

# Low-Fat Sweet Treat Ideas and Recipes

- Sorbet, popsicles, or fudgsicles.
- Chilled fruit like strawberries, grapes or pineapple.
- Cookies like fig newtons, vanilla wafers, or ginger snaps.
- Popcorn sprinkled with cinnamon.
- A cup of hot chocolate mixed with low-fat milk.
- Angel food cake topped with fruit.



**Lemon Meringue Cookies**

*Makes 20 cookies*

- 1/4 teaspoon cream of tartar
  - 2 room temperature egg whites
  - 3/4 cup powdered sugar
  - 1/2 teaspoon lemon zest
  - Pinch of salt
1. Preheat oven to 225. Line baking sheet with parchment paper.
  2. Combine egg whites, cream of tartar, and salt in a large, glass bowl. Using an electric mixer, beat on medium speed for 1 minute.
  3. Increase speed. Slowly add powdered sugar, 1 tablespoon at a time. Beat until stiff peaks form, about 5 minutes.
  4. Gently fold in lemon zest.
  5. Put mix into a large, gallon size plastic bag. Seal bag. Cut a 1/4 inch diagonal slit in the corner of the bag.
  6. Using the bag, pipe 1 inch round dollops onto baking sheet, spacing each one out.
  7. Bake for 1 hour.
  8. Turn off oven while baking sheet is still inside. Let meringues cool in oven for 1-2 hours.



**Fruit Parfait**

*Serves 4*

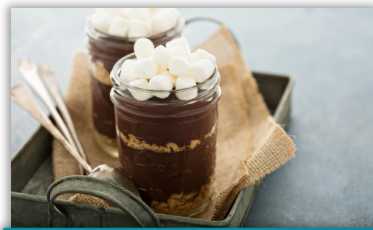
- 3 cups vanilla non-fat yogurt
  - 1 cup fresh or defrosted strawberries in juice
  - 1 pint fresh blackberries, raspberries, or blueberries
  - 1 cup low-fat granola
1. Layer 1/3 cup yogurt into bottoms of four tall glasses.
  2. Combine strawberries and juice with fresh berries.
  3. Alternate layers of fruit, yogurt and granola until each glass is full.



**Berry Smoothie**

*Makes 1 smoothie*

- 3/4 cup low-fat milk
  - 1/4 cup frozen blueberries
  - 1/4 cup frozen raspberries
  - 1/4 cup frozen strawberries
  - 1/2 banana
  - Splash of honey
  - 2-3 ice cubes
1. Add all ingredients to blender. Blend to desired consistency.
  2. If too thin, add more fruit, if too thick, add more milk.



**Smores Sundae**

*Serves 1*

- 1 single serving container low-fat chocolate pudding
  - 1 tablespoon of mini marshmallows
  - 1-2 graham crackers
1. Place pudding in a bowl.
  2. Crumble graham crackers over pudding.
  3. Top with marshmallows.

**Talk with your  
CHN nutritionist  
to get more recipe  
ideas and learn  
more!**