



**DELICIOUS,
FAT-BURNING
DESSERTS
UNDER 200 CALORIES**



Yogurt Parfait Pops

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Ingredients:

- SERVES 6
- 1 cup berries of your choice
- 4 tbsp Honey
- 1 1/2 cups Greek Yogurt, Plain, Non-fat
- 1/2 cup Milk, Skim
- 1/2 cup Lowfat Granola Cereal

Directions:

- Bring the berries and 2 tablespoons of the honey to a boil in a small pan over medium-high heat.
- Reduce heat and simmer for 10 minutes; let cool completely.
- Whisk yogurt, milk and remaining 2 tablespoons honey till smooth.
- Stir 1/4 cup into the granola.
- Layer the yogurt, berries and granola in your popsicle molds.
- Insert sticks and freeze overnight.
- To release the pops, hold molds briefly under hot water.



Cinnamon Oatmeal Cookies

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INGREDIENTS:

- 1 cup quick-cooking oats
- 1/2 cup old-fashioned oats
- 1/4 cup whole-wheat flour
- 3/4 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp kosher salt
- 1/4 cup (1/2 stick) butter, softened
- 1/3 cup granulated sugar
- 1 large egg
- 1 tsp pure vanilla extract
- 1/2 cup applesauce
- 1/2 cup dried cherries
- 1/3 cup chopped dark chocolate plus more for topping

DIRECTIONS:

- Preheat oven to 350° and line a large baking sheet with parchment paper. In a medium bowl, whisk together oats, flour, baking soda, cinnamon, and salt.
- In a large bowl using a hand mixer, cream together butter and sugar until light and fluffy. Beat in egg, vanilla, and applesauce until combined. Mix in flour mixture until just combined. Fold in dried cherries and chocolate.
- Using a large cooking scoop, arrange balls of dough on prepared baking sheet, 2 inches apart. Gently flatten each ball slightly. Top with more chocolate.
- Bake until golden around edges, about 12 minutes.

Skippy

Berry Parfait



Skinny

Berry

Parfait

INGREDIENTS

- 1 cup old-fashioned oats
- 1/2 cup almonds with skins, sliced
- 1/2 teaspoon cinnamon
- 3 tablespoons unrefined coconut oil
- 1 1/2 cups of fresh mixed berries
- 2 cups raspberry yogurt

DIRECTIONS

- Preheat oven to 350 degrees.
- In a medium bowl, combine oats, almonds and cinnamon. Stir in melted coconut oil to combine with other ingredients. Line a cookie sheet with parchment, spread oats evenly and bake approximately 20 minutes or until golden. Stir after 10 minutes. Allow to cool completely.
- You'll likely have leftover granola. This granola is a wonderful snack or topping. Try adding rasins or other dried fruit without added sweeteners.
- Alternate yogurt, granola and berries in parfait glasses.
- Choose other berries if you prefer.

FOOLPROOF RECIPE FOR A

CHEESECAKE SANDWICH



Cheesecake Sandwich

Ingredients:

- 1 tablespoon sugar
- 1/2 teaspoon grated lemon rind
- 2 ounces less-fat cream cheese, softened
- 1/2 cup raspberries¹
- 1/2 teaspoons sugar
- 1 teaspoon lemon juice
- 8 chocolate wafers

Directions:

- Whisk together 1 tablespoon sugar, lemon rind, and softened cream cheese.
- Combine raspberries, 1 1/2 teaspoons sugar, and lemon juice; mash.
- Spread cream mixture over 4 chocolate wafers.
- Top with berries and 4 more wafers





