

# SENIORS' HEALTHY LIVING COOKBOOK



*Recipes provided by members of the  
Seniors' Health Literacy Workshops*

**Adult Learning Association  
of Cape Breton County**

The Adult Learning Association is a United Way Member Agency and is funded by  
Nova Scotia Department of Labour and Workforce Development.  
Seniors' Healthy Living Workshops funded by Seniors' Literacy and Learning Grants, Nova  
Scotia Seniors' Secretariat

## Forward

The Healthy Living Workshop for Seniors program, which took place from March 19 to June 4, 2008, was a tremendous success. Each Wednesday, a fabulous group of seniors met at the Southend Community Centre in Sydney to read, write, talk and participate in learning about healthy lifestyle issues that affected them.

During those twelve weeks, notable topics included: the importance of being physically and mentally active during senior years, healthy eating, food labelling, falls prevention, visiting your health care provider, understanding prescription and non-prescription labels, exercising safely, and depression.

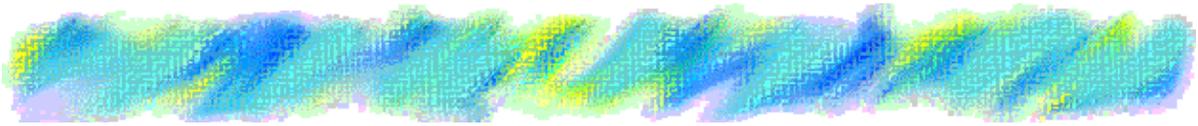
Guest speakers graciously gave up time from their busy schedules to present on topical issues related to the course and that were of benefit to the participants.

One project undertaken during the course was the making of this recipe book. Most recipes were chosen with a conscious focus on healthy eating, but some are down right delicious comfort food. The seniors' group deserves a special acknowledgement for the time and thought they put into this cookbook collection. Since the recipes are "tried and true" favourites, they will enjoy preparing them and sharing them with their friends and families.

Special acknowledgements go out to those who have been instrumental in making the first Seniors' Healthy Living workshops a huge success. Thanks to the Nova Scotia Seniors' Secretariat for initiating the program in Nova Scotia, to Karen Blair, Coordinator of the Adult Learning Association of Cape Breton County, for supporting and promoting this worthwhile endeavour, to Clotilda Yakimchuck, and members of our partnering organization, the **Cape Breton Council of Senior Citizens and Pensioners**, who were instrumental in promoting the seniors' project and in recruiting participants, and to Margaret Cooke for her administrative assistance behind the scenes.

A very special and well deserved thank you to the participants; your enthusiastic involvement made the workshops such a success. Have a great summer and stay healthy.

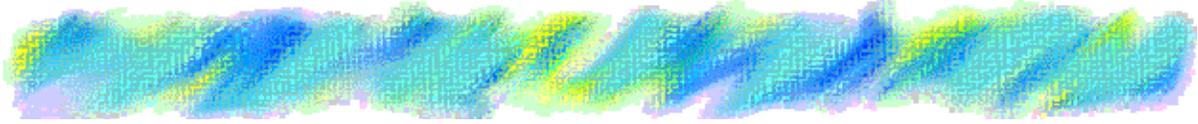
Irene Donovan  
Program Facilitator



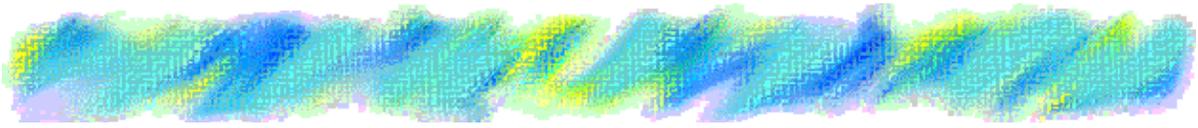
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# Seniors' Healthy Living Cookbook



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## Hot Lobster-Crab Dip

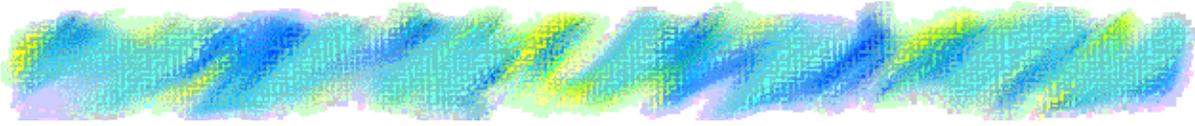
### Ingredients:

2-8 ounce packages cream cheese, softened  
4 tbsp. mayonnaise  
2 cups shredded cheddar cheese  
1 -6 ounce can crabmeat  
1-6 ounce can lobster meat  
1  $\frac{1}{2}$  tablespoons fresh lemon juice  
2 tsp. hot sauce  
2 tbsp. Worcestershire sauce  
paprika for garnish

### Method:

Preheat oven to 350 degrees F.  
In a medium bowl, mix the cream cheese, mayonnaise, cheddar cheese, crabmeat, lobster meat, lemon juice, hot sauce and Worcestershire sauce. Transfer to a shallow 9 X 13 baking dish. Garnish with paprika.  
Bake in the preheated oven for 30 minutes or until golden and bubbly.

