



You won't believe rich Chocolate Fudge Pie is lightened.

Oatmeal, Chocolate Chip, and Pecan Cookies

MAKES 3 DOZEN HANDS-ON TIME: 20 MIN.
TOTAL TIME: 1 HR., 26 MIN.

The mini-morsels disperse better in the batter, but you can use regular chocolate chips too.

- ¼ cup chopped pecans
- 1¼ cups all-purpose flour
- 1 cup uncooked regular oats
- ½ tsp. salt
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ¾ cup granulated sugar
- ½ cup firmly packed brown sugar
- ½ cup butter, softened
- 1½ tsp. vanilla extract
- 1 large egg
- ⅓ cup semisweet chocolate mini-morsels
- Parchment paper

1. Preheat oven to 350°. Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
2. Whisk together flour and next 4 ingredients. Beat sugars and butter at medium speed with an electric mixer until well blended. Add vanilla and egg, beating until blended. Gradually add flour mixture, beating at low speed just until combined. Stir in toasted pecans and mini-morsels.
3. Drop dough by tablespoonfuls 2 inches apart onto parchment paper-lined baking sheets.
4. Bake at 350° for 12 minutes or until edges of cookies are lightly browned. Cool on baking sheets 2 minutes. Transfer to wire racks, and cool completely (about 20 minutes).

PER COOKIE: CALORIES 83; FAT 3G (SAT 1.5G, MONO 1G, POLY 0.4G); PROTEIN 1.1G; CARB 13.2G; FIBER 0.5G; CHOL 9.5MG; IRON 0.5MG; SODIUM 62MG; CALC 12MG.

TRY THIS TWIST!
Reduced-Sugar Oatmeal, Chocolate Chip, and Pecan Cookies: Substitute granular sweetener for granulated sugar and brown sugar sweetener for brown sugar. (TURN THE PAGE)

Guilt-Free Desserts

No need to deprive yourself. These yummy sweets are full of flavor without all the calories.

BY SHANNON SLITER SATTERWHITE, M.S., R.D.

Chocolate Fudge Pie

MAKES 10 SERVINGS HANDS-ON TIME: 20 MIN. TOTAL TIME: 4 HR., 50 MIN.

- ½ (15-oz.) package refrigerated piecrusts
- 6 oz. unsweetened chocolate baking squares, chopped
- 1 (14-oz.) can fat-free sweetened condensed milk
- 1 (8-oz.) container fat-free frozen whipped topping, thawed and divided
- Garnish: fresh raspberries

1. Preheat oven to 425°. Fit piecrust into a 9-inch pie plate according to package directions; fold edges under, and crimp. Line piecrust with aluminum foil, and fill with pie weights or dried beans.

2. Bake at 425° for 8 minutes. Remove weights and foil, and bake 5 to 7 more minutes or until golden brown. Cool completely on a wire rack (about 15 minutes).
3. Meanwhile, microwave chocolate in a large microwave-safe bowl at HIGH 1 to 1½ minutes or until melted and smooth, stirring at 30-second intervals. Whisk in milk until smooth; let stand 2 minutes. Fold half of whipped topping into chocolate mixture until combined; pour mixture into crust.
4. Cover and chill 4 to 8 hours. Spread remaining whipped topping over pie; garnish, if desired.

PER SERVING: CALORIES 329; FAT 14.4G (SAT 7.5G, MONO 2.7G, POLY 0.3G); PROTEIN 5.6G; CARB 47G; FIBER 2.8G; CHOL 7.5MG; IRON 2.9MG; SODIUM 144MG; CALC 119MG.

Note: We tested with Whey Low 100% All Natural Granular Sweetener and Gold Brown Sugar Sweetener. This variation is slightly more dense and has a chewier texture, but it's equally delicious.

PER COOKIE: CALORIES 58; FAT 3.1G (SAT 1.5G, MONO 1G, POLY 0.4G); PROTEIN 1.1G; CARB 12.7G; FIBER 0.5G; CHOL 9.5MG; IRON 0.4MG; SODIUM 60MG; CALC 9MG.

Lemon-Cheesecake Bars

MAKES 8 SERVINGS HANDS-ON TIME:

20 MIN. TOTAL TIME: 9 HR., 35 MIN.

Use fresh orange juice and zest instead of lemon for a different flavor profile.

BUTTER CRUST

- ½ cup butter, softened
- ¼ cup firmly packed dark brown sugar
- ¼ tsp. salt
- ¼ tsp. ground mace or nutmeg
- 1 cup all-purpose flour
- Vegetable cooking spray

LEMON FILLING

- 1 cup 1% low-fat cottage cheese
- 1 cup granulated sugar
- 2 Tbsp. all-purpose flour
- 1 Tbsp. lemon zest
- ¾ Tbsp. fresh lemon juice
- ¼ tsp. baking powder
- 1 large egg
- 1 egg white

GARNISH

- Lemon rind curl

1. Preheat oven to 350°. Prepare Crust: Beat first 4 ingredients at medium speed with an electric mixer until smooth. Add 1 cup flour, beating at low



Lemon-Cheesecake Bars are a great make-ahead treat. For cleaner cuts, freeze 10 minutes before slicing.

BEST WHEN SERVED CHILLED

speed until well blended. Press mixture on bottom of an 8-inch square pan coated with cooking spray.

- 2.** Bake at 350° for 20 minutes.
- 3.** Meanwhile, prepare Filling: Process cottage cheese in a food processor 1 minute or until smooth, stopping to scrape down sides as needed. Add granulated sugar and next 6 ingredients, and process 30 seconds or until well blended. Pour filling over prepared crust.
- 4.** Bake at 350° for 25 minutes or until set. (Edges will be lightly browned.) Cool 30 minutes. Cover and chill 8 hours. Cut into bars. Garnish, if desired.

PER BAR: CALORIES 289; FAT 8.9G (SAT 5.2G, MONO 2.2G, POLY 0.5G); PROTEIN 6.2G; CARB 47.5G; FIBER 0.5G; CHOL 45.1MG; IRON 1.1MG; SODIUM 262MG; CALC 76MG.

TRY THIS TWIST!

Reduced-Sugar Lemon-Cheesecake

Bars: Substitute brown sugar sweetener for brown sugar and granular sweetener for granulated sugar.

Note: We tested with Whey Low 100% All Natural Gold Brown Sugar Sweetener and Granular Sweetener. *

PER BAR: CALORIES 172; FAT 8.9G (SAT 5.2G, MONO 2.2G, POLY 0.5G); PROTEIN 6.2G; CARB 45.8G; FIBER 0.5G; CHOL 45.1MG; IRON 1MG; SODIUM 259MG; CALC 70MG



The Best Sugar Substitute

As a dietitian, I'm always looking for new products that are not only better for you, but also taste good—especially when it comes to sugar substitutes. The search is over. I found a sugar sweetener that tastes *exactly* like the real thing. It's called Whey Low, an all-natural blend of crystalline fructose (fruit sugar), lactose (milk sugar), and sucrose (table sugar). Here's the exciting part—it has about 75% fewer calories than regular sugar! I love it in my coffee (no aftertaste), and it substitutes perfectly in these desserts. Look for it at natural food markets, or order online at wheylow.com. It's a bit pricey but well worth the splurge. —BY SHANNON SLITER SATTERWHITE, M.S., R.D.

