

## Honey Oatmeal Chewy Bars

1/2 cup butter (don't sub margarine)  
1/2 cup honey  
1/2 cup sugar  
1 egg  
1 teaspoon vanilla  
2/3 cup flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1 cup quick-cooking rolled oats  
1 cup flaked coconut  
1/2 cup chopped almonds

18-24 bars  
25 minutes 5 mins prep

Preheat oven to 350. Cream butter, honey and sugar until light and fluffy.  
Add egg and vanilla. Mix together dry ingredients. Slowly add to creamed mixture.  
Stir in oatmeal, coconut and nuts. Spread into greased 13x9 pan. Bake 20-25 minutes in 350 degree oven. Cool and cut into bars. Store airtight with a piece of fresh bread to keep them soft.

Nutrition Information: Calories 176 Calories from Fat 81 (46%) Amount Per Serving  
%DV Total Fat 9.1g 13% Saturated Fat 4.7g 23% Polyunsat. Fat 0.9g Monounsat. Fat 2.9g Trans Fat 0.0g Cholesterol 25mg 8% Sodium 106mg 4% Potassium 72mg 2%  
Total Carbohydrate 22.6g 7% Dietary Fiber 1.2g 4% Sugars 15.4g Protein 2.6g 5%

Source: <http://www.recipezaar.com>

## Mini Cheese Cakes

Graham cracker crumbs, for sprinkling  
1 cup light cream cheese, softened  
2 tablespoons cocoa powder  
3/4 cup sugar  
1/2 teaspoon vanilla  
1 egg

12 servings  
27 minutes 15 mins prep

Preheat oven to 300°F. Line 6 medium muffin cups with foil liners; grease the foil cups and sprinkle the base of each cup with 1 tsp cracker crumbs. In a blender or food processor, process remaining ingredients except egg until smooth. Gently blend in egg and mix until just combined. Divide batter among prepared muffin cups. Bake in preheated oven for about 12 minutes or until edges are just set. Turn off oven and leave the cakes in oven for 1 hour. Remove from oven and cool to room temperature. Chill for at least 4 hours before serving.

Nutrition Information: Calories 106 Calories from Fat 44 (42%) Amount Per Serving  
%DV Total Fat 5.0g 7% Saturated Fat 3.0g 14% Polyunsat. Fat 0.2g Monounsat. Fat  
1.5g Trans Fat 0.0g Cholesterol 31mg 10% Sodium 81mg 3% Potassium 41mg 1%  
Total Carbohydrate 13.6g 4% Dietary Fiber 0.3g 1% Sugars 12.6g Protein 2.6g 5%

Source: <http://www.recipezaar.com>

## Oreo Brownies

1/2 cup unsalted butter, softened  
1 1/4 cups sugar  
3 large eggs  
5 ounces unsweetened chocolate, melted  
2 teaspoons pure vanilla extract  
1/2 cup all-purpose flour  
12 Oreo cookies, coarsely chopped

24 servings  
1 hour 15 mins prep

Heat oven to 325°F degrees. Line a 9- or 10-inch square baking pan with aluminum foil and lightly oil the foil. Beat butter and sugar in large bowl of electric mixer until light and fluffy, about 2 minutes. Add eggs, one at a time, mixing well after each addition. Mix in melted chocolate and vanilla. Add flour and mix in on low speed. With a rubber spatula, fold in cookies. Transfer batter to prepared pan; spread into an even layer with a rubber spatula. Bake until a toothpick inserted in the center comes out clean, 40 to 45 minutes. Cool on wire rack before cutting into squares.

Nutrition Information: Calories 146 Calories from Fat 76 (52%) Amount Per Serving  
%DV Total Fat 8.5g 13% Saturated Fat 4.7g 23% Polyunsat. Fat 0.4g Monounsat. Fat  
2.7g Trans Fat 0.3g Cholesterol 36mg 12% Sodium 34mg 1% Potassium 71mg 2%  
Total Carbohydrate 17.8g 5% Dietary Fiber 1.2g 4% Sugars 12.6g Protein 2.1g 4%

Source: <http://www.recipezaar.com>

## Healthy Peanut Butter Cookies

1 cup peanut butter  
1 1/3 cups baking sugar substitute  
1 egg  
1 teaspoon vanilla extract

18 servings 12 cookies  
33 minutes 15 mins prep

Preheat the oven to 350 degrees F. Grease a large baking sheet. In a mixing bowl, combine the peanut butter, 1 cup sugar replacement, the egg, and vanilla, and stir well with a spoon. Roll the dough into balls the size of walnuts. Place the balls on the prepared baking sheet. With a fork, dipped in sugar replacement to prevent sticking, press a crisscross design on each cookie. Bake for 12 minutes, remove from the oven, and sprinkle the cookies with some of the remaining sugar replacement. Cool slightly before removing from pan.

