



Quick & Easy Dessert Ideas

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Apple and Apricot Surprise

Ingredients:

1 lb dried apricots, pre-soaked in water
1 ½ oz brown sugar
4 oz ground almonds
4 oz sugar
6 medium apples, peeled and sliced
4 oz butter, room temperature
2 large eggs

Instructions:

Preheat oven to 350° Fahrenheit.

In a small saucepan, cook dried apricots in some water until soft.

Place sliced apples and cooked apricots into a shallow ovenproof dish and sprinkle with brown sugar. Mix well.

Meanwhile, in a medium-size bowl, mix the sugar and butter until light and fluffy. Add the eggs and beat until well combined, then fold in the ground almonds. Spread this mixture over the fruit and bake in the oven for about 45minutes to 1hour.

Eat hot with vanilla ice-cream.

Applesauce Mud Cookies

Ingredients:

2 1/3 cups all-purpose flour
2/3 cup baking cocoa
1/4 cup sugar substitute
1/3 cup brown sugar substitute
3/4 tsp. baking soda
1 cup 1% buttermilk
1/3 cup unsweetened applesauce

Instructions:

Preheat oven to 350 degrees

Place the flour in a large mixing bowl. Add the cocoa, sugar substitutes and baking soda. Mix together well.

Pour in the buttermilk and stir until the dry mixture is completely moistened. Fold in the applesauce and continue stirring until the batter is thick and very moist.

Spray a cookie sheet well with a non-stick cooking spray.

Drop 1 mounded Tbsp. at a time of the batter onto the prepared cookie sheet. The mounds should look like clumps of mud and can be slightly flattened with a fork if they mound too high.

Bake 9 minutes or until the cookies are firm. Cool completely before storing.

Banana Bread with Sour Cream

Ingredients:

1 cup banana, mashed
½ cup sour cream
½ cup mixed nuts, chopped (optional)
½ cup butter or margarine
1 tsp ground cinnamon
1 tsp baking soda
1 ½ cups unbleached flour
1 tsp vanilla
1 cup sugar
½ tsp salt
2 eggs

Instructions:

Preheat oven to 350°F.

Mix the cinnamon with a bit of sugar and set aside.

In a mixing bowl, cream the butter and whisk in sugar, eggs and vanilla. Add the rest of the ingredients and mix well.

Grease large loaf pan and dust with the cinnamon/sugar mixture. Pour in batter mixture and put into the preheated oven for about 1 hour.

Best when served warm.

Chocolate Rice Pudding

Ingredients:

1 ½ cups cooked rice
1 ½ cups milk
1/3 cup sugar

1 tsp vanilla extract
1/3 cup cranberries
1 tbsp margarine
2 tbsp cocoa powder (ideally unsweetened)

Instructions:

Use a double boiler for this recipe.

Bring some water to a boil in the bottom part of the double boiler, then reduce the heat and simmer. Place the cooked rice, vanilla extract, cranberries, margarine, sugar and cocoa into the top pan of the double boiler and stir well. Cook for about 20 - 25 minutes or until creamy and thick. Stir occasionally.

Delicious Mixed Berry Ice-Cream Topping

Ingredients:

2 cups frozen mixed berries
1 ½ tsp cornstarch
2 tbsp sugar

Instructions:

Place the frozen berries into a microwave-safe dish, toss with the sugar and cornstarch, until well coated. Microwave on High for about 2 minutes. Give it a quick stir and microwave for a further few minutes, until the mixture has thickened slightly.

Serve hot with vanilla ice-cream.

Frozen Peach Yogurt Dessert (need an ice-cream maker)

Serves 6

Ingredients:

1 (20oz) can sliced peaches in juice
2 cups low-fat vanilla yogurt
½ cup sugar (or less)

Instructions:

Drain the peaches, but keep about 2/3 of the juice.

Place the peaches into a food processor and pulse to chop. Then add the remaining ingredients and the juice and blend thoroughly. Refrigerate for about one hour. Pour the mixture into an automatic ice-cream maker and stir for about 30 minutes.

A treat for the whole family!

Homemade Pudding Pops

Ingredients

- 1 large box chocolate pudding
- 3 cups cold milk
- 2 cups frozen whipped topping (Cool Whip)

Preparation

Beat pudding mix & milk in medium bowl with whisk for about 2 minutes.

Stir in Cool Whip.

Spoon mix into popsicle molds or small paper or plastic cups.

Insert wooden sticks into the middle of each cup.

Freeze until firm (about 4 hours).