**Irene Donovan**



## **Romaine Salad with Sweet Balsamic Dressing**

### **Dressing:**

3 tbsp. flax oil or Extra Virgin Olive Oil  
3 tbsp. balsamic vinegar  
2 cloves crushed garlic  
1 tbsp. sugar

### **Salad:**

6 cups romaine lettuce or mixed greens  
1 orange or yellow pepper thinly sliced  
1 cup strawberries (or mangos or mandarin oranges)  
Feta cheese to sprinkle on top

### **Method:**

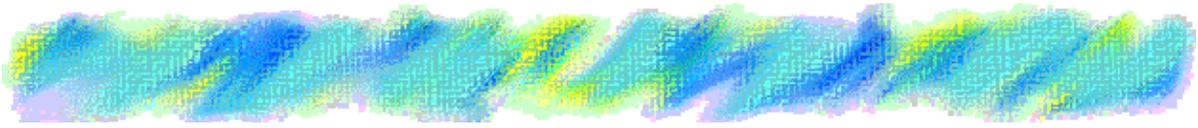
Mix oil, vinegar, garlic and sugar in food processor, pulse on low until blended. Arrange lettuce, peppers and strawberries on 6 separate salad plates. Sprinkle with feta. Drizzle with dressing.

Enjoy!

### **Nutritional information per serving:**

137 calories  
4 g protein  
10 g fat (3.4 saturated)  
9 g carbohydrate  
2 g fibre  
185 mg sodium

**Contributed by Michelle Lawless, Nutritionist with Atlantic Superstore**



## Hummus

### Ingredients:

1 can chickpeas, drained, set aside some of the liquid  
 $\frac{1}{4}$  cup tahini  
 $\frac{1}{4}$  cup lemon juice  
1 clove garlic, mashed  
 $\frac{1}{4}$  tsp. salt  
pinch cumin  
1 tbsp. olive oil

### Method:

Place chickpeas, tahini, lemon juice, garlic, salt and cumin in food processor. Mix until smooth. Add olive oil and/or some chickpea liquid if mixture is too thick. Refrigerate at least two hours. Garnish with chopped parsley. Serve with pita bread or crackers.

## Guacamole

### Ingredients:

4 ripe avocados, peeled and seeded  
1 tsp. ground cumin  
1 tomato, seeded and diced  
 $\frac{1}{4}$  cup chopped parsley  
4 tbsp. fresh lime juice (or fresh lemon juice)  
2 cloves garlic, finely chopped  
dash hot sauce (optional)  
salt and pepper to taste

### Method:

Cut avocados into large chunks and mash coarsely in bowl with fork. Add lime juice immediately to prevent avocados from turning brown. Add remaining ingredients and blend. Serve with pita bread or crackers.

**Irene Donovan**



## Lentils and Rice

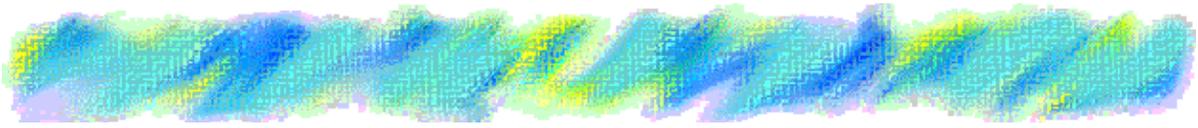
### Ingredients:

$\frac{1}{2}$  cup lentils  
 $\frac{1}{2}$  cup Uncle Ben's rice  
1 onion  
salt and pepper  
lemon juice or yogurt

### Method:

Wash lentils, cover with cold water. Boil until lentils are soft. Wash rice, add to lentils, using boiling water as needed. Stir until rice is cooked. Sauté onion. Add sautéed onion to rice mixture and simmer for 15 minutes. Add salt and pepper to taste. When ready to eat, pour lemon juice or yogurt over mixture, serve with a salad.

**Theresa MacDonald**



## **Cod-Au-Gratin Casserole**

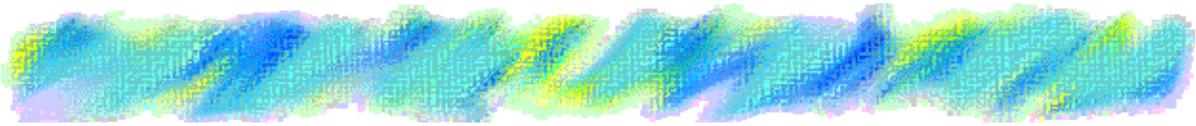
### **Ingredients:**

4 tbsp. butter  
3 tbsp. flour  
2 cups milk 1%  
salt and pepper  
2  $\frac{1}{2}$  cups cod fish (or haddock) cooked, flaked, cooled.  
1 cup grated cheese (fat reduced)

### **Method:**

Melt butter in saucepan, add flour, salt, pepper. Stir to make a paste. Add milk, stir constantly until thickened. Grease 2 quart casserole. Pour a little white sauce on bottom. Add layer of fish. Sprinkle with cheese. Repeat layers until all ingredients are used, ending with cheese layer. Bake in a 350 degree oven until browned, approximately  $\frac{1}{2}$  hour.

