

Desserts

Ambrosia (serves 6 at ¾ cup [180 ml] each)



servings: 1½ fruit, ½ nut/seed

184 calories, 35 carbohydrates, 3 g protein, 5 g fat per serving

- > 1 cup (240 ml) chopped apples OR pears
- > 1 cup (240 ml) orange sections, chopped
- > 1 cup (240 ml) pineapple chunks
- > 1 cup (240 ml) sliced strawberries
- > 1 cup (240 ml) grapes, halved if large
- > 1 cup (240 ml) diced mango
- > 1 Tbsp. (15 ml) arrowroot OR cornstarch
- > 6 Tbsp. (90 ml) lemon juice
- > 3 Tbsp. (45 ml) agave nectar
- > 3 Tbsp. (45 ml) orange juice
- > 2/3 cup (160 ml) soft tofu
- > 1 Tbsp. (15 ml) grated orange rind
- > ½ cup (120 ml) grated unsweetened coconut

Toss the fruit in a large serving bowl and refrigerate, covered. Combine arrowroot with lemon juice in a medium saucepan. Stir until smooth. Heat over low heat, adding the agave and orange juice. Cook for about 7 minutes, stirring constantly, until it thickens. Remove from heat and allow to cool, then stir in orange rind. Puree tofu in a blender and add to cooled juice mixture. Chill for 1-2 hours. Pour dressing over fruit just prior to serving and garnish with grated coconut.

Baked Apple (serves 1)



serving: 1 fruit

104 calories, 28 g carbohydrates, 0 g protein, 0 g fat per serving

- > 1 apple
- > 2 Tbsp. (30 ml) water
- > 1 tsp. (5 ml) brown rice syrup
- > Cinnamon

Core apple and peel top third only. Blend water with brown rice syrup and drizzle into center and over the apple. Sprinkle with cinnamon. Bake at 350° F (180° C) for 20 minutes or until tender.

Berry Freeze (serves 4)



servings: 1/3 protein, 1 fruit

127 calories, 14 g carbohydrates, 6 g protein, 6 g fat per serving

- > 1 lb. (454 g) frozen strawberries, slightly thawed OR 1 pt. (454 g) fresh berries, frozen slightly
- > ¾ cup (180 ml) part-skim ricotta
- > 3 Tbsp. (45 ml) all-fruit strawberry jam
- > Fresh strawberries for garnish (optional)

Blend slightly frozen berries in food processor. Slowly add ricotta and then jam, blending all the while. Serve immediately, garnished with a fresh strawberry, if desired.

Blackberry Dessert Sauce (serves 6 at ~¼ cup [52 g] each)



servings: ½ fruit

31 calories, 7 g carbohydrates, 0.5 g protein, 0.2 g fat per serving

- > 2 cups (454 g) fresh blackberries, gently washed
- > 1 Tbsp. (15 ml) agave nectar or stevia to taste
- > 1 tsp. (5 ml) lemon juice

Put berries and sweetener of choice into a heavy pot. Cook and stir over very low heat, until berries soften. Add lemon juice and continue to cook until berries have softened into the right consistency. Cool and drizzle over your favorite fruit — peaches, mangos, pears, apples, etc.

Carob & Pumpkin Seed Bars (serves 16)



servings: 1 nut/seed, ½ fruit

140 calories, 10 g carbohydrates, 7 g protein, 10 g fat per serving

- > 2 eggs, separated
- > ½ cup (120 ml) apple juice concentrate
- > 1 tsp. (5 ml) vanilla extract
- > ¼ tsp. (1 ml) ascorbic acid (vitamin C) crystals (purchase in health food store)
- > 3½ Tbsp. (52 g) carob powder, sifted NOT packed
- > 1/8 tsp. (0.5 ml) salt
- > 1 cup (224 g) pumpkin seeds, ground into meal in food processor
- > ¾ cup (168 g) walnuts or pecans, coarsely chopped
- > Olive oil spray

Oil an 8" x 8" (20 x 20 cm) square pan. Cut a square of wax paper to fit bottom, lay it in place and oil it. Put egg whites in a separate bowl from yolks and set aside. Put yolks in a medium bowl and add salt, vanilla, and ascorbic acid crystals. Whisk a few minutes until light. Gradually add juice, then carob powder, while continuing to whisk. Using a spoon, stir in seed meal and nuts for 1 minute. Preheat oven to 350° F (180° C). Beat egg whites with a mixer for 1 minute on low, then 1 minute on medium, then 2 minutes on high, until stiff and shiny. Spoon ¼ of the whites into the batter and stir until white disappears. Fold remaining whites carefully into batter with a rubber spatula, until all white is gone. Scrape batter into prepared pan and bake for 20 minutes, or until top springs back when touched lightly. Use a knife to loosen the edges then turn out onto a cooling rack. Peel off wax paper before continuing to cool. Cut into squares when cool.

TIPS:

- These bars will look like a brownie, but will have a different taste since this is a no-flour dessert.
- They are delightful for those who haven't had dessert in a while.