Tip: To remove pops from molds or cups, run cups under warm water.

Lemon & Yogurt Bread

(2 Loaves)

Ingredients:

- 3 cups all-purpose flour
- 1 tsp salt
- 1 tsp baking soda
- ½ tsp baking powder
- 1 cup poppy seeds
- 3 eggs (preferably organic), lightly beaten
- 1 cup vegetable oil
- 1 cup sugar
- 2 cups lemon yogurt
- 2 tbsp freshly squeezed lemon juice

Instructions:

Preheat oven to 325 degrees Fahrenheit.

In a large bowl, sift together baking soda, salt, flour and baking powder. Add poppy seeds and combine.

In a separate bowl, combine eggs, oil and sugar and whisk until creamy. Add the lemon yogurt and lemon juice and mix well. Carefully blend with the flour mixture.

Grease two loaf pans and spoon in mixture. Bake in the oven for about one hour.

Low-Fat Blueberry Popsicles

Makes 8

Instructions:

4 cups fresh blueberries (or other berries)

1/3 cup fine sugar

1 cup low-fat plain yogurt (can be substituted with low-fat buttermilk)

Instructions:

Place blueberries in a bowl and crush with a potato masher. Add the sugar and combine well. Stir in the yogurt and mix until well combined. Pour mixture into 8 Popsicle molds and put into the freezer.

No-Bake Peanut Butter Graham Cookies

Makes 8 cookies

Ingredients:

1/4 cup smooth natural peanut butter

8 whole-wheat graham crackers, finely ground

1/4 cup raisins

2 tbsp honey

4 teaspoons unsweetened coconut

Instructions:

Combine all ingredients, except the coconut, in a bowl. Shape into 8 cookies and roll in coconut. Refrigerate until firm.

No-Bake Peanut Clusters

Ingredients:

10 oz Reese's Peanut Butter Chips

½ cup dry-roasted unsalted peanuts

½ cup oats

½ cup cranberries

1 tsp cinnamon

Instructions:

Microwave peanut butter chips in a bowl on high power for about 1 ½ minutes or until melted. Add remaining ingredients and combine thoroughly. With your hands, roll mixture into 1 inch balls and cool.

Non-Dairy Chocolate Cake

Ingredients:

2 cups white flour
1½ tsp baking powder
1tsp baking soda
1½ cups sugar
½ tsp salt
1 tsp cinnamon
½ tsp ground ginger
2 cups grated carrots
1 cup chopped fresh pineapple, or 1 cup chopped frozen pineapple, thawed
½ cup canola oil
¼ cup applesauce
3 large egg whites
1 cup ground walnuts
1/4 cup plain rice milk
1 tbsp apple cider vinegar
1 tsp vanilla

Method:

Preheat the oven to 350° F and grease a 9" springform.

Sift flour into a large mixing bowl and add baking powder, baking soda, sugar, salt and spices.

Separately, mix the pineapple, canola oil, applesauce, egg whites, rice milk, vinegar and vanilla, preferably in food processor. Add mixture to the dry ingredients and add the carrots and walnuts. Stir until well combined.

Pour mixture into springform and bake for about 40minutes. Do the prick test with a fork or a toothpick to see if the cake is done. Let it cool and cover with Dairy-Free Cream Cheese Frosting.

Nut-a-licious Cookies

Yields about 5 dozens

Ingredients:

1 cup butter or margarine, softened
1 tsp + 1 tsp vanilla extract
1 cup + 1/2 cup confectioners' sugar
1 ¾ cups flour, sifted
¼ cup pecans, chopped
¼ cup almonds, chopped
¼ cup hazelnuts, chopped
¼ tsp salt

Instructions:

Preheat oven to 300 degrees Fahrenheit.

Cream butter with an electric mixer. Add ½ cup sugar and mix until well blended. Stir in the flour, nuts, salt and vanilla extract and combine well. Drop 1 spoonful of mixture for each cookie onto a greased baking sheet and bake in the oven for about 20 minutes.

In the meantime, combine 1 cup of sugar and 1 tsp vanilla and place onto a shallow dish. Coat each side of the warm cookies with the mixture and set aside to cool.

Orange and Coconut Freezy

Ingredients:

½ cup butter

1 ¼ cups flour

¼ cup sugar

2 tbsp brown sugar

½ cup walnuts, chopped

4 cups orange sherbet, softened

2 cups vanilla ice cream, softened

1/3 cup toasted coconut

Ingredients:

In a saucepan, melt the butter and stir in flour, walnuts and sugars over medium heat. Cook, stirring constantly, for about 4 to 5 minutes until the mixture is golden brown. Put the mixture into a 9" square pan and press down firmly with the back of a spoon to form a crust. Set aside and let the mixture cool completely.