**Evelyn Carter**



## Chicken Wings

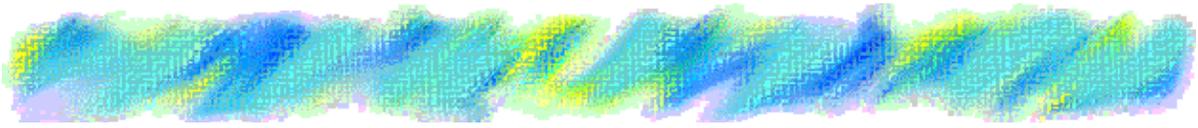
### Ingredients:

3 lbs. chicken wings  
 $\frac{1}{4}$  cup soya sauce  
 $\frac{1}{4}$  cup fruit sauce (pineapple juice)  
2 tbsp. sugar  
 $\frac{1}{2}$  tsp. minced garlic  
 $\frac{1}{2}$  tsp. ground ginger  
1 tbsp. Lemon juice  
5 drops Tabasco sauce

### Method:

Separate wings. (Don't use tips) Season with salt. Combine all ingredients in a plastic bag. Place wings in bag. Shake well. Marinate at least 3 hours or overnight. Shake occasionally. Line baking pan with foil. Place wings skin side down in pan. Bake in 325 degree oven for 35 minutes. Pour marinade over all. Cook another 35 - 45 minutes. Serve with rice.

**Myrna Caume**



## Mexican Chicken

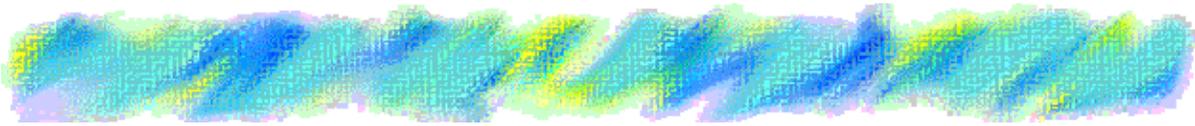
### Ingredients:

2 skinless, boneless chicken breasts, cut into strips  
1 tbsp. chili powder  
pepper to taste  
1 tsp. olive oil  
1 green pepper, chopped  
1 onion, chopped  
2 jalapeno peppers, seeded and minced  
1 large tomato, cut in chunks  
10 drops hot sauce

### Method:

Season chicken with  $\frac{1}{2}$  tbsp. chili powder and pepper. Heat olive oil in large skillet over medium heat and sauté chicken for 3-4 minutes on each side, or until no longer pink. Remove from skillet and keep warm. In same skillet, sauté bell pepper and onion until soft. Add jalapeno pepper, tomatoes, remaining chili powder and hot pepper sauce. Cook, stirring for an additional 3-5 minutes. Add chicken and stir-fry for 2-3 minutes more.

**Rita Bates**



## Chicken Casserole

### Ingredients

3 lbs. Chicken thighs  
liquid gravy browner

1 medium onion cut in short strips  
 $\frac{1}{2}$  cup thinly sliced celery  
 $\frac{1}{4}$  cup finely chopped green pepper

$\frac{1}{2}$  of a 5  $\frac{1}{2}$  ounce can tomato paste  
1 cup water  
 $\frac{1}{3}$  cup vinegar

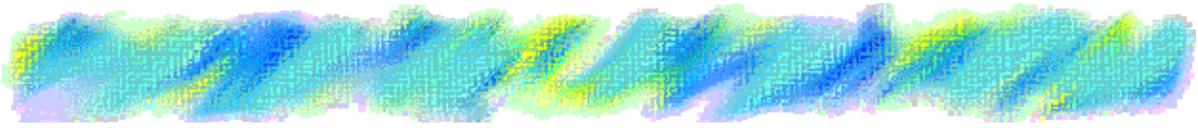
1 tbsp. Worcestershire sauce  
2 tsp. liquid sweetener  
 $\frac{1}{8}$  tsp. pepper, onion powder and cinnamon

### Method:

Brush chicken with gravy browner. Let stand 30 minutes. Arrange in 3 quart casserole. Sprinkle with onion, celery and green pepper. Mix remaining 8 ingredients in bowl. Pour over all. Cover. Bake 350 degree oven for 1  $\frac{1}{2}$  hour until chicken is tender. Makes 6 servings.

1 serving contains 186 calories, 5 g fat.