Nutrition Information: Calories 134 Calories from Fat 67 (50%) Amount Per Serving  
%DV Total Fat 7.5g 11% Saturated Fat 1.6g 7% Polyunsat. Fat 2.0g Monounsat. Fat  
3.5g Trans Fat 0.0g Cholesterol 11mg 3% Sodium 69mg 2% Potassium 97mg 2%  
Total Carbohydrate 13.9g 4% Dietary Fiber 0.9g 3% Sugars 11.4g Protein 4.2g 8%

Source: <http://www.recipezaar.com>

## Chocolate Pie

3 tablespoons peanut butter  
2 tablespoons honey  
2 cups toasted rice cereal  
2 cups milk (skim or low fat)  
1 (1 1/2 ounce) package sugar-free instant chocolate pudding mix

8 servings  
2 hours 15 minutes 15 mins prep

Coat a pie plate with nonstick spray. In a saucepan, warm the peanut butter and honey over low heat until the peanut butter has melted. Remove the pan from the heat and stir in the cereal. Press the cereal mixture into the bottom and up the side of the pie plate. Freeze for 1 hour. Prepare the instant pudding according to the package directions. Immediately pour the pudding into the prepared piecrust. Refrigerate for at least 1 hour before serving.

Nutrition Information: Calories 132 Calories from Fat 49 (37%) Amount Per Serving  
%DV Total Fat 5.5g 8% Saturated Fat 2.1g 10% Polyunsat. Fat 0.9g Monounsat. Fat 2.1g Trans Fat 0.0g Cholesterol 8mg 2% Sodium 264mg 11% Potassium 200mg 5%  
Total Carbohydrate 18.3g 6% Dietary Fiber 0.8g 3% Sugars 5.4g Protein 4.3g 8%

Source: <http://www.recipezaar.com>

## Strawberry Yogurt Freeze

16 ounces non-fat strawberry yogurt  
1 pint strawberries, hulled  
1 teaspoon orange peel, grated (optional)

4 servings 3 cups Change size or US/metric  
Change to: cups US Metric

3 hours 10 minutes 10 mins prep

Spoon the yogurt into an ice cube tray and place in the freezer until the yogurt is frozen, 3 to 4 hours. Remove the yogurt cubes from the tray, place them in a food processor, and finely chop them. Add the strawberries and orange peel, if desired. Process just until smooth. Serve immediately, or place in the freezer and stir occasionally until firm enough to scoop, 1 to 2 hours.

Nutrition Information: Calories 90 Calories from Fat 4 (4%) Amount Per Serving %DV  
Total Fat 0.5g 0% Saturated Fat 0.1g 0% Polyunsat. Fat 0.1g Monounsat. Fat 0.0g  
Trans Fat 0.0g Cholesterol 5mg 1% Sodium 51mg 2% Potassium 302mg 8% Total  
Carbohydrate 18.1g 6% Dietary Fiber 1.8g 7% Sugars 12.9g Protein 4.5g 8%

Source: <http://www.recipezaar.com>

## **Crispy Rice Bars Dipped in Chocolate and Lavished With Caramel**

4 tablespoons unsalted butter (1/2 stick)  
40 big marshmallows cut into quarters  
6 cups Rice Krispies  
2 cups semi-sweet chocolate chips (1 12-ounce package)  
3 tablespoons water  
25 caramel candies, unwrapped  
2 tablespoons cream (or milk)

24 bars  
30 minutes 20 mins prep

Butter a 9- x 13-inch pan. Melt butter in a large saucepan over low heat. Add marshmallows, and cook, stirring, until melted and smooth. Remove from heat. Add cereal and half the chocolate chips, stirring gently to coat. Press the sticky mixture into the prepared pan. Cool completely. Cut the rice mixture into 24 bars. In a double boiler over barely simmering water, melt remaining 1 cup chocolate chips with 3 tablespoons water. Stir until smooth. Dip the top of each square into melted chocolate. Set plain side down, on waxed paper-lined cookie sheet to cool. Melt the caramels and mix with 2 tablespoons cream (or milk). When bars are cool, drizzle caramel over the bars. Chill.