In the meantime, combine the ice-cream and sherbet in a bowl and stir lightly until just marbled. Spread the mixture on the cooled crust and sprinkle with the toasted coconut. Cover and freeze for at least 4 hours or until nice and firm.

Peanut Butter and Apricot Balls

Yields about 20

Ingredients:

¼ cup low-fat granola

¼ cup dried apricots, chopped

¼ cup sultanas

¼ cup shredded carrots

¾ cup smooth peanut butter

2 tbsp soft brown sugar

Instructions:

In a mixing bowl, combine the granola, sugar, sultanas, apricots and carrots. Add in the peanut butter, a bit at a time, and mix in well. Chill the mixture in the fridge overnight to set. Next day, form into about 20 balls and place in the fridge for a few hours to chill.

Poached Apple Dessert

(Serves 4)

Ingredients:

20 dried and unsweetened apple slices
8 dried figs
1 ½ cups cranberry juice
3 tbsp grated orange peel
2 tbsp pure maple syrup
Pinch of cinnamon

Instructions:

Add all ingredients into a pot with lid and bring to a boil. Once the mixture has boiled, reduce heat, cover and simmer for about 40 minutes. Stir occasionally. After 40 minutes, bring to a quick boil again and remove immediately from heat. Let the mixture cool for about 15 minutes, then serve immediately.

This is a delicious and healthy treat for the whole family.

Quick and Easy Mandarin Dessert

Serves 4

Ingredients:

3 seedless mandarins (tangerines, satsumas or clementines), segmented
1 mandarin, juiced
4 tbsp water
5 oz sugar
Vanilla yogurt

Instructions:

Mix the water with the sugar in a microwaveable bowl and cook on High for about 5 minutes, until the mixture is golden and bubbling hot. Carefully remove the hot bowl from the microwave and stir in the mandarin juice. The mixture is really hot and bubbling, so watch out when handling it.

Add the mandarin segments and stir well. Serve immediately with vanilla yogurt and if to hand, with a piece of lemon loaf.

Quick Raspberry and Pineapple Dessert

Serves 4

Ingredients:

2 cups peach yogurt

1 ¼ cups of fresh raspberries

1 ½ cups canned pineapple chunks

Handful of chopped pistachio nuts

Instructions:

Arrange the peach yogurt in four small glass dishes. Top with raspberries and pineapples. Sprinkle with chopped pistachios and enjoy immediately.

Rhubarb Crumble

Ingredients:

About 8 cups rhubarb, chopped in ½ inch slices

1 ¼ cup quick oats

1 ¼ cup flour

1 cup white sugar

½ cup brown sugar

1 tsp cinnamon

½ tsp salt

1 cup butter, softened

Instructions:

Preheat oven to 375° Fahrenheit.

Arrange the rhubarb slices in a cake pan and sprinkle with 1 cup of white sugar.

In a bowl, add the flour and cut in the butter with a pastry blender or two knives. Add the oats, brown sugar, cinnamon and salt. Rub all ingredients together with your hands until the mixture resembles crumbs. Add the crumbly mixture on top of the rhubarb and spread lightly, but don't press down.

Bake in the oven for about 45 minutes. Remove from the oven and set aside for 30 minutes before cutting and serving.

Enjoy this crumble with good quality vanilla ice-cream.

Saucy Watermelon Quarters

Ingredients:

4 slices watermelon (3/4 inch thick) - Chilled
3 medium pears, peeled
1/3 cup sugar free apple juice
2 cups blackberries

Instructions:

Peel and slice pears into 4 pieces each, removing the cores. Pour the apple juice into blender and add pears. Blend until pureed.

Cut each watermelon slice into quarters. Remove the seeds and rind. Place watermelon quarters on large plate.

Drizzle pear sauce over the watermelon slices. Arrange the blackberries decoratively on top.

Serve cold.

Banana Cake

Ingredients:

1 ½ all-purpose flour
¾ cup brown sugar
1 tsp baking soda
1 tsp baking powder
3 eggs, lightly beaten
3 ripe bananas, mashed
2 tbsp butter
3 tbsp raisins
¼ tsp cinnamon
¼ tsp allspice
1.5 tsp walnuts, chopped
Pinch of Salt

Instructions:

Heat the oven to 350° F. Lightly grease and flour a loaf pan.