**Jessie Covey**



## **"Real Good" Chicken Mexicans**

### **Ingredients:**

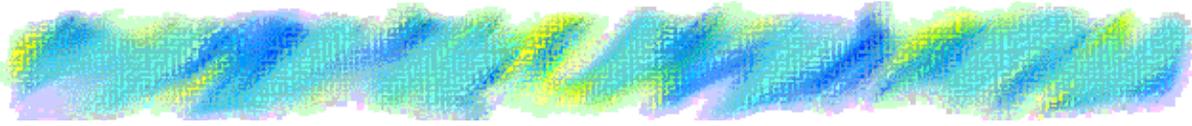
2 - 3 lb chicken pieces  
flour  
2 tbsp. oil  
1 small onion, chopped  
 $\frac{1}{4}$  green pepper, chopped  
3 tbsp. vinegar  
2 tbsp. Splenda or brown sugar  
 $\frac{1}{4}$  cup lemon juice  
1 cup ketchup  
2 tbsp. worcestershire sauce  
1 cup water  
salt and pepper to taste

### **Method:**

Heat oil, fry onion and green pepper until soft. Mix together the vinegar, brown sugar or Splenda, lemon juice, ketchup, Worcestershire sauce, water, salt and pepper. Add to onions and green peppers. Simmer 20 minutes or less. Flour chicken pieces in oil. Brown but don't cook through. Place chicken in casserole and cover with the sauce.

Bake 1 hour in a 350 degree oven. Serve with rice or salad.

**Renie Waidson**



## Almond Chicken Breast with Creamy Tarragon Mustard Dressing

8 boneless, skinless chicken breasts  
3 tbsp. all purpose flour  
1 egg white  
3 tbsp. water  
1/3 cup finely chopped almonds  
1/2 cup seasoned breadcrumbs

### Sauce:

2 cups button mushrooms, cut and sautéed  
1/4 cup light mayonnaise  
1/4 cup light sour cream  
1 tsp. Dijon mustard  
1 tsp. dried tarragon

### Method:

Preheat oven to 350 degrees.  
Between sheets of waxed paper, pound breasts to 1/4 inch thick.  
Dust with flour. In shallow bowl, whisk together egg white and water.  
Combine almonds and breadcrumbs and place on a plate.  
Dip breasts in egg wash, then in crumb mixture.  
Place prepared chicken on lined baking sheet and bake for 20 - 30 minutes.  
While chicken is baking, in a small saucepan, whisk together mayonnaise, sour cream, mustard and tarragon. Cook over low heat until warm. Sauté mushrooms and add to sauce. Serve over chicken. Chicken and sauce can be served over pasta, rice or couscous. Enjoy!

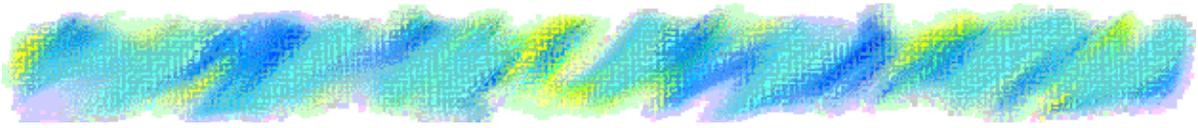
### Nutrition information per serving:

215 calories  
25 g protein  
7 g fat (1.7 saturated)  
10 g carbohydrate  
1 g fibre  
126 g sodium

### Including 1/2 cup cooked pasta:

302 calories  
29 g protein  
28 g carbohydrate

Recipe contributed by Michelle Lawless, Nutritionist, Atlantic Superstore



## **Saucy Chicken**

This simple, quick dish has a mild barbequed flavor.

### **Ingredients:**

3 lbs. chicken pieces or breasts, arranged in casserole dish in one layer.

$\frac{1}{2}$  cup ketchup

$\frac{1}{4}$  cup brown sugar, packed

$\frac{1}{4}$  cup vinegar

2 tsp. worchestershire sauce

$\frac{1}{2}$  tsp. onion powder

$\frac{1}{2}$  tsp. garlic powder

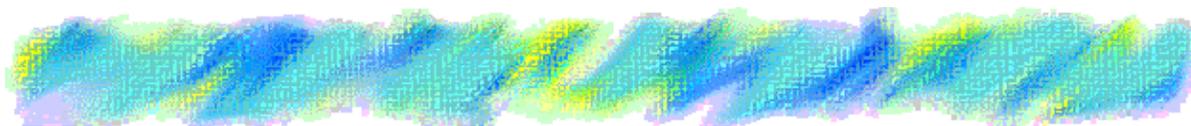
1 tsp. salt

$\frac{1}{2}$  tsp. pepper

### **Method:**

Mix ingredients in small bowl. Pour sauce over arranged chicken, being sure to get some on every piece. Cover. Bake in 350 degree oven until tender, about 1  $\frac{1}{2}$  hour. Serves 3 - 4 people.

