

Chex Cherry Almond Crunch

Yield: Makes 28 Servings (1/2 cup each)

- Ingredients:**
- 4 ½ cups Honey Nut Chex cereal
 - 4 ½ cups Rice Chex cereal
 - 2 cups whole almonds
 - ¼ cup packed brown sugar
 - ¼ cup margarine spread
 - ¼ cup honey
 - 1 cup dried cherries



Directions:

In a large microwavable bowl, mix cereal and almonds. In a 2-cup microwavable measuring cup, microwave brown sugar, margarine spread, and honey uncovered on High about 1 ½ minutes, stirring after 1 minute, until mixture comes to a boil. Stir margarine mixture. Pour over cereal mixture; stir until evenly coated. Microwave uncovered on High 4 minutes, stirring every minute.

Stir in cherries. Microwave an additional 3 minutes, stirring every minute. Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Information Per Serving:

| Calories | Fat | Sat. Fat | Trans Fat | Sodium | Carb. | Fiber | Protein |
|----------|------|----------|-----------|---------|-------|-------|---------|
| 145 | 5 g. | 1.5 g. | 0 g. | 108 mg. | 22 g. | 1 g. | 2 g. |

Cherry Almond Chocolate Cluster

Yield: 12 Servings (1 cluster each)

Recipe from Healthy Living With Ellie Krieger



- Ingredients:**
- 1 cup toasted almonds, coarsely chopped
 - 1/2 cup dried cherries, coarsely chopped
 - 6 ounces dark chocolate, finely chopped

Directions:

In a medium bowl, toss together the almonds and the cherries. Line a baking sheet with waxed paper. Melt the chocolate in the microwave for 1-2 minutes in a microwave safe bowl. Stir the chocolate and reheat if needed. Stir the fruit-nut mixture into the chocolate. Spoon out heaping tablespoon-sized clusters of the

chocolate mixture onto the baking sheet about 1-inch apart. Put them in the refrigerator to set for 15 minutes. Store and serve at room temperature.

Nutrition Information Per Serving:

| Calories | Fat | Sat. Fat | Trans Fat | Sodium | Carb. | Fiber |
|----------|-------|----------|-----------|--------|-------|--------|
| 155 | 10 g. | 3 g. | 0 g. | 5 mg | 15 g. | 2.5 g. |

Chocolate Fondue

Yield: 1 cup. 1 serving = 1 tablespoon

Recipe from Deceptively Delicious Cookbook

Ingredients:

- 1 tablespoon trans fat free soft tub margarine spread
- 1/2 cup avocado puree (1 average avocado)
- 1/4 cup carrot puree
- 1 cup powdered sugar
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon vanilla
- Sliced fruits, whole berries, cherries for dipping

Directions:

Melt the margarine spread over low heat in a medium saucepan. Add the avocado and carrot purees, sugar, cocoa powder, and vanilla. Whisk well until smooth. Serve warm with fruit.

Nutrition Information Per Serving:

| Calories | Fat | Sat. Fat | Sodium | Carb. | Fiber |
|----------|------|----------|--------|-------|-------|
| 57 | 2 g. | .5 g. | 7 mg. | 10 g. | 2 g. |

Chocolava Cookies

Yield: 2 dozen cookies (1 cookie = serving)
Recipe from Prevention Magazine

Ingredients:

| | | |
|----------------------------|--------------------------|----------------------------|
| 1 1/3 cups flour | 1/2 cup cocoa powder | 3 large egg whites, beaten |
| 1 cup sugar | 1 teaspoon baking powder | 1 teaspoon vanilla |
| 1/3 cup packed brown sugar | 1/4 cup canola oil | powdered sugar |



Directions:

Combine dry ingredients. Stir in oil until mixture is combined and crumbly. Add egg whites and vanilla. Stir just until dough comes together. Shape into 1 1/2 inch balls and roll in powdered sugar to coat. Place on greased baking sheet.

Bake at 350 degrees for 12-14 minutes until set around the edges, but still soft in the middle.

