura or sucanant
honey, maple syrup
dried fruit (dates)
fruit juice and concentrates
agave syrup (fructose)
stevia (herb leaf or it's refined concentrate)
cinnamon, vanilla
xylitol (a sugar alcohol)

Recipes

Honey Lime Yogurt Sauce (based on a recipe from epicurious.com)

Drizzled this versatile sauce over sliced melons, berries, grilled or broiled fruit

1 ½ c Organic Whole Milk Yogurt
3 Tablespoons Honey
2 Tablespoons Lime Juice
Whisk all ingredients together.

Variation: add chopped mint

Balsamic Mint Marinated Berries

¼ c Balsamic vinegar
1 teaspoon vanilla extract
1 to 2 Tablespoons natural sweetener, or to taste
Fresh mint leaves, finely julienned or chopped
1 ½ cups of Strawberries, black berries, blue berries and/or raspberries
Optional: A few mint tips for garnish and yogurt for garnish

Wash berries and dry on a towel. Cut off tops of strawberries and cut into halves or quarters. Leave other berries whole.

Whisk together vinegar, vanilla and sweetener, Stir in mint leaves.

Put berries in a bowl and pour marinade over berries. Let marinate for 10 to 15 minutes. Use a slotted spoon to portion out into serving dishes.

If desired, garnish with a dollop of yogurt and a mint tip.

Grilled or Broiled Fruits: Peaches, Figs, Pineapple, Melons, Plums, Apples, Pears

Creamy Berry Parfait (Based on a recipe by L. Knoff)

1 c cashews - soaked overnight
½ c dates, pitted or pieces – soaked overnight
1 tsp vanilla, or to taste
1 c frozen berries (or any frozen fruit such as mangoes, peaches, pineapple)

Put all ingredients in a blender and blend on high speed until smooth and creamy. If needed, add just enough water to enable blending. Serve well chilled.

Granola - Nutty Tamari Seaweed

Amount	Measure	Ingredient -- Preparation Method
6	cups	oats -- old fashion, raw
1/4	cup	sesame seeds -- whole raw
3	tablespoons	flax seeds -- whole
2/3	cup	sunflower seeds -- raw
2/3	cup	pumpkin kernels -- raw
1/4	cup	seaweed -- flaked
1/2	teaspoon	sea salt
1 1/2	teaspoons	cinnamon
3/4	cup	honey -- (9 oz wt)
4	tablespoons	oil -- (2 oz wt)
4	teaspoons	tamari soy sauce

Preheat oven to 300F

Put dry ingredients in a large bowl and toss to mix

Heat liquid ingredients in a small pot until thin enough to pour.

Pour honey mixture on to oat mixture and stir to evenly coat.

Spread on two half sheet pans lined with parchment paper.

Bake, stirring every 10 minutes, until golden brown - about 25-30 minutes.
Granola will become crispy after cooling. Add your favorite dried fruits (raisins, chopped apricots, figs, apples, goji berries, etc) as desired.

Cool and store in airtight containers.

Yield: 3 quarts

Oatmeal Crunch Chocolate Chip Banana Bread

Amount	Measure	Ingredient -- Preparation Method
1	cup	rolled oats -- old fashion oatmeal
1	cup	whole wheat flour
1	cup	all-purpose flour
3	tablespoons	sucanat or rapadura
2	teaspoons	baking powder
1	teaspoon	baking soda
1	teaspoon	sea salt
4	tablespoons	unsalted butter -- chilled, and cut into cubes
6	each	bananas -- ripe, mashed
1/2	cup	buttermilk
4	tablespoons	flax seed
1/2	cup	walnuts -- finely chopped
1/2	cup	sunflower seeds
1	cup	dark chocolate - chopped into small pieces
4	tablespoons	sunflower seeds -- for topping

Preheat oven to 375 degrees. Grease a medium loaf pan with butter and lightly flour.

Mash banana and mix with buttermilk, set aside. Toss together flours, sugar, baking powder, salt, and baking soda in large bowl to blend. Add butter. Using fingertips, rub in until coarse meal forms. Mix in nuts and seeds. Make well in center of flour mixture. Add banana/buttermilk mixture. Using fork, gradually stir remaining ingredients into moist ingredients until just blend. Don't overwork or you will have a very tough loaf of bread.

Transfer dough to prepared pan and flatten slightly. Sprinkle dough with the 2 tablespoons of sunflower seeds.

Bake bread until brown and toothpick inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes. Transfer to rack. Serve warm or at room temperature.