Sift the flour together with the baking soda and baking powder. Then add a pinch of salt and the spices. In a separate bowl, cream the butter and sugar. Slowly add the beaten egg. Add the flour to the butter/sugar mixture and alternate with the mashed bananas. Combine gently with a wooden spoon. Mix in the raisins and walnuts and gently stir.

Transfer the mixture into the loaf pan and bake for about 45 minutes or until a skewer inserted into the middle of the cake comes out clean.

Allow to cool slightly before taking it out of the pan and placing it onto a wire rack.

Strawberry Mousse with Dark Chocolate Shavings

Ingredients:

1 lb strawberries
1/2 cup granulated sugar
1/2 cup whipping cream
4 egg whites
2 tbsp lemon juice
Dark chocolate
Chopped pistachio

Instructions:

Place the strawberries in a food processor, together with the lemon juice and sugar. Puree until smooth.

In a mixing bowl, mix the whipping cream with an electric mixer until stiff. Add the pureed strawberries and mix gently.

Then mix the egg whites with a pinch of salt until stiff. Very carefully fold in the egg whites into the berry/cream mixture. Put the mousse into individual glass dishes and chill for at least 2 hours, until nice and firm.

Sprinkle with freshly grated dark chocolate and pistachio and enjoy!

Ice-Cream Pavlova

Ingredients:

4 egg whites
6 tbsp confectioner's sugar
4 tbsp superfine sugar
Whipped cream
Assortment of cut up fresh or frozen and thawed fruit
Softened ice-cream of your choice

Instructions:

Preheat the oven to very low and grease a baking tin.

Place egg whites in a clean mixing bowl. Whip until the whites are standing in 'stiff peaks'. (By hand this should take about 10 minutes).

Place one third of the egg whites on the well-greased baking tin and shape (for example a heart shape). Put the rest of the egg whites into an icing bag and build up the sides of the meringue to form a 'basket'.

Place the meringue in the very low temperature oven and leave there for a few hours (about 2 1/2-3 hours) until firm. Remove from the oven and allow to cool. Once cooled, place the meringue onto a serving plate and fill with the softened ice-cream of your choice, topped with fruit and whipped cream.

Pear Dessert

Ingredients:

2 cups water

¾ cup sugar

1 piece cinnamon stick (about 3")

2 tbsp lemon juice

4 firm pears

Sauce:

¼ cup cream (half-half)

½ cup sugar

1 oz unsweetened chocolate

2 tbsp butter

1 tsp almond extract

Instructions:

In a two quart microwave safe casserole dish, combine water, sugar, lemon juice and cinnamon. Microwave at HIGH (100% power) for 4 minutes, covered.

In the meantime, pare pears, cut thin slice off each bottom so that pear will stand up. Leave the stems on. Place pears in the casserole dish with hot syrup and microwave covered at HIGH for 10 minutes. Turn the pears after 5 minutes. Chill for at least 2 hours or overnight.

Sauce:

In a medium size bowl, combine cream and sugar. Microwave, uncovered, at HIGH for two minutes, After 1 minute, give it a quick stir. Add the chocolate and microwave for another 30 seconds. Stir until the chocolate has completely melted. Add almond extract and butter and stir until melted.

Spoon 2 tablespoons of chocolate sauce onto each dessert plate, top with a pear and pour another tablespoon of sauce on top.

Serve immediately

Strawberry Trifle Dessert

Ingredients:

2 pints fresh strawberries, hulled and halved
4 tbsp sugar
2 cups whipping cream, whipped
4oz cream cheese, softened at room temperature
1 good quality pound cake, shop-bought
½ cup seedless raspberry jelly, melted

Instructions:

Add 2 tbsp of sugar to the sliced strawberries and mix gently.

In a separate bowl, mix a further 2 tbsp of sugar into the softened cream cheese. Fold the whipped cream into the cream cheese mixture.

Cut the pound cake into 1/3inch thick slices and place them in a glass bowl. Spread the raspberry jelly on top. Layer with the strawberries and cream cheese mixture. Repeat layering – finish with a layer of the cream cheese.

Cooking & Food Info Resources

[**America's Favorite Restaurant Recipes**](#) - Like You Never Seen Before!
Now You Can Cook Dishes Like Pros! Superstar Chef Reveals Everything

[**Make Your Favorite Restaurant Dishes At Home!**](#) - Secret Recipes From Ny
Times Best Selling Author

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