Nutrition Information: Calories 193 Calories from Fat 67 (34%) Amount Per Serving  
%DV Total Fat 7.5g 11% Saturated Fat 4.2g 21% Polyunsat. Fat 0.6g Monounsat. Fat  
2.2g Trans Fat 0.0g Cholesterol 7mg 2% Sodium 104mg 4% Potassium 83mg 2%  
Total Carbohydrate 32.7g 10% Dietary Fiber 0.9g 3% Sugars 22.1g Protein 1.8g 3%  
Source: <http://www.recipezaar.com>

## College Student Icebox Sandwiches

1 (3 1/2 ounce) package vanilla instant pudding mix  
2 cups cold milk  
2 cups whipped topping  
1 cup miniature semisweet chocolate chips  
48 graham cracker squares

24 servings  
1 hour 15 minutes 15 mins prep

Mix pudding and milk according to package directions and refrigerate until set. Fold in whipped topping and chocolate chips. Place 24 graham crackers on a baking sheet; top each with about 3 tablespoons filling. Place another graham cracker on top. Freeze for 1 hour or until firm. Wrap individually in plastic wrap; freeze for 1 hour or until firm. Serve sandwiches frozen.

Nutrition Information: Calories 193 Calories from Fat 61 (31%) Amount Per Serving  
%DV Total Fat 6.9g 10% Saturated Fat 2.9g 14% Polyunsat. Fat 1.2g Monounsat. Fat  
2.4g Trans Fat 0.0g Cholesterol 6mg 2% Sodium 244mg 10% Potassium 102mg 2%  
Total Carbohydrate 31.3g 10% Dietary Fiber 1.2g 4% Sugars 16.8g Protein 3.1g 6%

Source: <http://www.recipezaar.com>

## Low Fat Carrot Cake Muffin Cookies

1 1/4 cups whole-wheat flour  
1 cup quick-cooking oats  
3/4 cup carrots, grated  
1-2 teaspoon cinnamon  
1 teaspoon baking soda  
1/2 cup unsweetened applesauce  
1/3 cup raisins  
1/4 cup artificial sweetener (you can use honey if you like, just adjust the points for it.)  
1/4-1/3 cup water (if you dough is still too dry, just keep adding water one tablespoon at a time until it is stiff, ye)

32 servings

23 minutes 5 mins prep

Mix all the dry ingredients together first. Add in the carrots, applesauce, water, an raisins. Spray cookie sheets with non stick, butter flavored cooking spray and drop by heaping teaspoonfuls onto the cookies sheets 1 1/2 inches apart from one another. Make sure to flatten the cookies slightly because they will not really "spread out" at all. Bake at 275 degrees (yes, thats right -- 275!)for 18 minute DO NOT OVER BAKE. Let rest for a minute or two on the sheets before removing. Store in an air tight container and enjoy!

Nutrition Information: Calories 37 Calories from Fat 2 (6%) Amount Per Serving %DV  
Total Fat 0.3g 0% Saturated Fat 0.0g 0% Polyunsat. Fat 0.1g Monounsat. Fat 0.1g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 41mg 1% Potassium 50mg 1% Total  
Carbohydrate 8.2g 2% Dietary Fiber 1.0g 4% Sugars 2.1g Protein 1.2g 2%

Source: <http://www.recipezaar.com>

## Pecan Squares

1/2 cup all-purpose flour  
1/8 cup powdered sugar  
1/4 cup cold butter or margarine, cut up  
1/4 (14 ounce) can sweetened condensed milk  
1/4 large egg  
1/4 teaspoon vanilla extract  
1/4 (7 1/2 ounce) package almond brickle chips  
1/4 cup chopped pecans

1 dozen  
50 minutes 10 mins prep

Combine flour and powdered sugar in a medium bowl. Cut in butter with a pastry blender until crumbly. Press mixture evenly into a greased 13x9 inch pan. Bake at 350 for 15 minutes. Combine condensed milk and remaining 4 ingredients; pour over crust. Bake at 350 for 25 minutes or until golden. Cool; cut into squares.

Nutrition Information: **calculated for 1 dozen.** Calories 1502 Calories from Fat 830 (55%) Amount Per Serving %DV Total Fat 92.3g 141% Saturated Fat 45.1g 225% Polyunsat. Fat 9.7g Monounsat. Fat 30.7g Trans Fat 0.0g Cholesterol 218mg 72% Sodium 602mg 25% Potassium 690mg 19% Total Carbohydrate 154.4g 51% Dietary Fiber 5.4g 21% Sugars 102.1g Protein 21.0g 41%

Source: <http://www.recipezaar.com>

## Raspberry Pastry Roll-Ups

1 refrigerated pie crust (rolled kind work best)

4 tablespoons raspberry jam

Powdered sugar

8 servings

28 minutes 8 mins prep

Unroll piecrust onto countertop. Spread 4 tablespoons jam over piecrust leaving a 1/2 inch border at the dough's edge. Using a pastry wheel or pizza cutter, piecrust into 16 wedges. Starting at outer edge of pastry, roll wedges into crescents. Place on parchment-lined baking sheet and bake for 15-20 minutes at 375\*. Or until lightly browned. Sprinkle with powdered sugar if desired. Because of the nature of jam or jelly the filling will ooze out a little bit while baking, but this shouldn't affect the taste or presentation of the pastry.