**Jessie Covey**



## Pork Chops with Apple-Raisin Stuffing

### Ingredients:

1 cup applesauce, unsweetened  
 $\frac{1}{2}$  cup water  
2 tbsp. margarine or butter, melted  
 $\frac{1}{2}$  cup celery, chopped  
2 tbsp. raisins  
4 cups herb seasoned stuffing  
4 boneless pork chops,  $\frac{3}{4}$  inch thick  
paprika or ground cinnamon

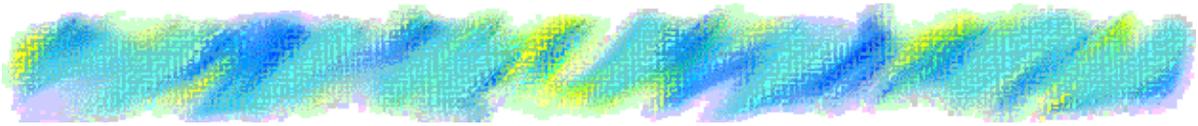
### Method:

Mix applesauce, water, margarine, celery and raisins. Add stuffing and mix lightly. Spoon into 2 quart shallow baking dish. Arrange chops over stuffing. Sprinkle paprika or cinnamon over chops. Bake at 400 degrees for 35 minutes or until chops are no longer pink. If desired, garnish with apple, fresh chives and fresh sage. Serves 4.

### Nutritional Facts:

Calories	468
Calories from fat	92
Fat	10 g
Saturated fat	3 g
Cholesterol	71 mg
Sodium	934 mg
Carbohydrate	55 g
Dietary fibre	5 g
Sugars	11 g
Protein	32 g

**Jack Compton**



## **Zesty Pork Chops**

### **Ingredients:**

2 pork chops (loin or rib, 1" thick)  
2 thinly cut onion slices  
2 thinly cut lemon slices  
2 tbsp. brown sugar  
2 tbsp. ketchup

### **Method:**

Preheat oven to 325 degrees. Place chops in small baking dish. Top with onion slice, lemon slice, sugar and ketchup (in that order). Cover tightly. Bake 40 - 50 minutes. Serve with rice or potato and garden salad.

**Shirley MacNeil**



## Sloppy Joes (Diabetic)

### Ingredients:

6 hamburger buns  
1 pound lean or extra lean ground beef  
1 10 ounce can tomato soup  
1 tbsp mustard  
 $\frac{1}{2}$  tsp. salt

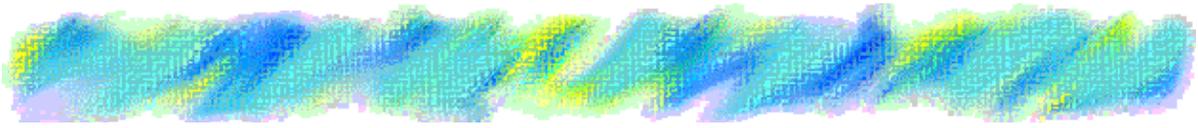
### Method:

Brown beef and stir in tomato soup, mustard and salt. Simmer 10 minutes.  
Spoon filling on warm buns and serve. Serves 6

### Nutritional Facts:

Exchange: 2 bread, 2 meat  
Calories: 282 per serving

**Renie Waidson**



## Chili

### Ingredients:

1 lb. extra lean ground beef  
2 tsp. olive oil  
5 cloves garlic, minced  
6 scallions, thinly sliced  
1 large green pepper  
1 cup onion, chopped  
2 cups mushrooms, sliced  
1 jalapeno pepper, minced (optional)  
1 tbsp. chilli powder  
 $\frac{1}{2}$  tsp. salt  
1 tbsp. flour  
 $\frac{1}{2}$  tsp. thyme  
 $\frac{1}{2}$  tsp. oregano  
 $\frac{1}{2}$  tsp. ground cumin  
8 ounces low sodium tomato sauce  
 $\frac{1}{2}$  cup low fat beef broth  
19 ounce can red kidney beans, drained

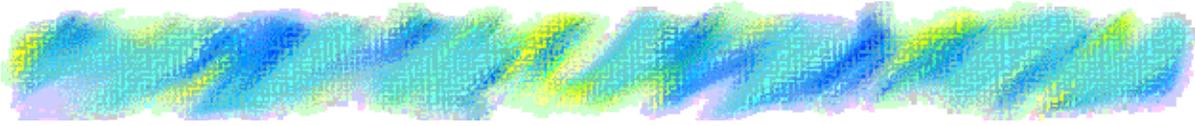
You may add other vegetables of your choice.

### Method:

In a large skillet, heat oil until hot, add garlic, scallions, peppers, onions, mushrooms and jalapenos. Cook until soft. Stir the meat into the skillet, breaking it up with a spoon.

Sprinkle meat with chilli powder, thyme, oregano, cumin and salt. Cook until meat is no longer pink. Sprinkle with flour, stirring to combine. Add tomato sauce, broth and beans. Bring to boil. Reduce to a simmer. Cover and cook until flavours are blended.