CRANBERRY
& ALMOND
CHOCOLATE BARK



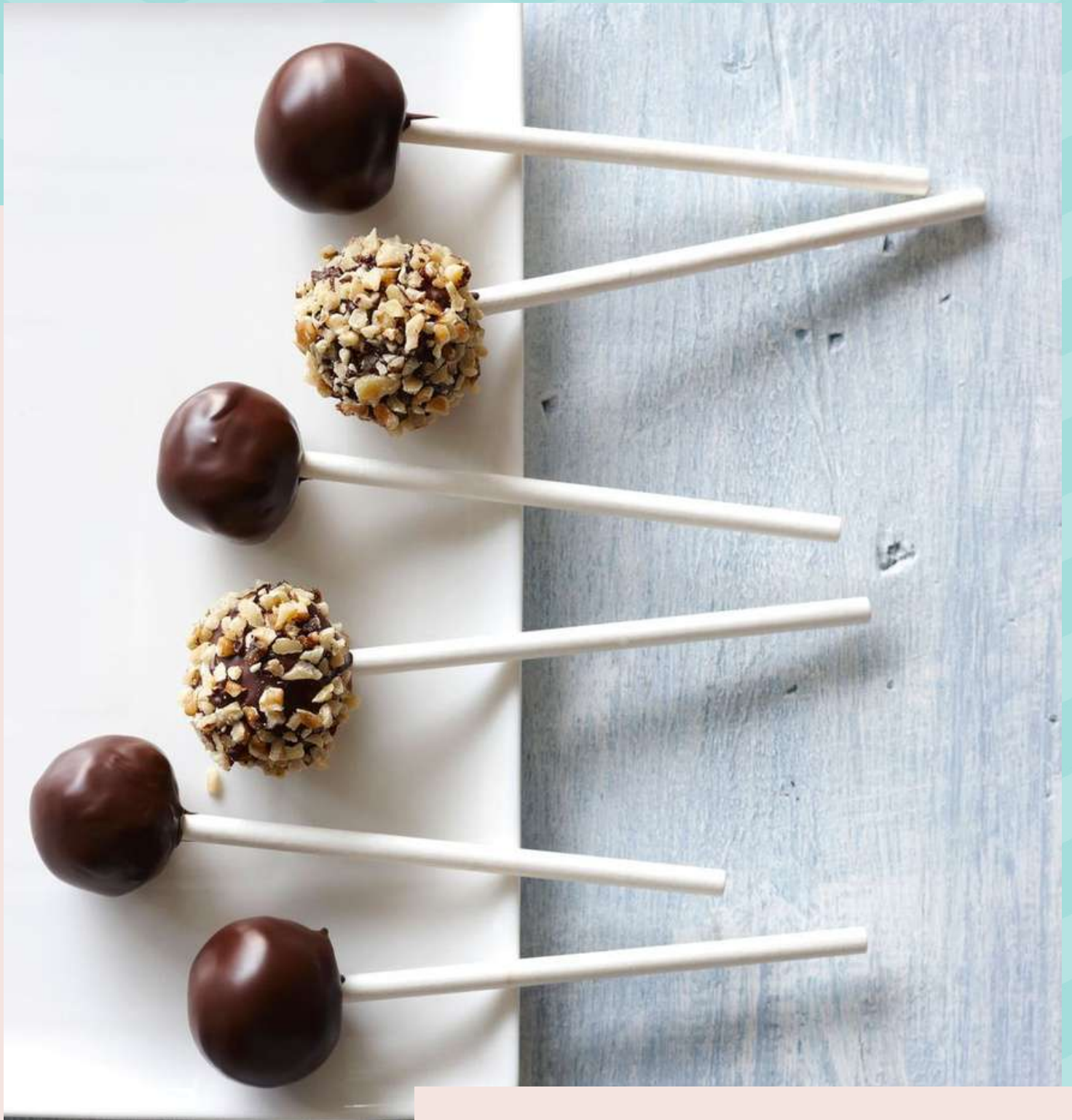
CRANBERRY & ALMOND CHOCOLATE BARK

INGREDIENTS

- 6 ounces semisweet chocolate, chopped
- 1/2 cup chopped almonds
- 1/3 cup chopped dried cranberries

DIRECTIONS

- Place chocolate in a medium microwave-safe bowl; microwave at HIGH 1 minute, stirring after 30 seconds.
- Spread chocolate in a foil-lined 9-inch square metal baking pan; sprinkle with almonds and cranberries.
- Chill 1 hour or until chocolate is set.
- Remove foil from chocolate; break into pieces.
- Store in an airtight container in refrigerator up to 2 weeks.



