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.

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.

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.
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.

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

Healthcare for All. | 866.246.8259 | www.chnnyc.org