**Eileen Ramsey**



## **Eggplant (or Broccoli) Chickpea Stew**

### **Ingredients:**

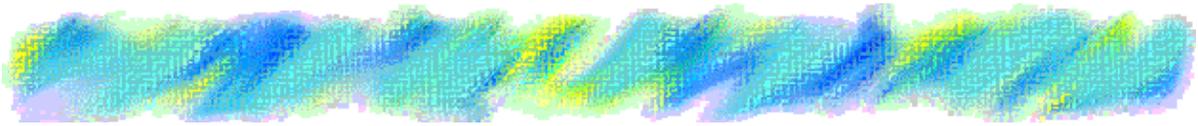
1 medium eggplant or broccili  
3 tbsp. vegetable oil  
1 medium onion, chopped  
4 large garlic cloves, minced  
1 or 2 jalapeno peppers, minced (optional)  
2 tsp. dry red pepper flakes  
1 tbsp. peeled, fresh ginger, minced  
2 tsp. ground coriander  
2 tsp. ground cumin  
salt to taste  
1 - 28 oz. can plum tomatoes, drained and chopped  
1 tbsp. tomato paste  
1 - 15 oz. can chickpeas, drained  
cayenne pepper to taste

### **Method:**

Cut eggplant or broccoli into  $\frac{3}{4}$  inch pieces. In heavy, wide saucepan, heat oil and add onion. Cook over low heat for 7 minutes or until soft, not brown. Add garlic, peppers, ginger, coriander, cumin and cook, stirring, for 1 minute. Add eggplant or broccoli and salt. Mix well, cooking over low heat until everything is coated with spices. Add tomatoes and bring to a boil over high heat. Mix tomato paste with water and stir into mixture. Cover. Simmer over low heat for 20 minutes, stirring often. Add chickpeas and simmer for another 10 to 20 minutes until eggplant or broccoli is very tender and mixture is thick. Taste and adjust seasoning. Add cayenne pepper, if desired.

Serve hot over brown rice. Makes 4 main course servings. ENJOY!!  
(Stew can be kept, covered, in fridge for 3 days).

**Gert Upson**



## Oatmeal Pancakes

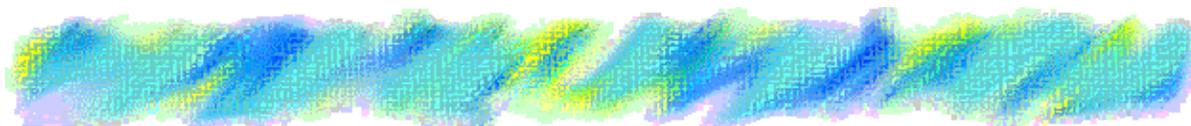
### Ingredients:

1 cup milk	1 tbsp. brown sugar
1 cup oats	1 tsp. baking powder
2 large eggs, beaten	$\frac{1}{4}$ tsp. salt
2 tbsp. vegetable oil	fresh blueberries or
$\frac{1}{2}$ cup whole wheat flour	chopped apple

### Method:

Combine milk and oats, let stand 5 min. Add oil and beaten eggs to the oat mixture. Combine flour and brown sugar, baking powder and salt. Stir into oat mixture until moistened. Add apples now. Spoon on hot grill. After a minute, add small handful of blueberries over the batter.

**Nan Murphy**



## Three Grain Muffins

### Ingredients:

1 cup water  
 $\frac{1}{4}$  cup Red River cereal  
1 egg  
 $\frac{1}{3}$  cup canola oil  
 $\frac{3}{4}$  cup buttermilk  
 $\frac{3}{4}$  cup brown sugar  
1 tsp. vanilla  
 $1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  cup oats  
1 tsp. baking powder  
1 tsp. baking soda  
 $1\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{4}$  tsp. salt

### Method:

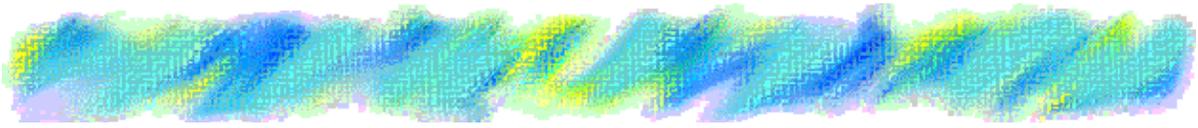
Preheat oven to 400 degrees. Grease 12 muffin cups.

Bring water and Red River cereal to a boil in medium saucepan. Reduce heat to low and simmer, covered 10 minutes, stirring occasionally, until mixture has thickened. Cool 10 minutes.

Meanwhile, in large bowl, combine egg, oil, buttermilk, brown sugar and vanilla. Add cooked cereal. Add remaining dry ingredients and stir until well blended.

Place in prepared muffin cups and bake for 18-20 minutes until golden brown. Let cool in pan 5 minutes, then cool on wire rack.