CHOCOLATE PEANUT BUTTER CAKE POPS



CHOCOLATE PEANUT BUTTER CAKE POPS

Ingredients:

- 2 cups crumbled chocolate cake*
- 4 oz cream cheese, softened
- 1/2 cup creamy peanut butter
- 2 tbsp powdered sugar
- 1/2 tsp vanilla extract
- 2 tbsp milk
- 6 oz bittersweet or semi-sweet chocolate, melted
- 1/4 cup salted peanuts, chopped
- 12 lollipop sticks
- Optional: foil mini-cupcake liners
- *You may use store-bought cake or follow the homemade recipe for all cake pops.
- Makes 10 - 12 cake pops

PREP TIME: 15 MIN

COOK TIME: 10 MIN

TOTAL TIME: 25 MIN

Directions:

- In a medium-sized bowl, beat together cream cheese, peanut butter, powdered sugar, vanilla extract and milk. With a plastic spatula, stir in crumbled chocolate cake and mix until incorporated.
- Use a tablespoon to scoop cake mixture, and your hands to roll into balls.
- Line baking sheet with parchment paper. Spear cake pops with lollipop sticks and arrange on sheet. Place in freezer for 15 minutes to chill.
- Meanwhile, in a medium-sized saucepot over low heat, melt chocolate, stirring constantly.
- Once chocolate is melted and smooth, remove cake pops from the freezer. Tilt the saucepot and gently spoon chocolate over each cake ball. Sprinkle with crushed peanuts and place on baking sheet. Place in freezer for 15 minutes to three hours.
- Serve slightly chilled in seasonally-colored mini cupcake liners.
- When stored in the refrigerator in an airtight container, cake pops will keep for up to one week.



Bourbon-Pecan Tassies



Bourbon-Pecan Tassies

Ingredients:

CRUST:

- Baking spray with flour
- 2 tablespoons canola oil
- 2 tablespoons butter, softened
- 1 tablespoon powdered sugar
- 1 tablespoon 1% low-fat milk
- 1 ounce less-fat cream cheese, softened
- 1/3 cup chopped toasted pecans
- 1 cup whole-grain rye flour
- 1/4 teaspoon kosher salt

FILLING:

- 1/3 cup packed brown sugar
- 1/3 cup pure maple syrup
- 2 tablespoons bourbon or rye whiskey
- 2 large eggs
- 1 tablespoon butter, melted
- 1/4 teaspoon kosher salt
- 2/3 cup chopped toasted pecans
- 1 ounce bittersweet chocolate, chopped

Directions:

- To prepare crust, preheat oven to 350°F.
- Generously coat a 24-cup mini muffin pan with baking spray. Beat oil, 2 tablespoons butter, powdered sugar, milk, and cream cheese with an electric mixer on medium speed until well combined. Process 1/3 cup pecans in a food processor until finely ground. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Add flour and 1/4 teaspoon salt to food processor; pulse 5 times. Add flour mixture to butter mixture; beat just until combined. (Mixture will be crumbly.) Knead in bowl until dough comes together, 3 to 4 times. Shape dough into 24 balls. Place balls in cups of prepared muffin pan; press dough into bottom and up sides of cups to form shells. Bake 5 minutes. Cool 10 minutes.
- To prepare filling, whisk together brown sugar, maple syrup, bourbon, eggs, 1 tablespoon butter, and 1/4 teaspoon salt in a large bowl. Stir in 2/3 cup pecans. Spoon about 1 tablespoon pecan mixture into each tart shell. Bake 18 minutes or until filling is puffed and browned. Cool 20 minutes in pan on a wire rack.
- Microwave chocolate in a microwave-safe bowl at HIGH until chocolate melts, about 45 seconds, stirring every 15 seconds. Run an offset spatula around edges of tarts to loosen; remove tarts from pan. Drizzle chocolate evenly over each tart.



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for choosing
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