Nutrition Information Per Serving:

| Calories | Fat | Sat. Fat | Trans Fat | Sodium | Carb. | Fiber | Protein |
|----------|------|----------|-----------|--------|-------|-------|---------|
| 92 | 2 g. | 0 g. | 0 g. | 26 g. | 17 g. | | |

Hot Chocolate Mix

Yield: 16 (1/4 cup mix = 8oz serving)



Ingredients:

| | |
|----------------------------------|---------------------------------|
| 3/4 cup Splenda | 1 teaspoon instant decaf coffee |
| 3/4 cup powdered sugar | 1 teaspoon ground cinnamon |
| 3/4 cup unsweetened cocoa powder | 1 teaspoon ground nutmeg |

Directions:

In a large bowl, combine all ingredients. Store in air tight container. To serve - add 1/4 cup mix to 8 oz of hot water.

Nutrition Information Per Serving:

| Calories | Fat | Sat. Fat | Trans Fat | Sodium | Carb. | Fiber | Protein |
|----------|-------|----------|-----------|--------|-------|-------|---------|
| 92 | .6 g. | .4 g. | 0 g. | 81 g. | 17 g. | 1 g. | 6 g. |

Chocolate-Almond Mini Cheesecakes

Yield: 48 Servings

Ingredients:

| | |
|----------------------------------|--|
| 8 oz light cream cheese | 2 Tbsp water |
| 1 cup sugar | 1 tsp almond extract or peppermint extract |
| 1 1/2 cups nonfat cottage cheese | 1 tsp vanilla |
| 6 Tbsp unsweetened cocoa powder | 1 egg |
| 1/4 cup all-purpose flour | 4 tsp mini chocolate chips |
| 2 Tbsp light corn syrup | |

Directions:

Preheat oven to 350 degrees. Line mini muffin tins with mini muffin/cupcake liners. Position knife blade in a food processor bowl. Add first nine ingredients into food processor, blending until smooth.

Add the egg and process just until blended. Add mixture to muffin tins, about 1 Tbsp per muffin.

Sprinkle chocolate chips on top. Bake about 10-12 minutes just until set. Cool completely on a wire rack. Cover and chill for at least an hour.

Nutrition Information Per Serving:

| Calories | Fat | Sat. Fat | Trans Fat | Sodium | Carb. | Fiber |
|----------|------|----------|-----------|--------|-------|-------|
| 40 | 1 g. | .7 g. | 0 g. | 16 mg. | 6 g. | .3 g. |

Mini Pumpkin Cheesecakes

Yield: 48 mini cheesecakes (1 cake = 1 serving)

Ingredients:

- 1/2 cup Ginger wafer cookie crumbs (10-12 wafers)
- 2 8-ounce blocks of fat-free cream cheese, softened
- 1/2 cup canned pumpkin
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs



Pour pumpkin cream cheese mixture on to ginger cookie crumb base. If you have a little left over, pour it into a ramekin to cook alongside the cheesecakes.

Bake cheesecakes for 40 minutes until just set.

Directions:

Preheat oven to 350 degrees.
 Line mini muffin tins with mini muffin/cupcake liners.
 Sprinkle cookie crumbs on bottom of each mini muffin.
 Spray briefly with cooking spray and press crumbs down.
 Cook base for 10 minutes, then remove from oven.
 Place cream cheese, pumpkin, spices, vanilla and sugar in a large mixing bowl. With an electric mixer, beat on medium until thoroughly blended.
 Add eggs and beat on low until blended.

Nutrition Information Per Serving:

| Calories | Fat | Sat. Fat | Trans Fat | Sodium | Carb. | Fiber |
|----------|-------|----------|-----------|--------|-------|-------|
| 33 | .5 g. | 0 g. | 0 g. | 76 mg. | 5 g. | 2 g. |

Sugar Free Spiced Tea Mix



Ingredients:

- 1 jar (3.3 oz) sugar free, caffeine free, iced tea mix with lemon
- 2 packages (1.8 oz) sugar free orange breakfast drink mix (such as Tang)
- 1 tablespoon plus 1 teaspoon ground cinnamon
- 2 teaspoons ground cloves

Directions:

Combine all ingredients. Store in an airtight container, or package into 3 (1 cup) gift jars or bags.
 To serve hot, stir 1 1/2 teaspoon of mixture into 1 cup hot water.

Nutrition Information Per 1-cup Serving:

| Calories | Fat | Sat. Fat | Trans Fat | Sodium | Carb. | Fiber | Protein |
|----------|------|----------|-----------|--------|-------|-------|---------|
| 3 | 0 g. | 0 g. | 0 g. | 1 mg. | 17 g. | 0 g. | 0 g. |