**Shirley MacNeil**



## Bran Flax Muffins

Provides fibre and omega-3 fats

### Ingredients:

1  $\frac{1}{2}$  cups white flour  
 $\frac{3}{4}$  cup flaxseed meal  
 $\frac{3}{4}$  cup oat bran  
1 cup brown sugar  
2 tsp. baking soda  
1 tsp. baking powder  
1 tsp. salt  
2 tsp. cinnamon

1  $\frac{1}{2}$  cups finely shredded carrots  
2 peeled, shredded apples  
 $\frac{1}{2}$  cup raisins  
1 cup chopped nuts (optional)  
 $\frac{3}{4}$  cup milk  
2 beaten eggs  
1 tsp. vanilla

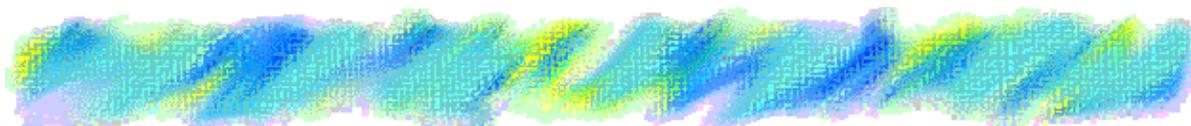
### Method:

Mix together flour, flaxseed meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. Stir in carrots, apples, raisins and nuts.

Combine milk, beaten eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until ingredients are moistened. Do Not Over Mix. Fill muffin tins  $\frac{3}{4}$  full. Bake at 350 degrees for 15 to 20 minutes.

Yields 15 medium muffins.

**Lucy Nardine**



## Berry-Blast 4 Grain Muffins

### Ingredients:

- 1  $\frac{1}{4}$  cups whole wheat flour
- 1  $\frac{1}{4}$  cups large flake oats
- $\frac{2}{3}$  cup cornmeal
- $\frac{2}{3}$  cup natural wheat bran
- 3 tsp. baking powder
- 1 tsp. each baking soda, salt, cinnamon
- 1 orange (optional)
- $\frac{2}{3}$  cup brown sugar
- 2 eggs
- 1  $\frac{3}{4}$  cups buttermilk
- $\frac{1}{3}$  cup vegetable oil
- 1 tsp. vanilla
- 1  $\frac{1}{2}$  cups fresh or frozen blueberries or raspberries (or a mix of both)

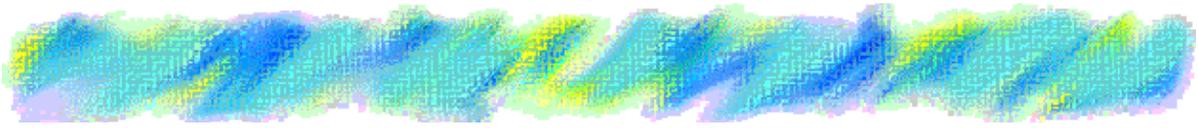
### Method:

Preheat oven to 400 degrees.

Lightly grease or spray a 12 cup muffin tins.

Measure flour, oats, cornmeal, wheat bran, baking powder, baking soda, salt and cinnamon into a large bowl. Finely grate in 1 tbsp. peel from orange, then add sugar. Using fork, stir until evenly mixed. In small bowl, whisk eggs with buttermilk, oil and vanilla. Pour over flour mixture. Stir just until moistened. Add berries and stir until evenly distributed. Do not overmix. Fill muffin cups to rim. Bake 20 to 25 minutes. Remove from oven. Let stand 5 minutes, then turn onto cooling rack. Enjoy!

**Myrna Caume**



## **Apricot Loaf**

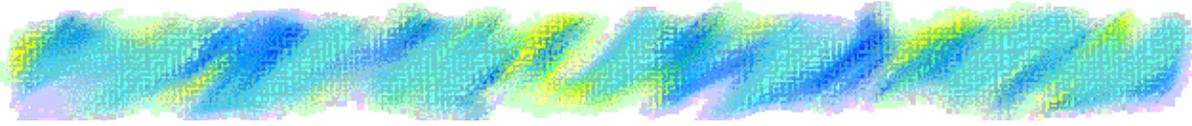
### **Ingredients:**

2 tbsp. shortening  
1 cup white sugar  
1 egg  
2 cups flour  
1 tsp. baking soda  
2 tsp. baking powder  
1 tsp. salt  
 $\frac{1}{2}$  cup nuts  
1 orange  
1 cup dried apricots

### **Method:**

Squeeze juice from orange and add enough water to make a cup of liquid. Mix shortening, sugar and eggs. Add dry ingredients gradually to egg mixture alternating with liquid. Chop orange peel, apricots and nuts. Add to loaf mixture. Bake in greased loaf pan for 1 hour at 350 degrees.

**Rita Bates**



## **Fruity Frappe (Smoothie)**

### **Ingredients:**

3 cups Crystal Light Fruit Punch flavor low calorie soft drink mix  
1  $\frac{1}{2}$  cups frozen non-fat vanilla yogurt, softened  
1 cup sliced strawberries  
1 ripe banana, cut into chunks

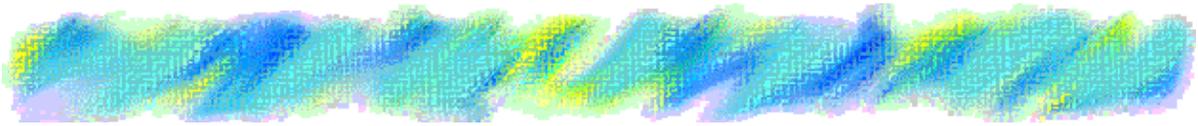
### **Method:**

Place prepared drink mix, frozen yogurt and all fruit into blender. Cover. Blend on high speed until smooth. Serve at once. Makes 6- 1cup servings.