Nutrition Information: Calories 108 Calories from Fat 46 (42%) Amount Per Serving  
%DV Total Fat 5.2g 7% Saturated Fat 1.7g 8% Polyunsat. Fat 0.6g Monounsat. Fat  
2.5g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 105mg 4% Potassium 25mg 0%  
Total Carbohydrate 14.7g 4% Dietary Fiber 0.3g 1% Sugars 5.5g Protein 0.7g 1%

Source: <http://www.recipezaar.com>

## Banana Cake

1 1/2 cups sugar  
1 cup chopped pecans  
1/2 cup butter  
3 medium bananas  
2 eggs  
1 teaspoon baking soda  
2 cups flour  
1 teaspoon vanilla  
1 pinch salt  
1/2 cup milk  
2 teaspoons baking powder

18 squares  
50 minutes 15 mins prep

Cream oleo & sugar, add eggs and beat well. Sift flour with salt & baking powder and add alternately with the milk and vanilla to the creamed mixture of sugar and egg & oleo. Mash the bananas and add the soda. Add to above mixture. Bake in a 9 X 13 baking pan which has been greased. 325 to 350 degrees for 35 to 40 minutes or until lightly brown.

Nutrition Information: Calories 233 Calories from Fat 94 (40%) Amount Per Serving  
%DV Total Fat 10.5g 16% Saturated Fat 4.0g 19% Polyunsat. Fat 1.7g Monounsat. Fat  
4.1g Trans Fat 0.0g Cholesterol 38mg 12% Sodium 166mg 6% Potassium 129mg 3%  
Total Carbohydrate 33.1g 11% Dietary Fiber 1.5g 5% Sugars 19.4g Protein 3.2g 6%

Source: <http://www.recipezaar.com>

## Strawberry Sorbet

2 pints baskets strawberries (about 4 cups)  
3/4 cup water  
3/4 cup sugar  
3 drops lemon juice (optional) or kirsch (optional)

4-6 servings  
15 minutes 15 mins prep

Rinse, dry and hull the strawberries. Puree them with the water and sugar. Taste and adjust the flavor with a few drops of lemon or kirsch if needed. Freeze according to the instructions for your ice cream maker.

Nutrition Information: Calories 202 Calories from Fat 4 (2%) Amount Per Serving %DV  
Total Fat 0.5g 0% Saturated Fat 0.0g 0% Polyunsat. Fat 0.3g Monounsat. Fat 0.1g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 2mg 0% Potassium 273mg 7% Total  
Carbohydrate 51.2g 17% Dietary Fiber 3.6g 14% Sugars 45.8g Protein 1.2g 2%

Source: <http://www.recipezaar.com>

## Warm Pistachio Raspberry Cake

1/2 cup unsalted shelled pistachios  
3/4 cup sugar  
1/4 teaspoon salt  
4 tablespoons unsalted butter, softened  
1 teaspoon vanilla extract  
2 large eggs  
1/2 cup all-purpose flour  
1 cup fresh raspberries

6 servings  
30 minutes 5 mins prep

Spray six ramekins with cooking spray. Combine the nuts, sugar and salt in a food processor; grind finely. Add in the butter, vanilla and eggs. Process until smooth. Add in the flour and pulse just until it's moistened and combined with other ingredients. Do not over mix. Divide the batter among the six ramekins. Sprinkle with raspberries and place on a rimmed baking sheet. Bake at 400 degrees for about 20-25 minutes. The cakes should be firm and pulling away from the sides of the ramekins. These may be served warm or at room temperature.

Nutrition Information: Calories 298 Calories from Fat 128 (43%) Amount Per Serving  
%DV Total Fat 14.3g 21% Saturated Fat 6.0g 29% Polyunsat. Fat 2.1g Monounsat. Fat  
5.1g Trans Fat 0.0g Cholesterol 90mg 30% Sodium 122mg 5% Potassium 175mg 5%  
Total Carbohydrate 38.5g 12% Dietary Fiber 2.7g 10% Sugars 26.9g Protein 5.7g 11%

Source: <http://www.recipezaar.com>