### **Nutrition Facts for 1 cup:**

Calories 80  
Calories from fat 0  
Saturated fat 0 g  
Cholesterol 0 mg  
Sodium 25 mg  
Carbohydrates 18 g  
Dietary fibre 1g  
Sugars 13 g  
Protein 2 g

**Jack Compton**



## Key Lime Pie

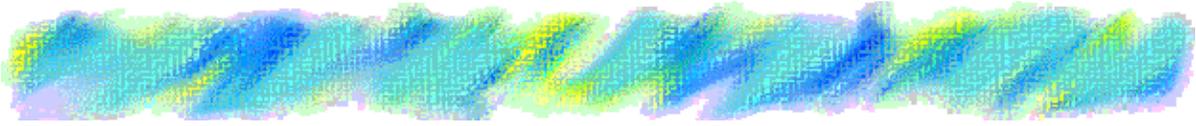
### Ingredients:

1 pkg. Lime jello (dissolved in  $\frac{1}{4}$  cup water)  
1 medium container lemon yogurt  
1 container whipped topping (fat free)  
1 graham cracker pie crust

### Method:

Dissolve jello, blend in with lemon yogurt. Mix well and pour into pie shell. Spread whipped topping over pie mixture. Refrigerate overnight before cutting.

**Eileen Ramsey**



## Triple Berry Parfait

### Ingredients:

2 cups vanilla sugar free non-fat yogurt  
 $\frac{1}{4}$  tsp. ground cinnamon  
1 cup sliced strawberries  
 $\frac{1}{2}$  cup blueberries  
 $\frac{1}{2}$  cup raspberries  
1 cup low fat granola

### Method:

Combine yogurt and cinnamon in small bowl.

Combine strawberries, blueberries and raspberries in medium bowl.

For each parfait, layer  $\frac{1}{4}$  cup fruit mixture, 2 tbsp. granola and  $\frac{1}{4}$  cup yogurt mixture in parfait glass. Repeat layers. Garnish with mint leaves, if desired. Makes 4 servings.

Nutrients per serving:

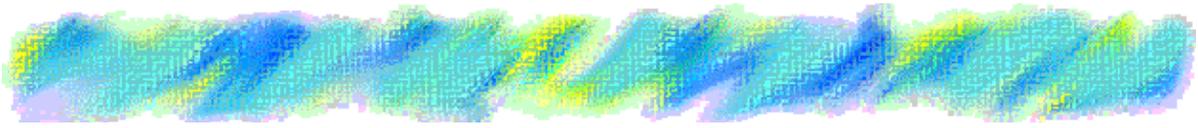
Calories: 236, calories from fat: 9%

Total fat: 2 g, saturated fat: 1 g

Protein: 9 g, carbohydrates: 49 g, cholesterol: 0 mg

Sodium: 101 mg, fiber, 2 g.

**Gert Upson**



## **Low-Cal Raspberry Cheesecake**

No one will guess that this dessert is so low in calories and fat. For a lovely presentation, top with fresh berries.

### **Ingredients:**

250 ml (1 cup) graham wafer crumbs  
175 ml (3/4 cup) plain low-fat yogurt  
500 ml (2 cups) low-fat cottage cheese  
50 ml (1/4 cup) no-sugar raspberry spread  
1 pkg. (11 g) artificially sweetened raspberry jelly powder  
125 ml (1/2 cup) boiling water  
2 egg whites  
fresh, seasonal fruit (optional)

### **Method:**

In small bowl, combine graham wafer crumbs and 45 ml (3 tbsp) yogurt. Press onto bottom of 2 litre (8 inch) springform pan. Bake in 190 degree (375 degree) oven for 8 - 10 minutes. Cool thoroughly. Chill.

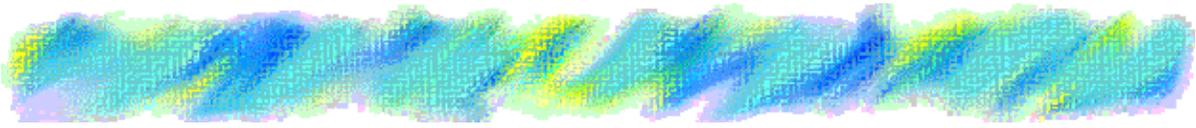
Meanwhile, in blender or food processor, blend cottage cheese until smooth. Transfer to bowl. Stir in remaining yogurt and raspberry spread.

In small bowl, combine jelly powder and boiling water. Stir until completely dissolved. Stir into cheese mixture.

In bowl, beat egg whites until soft peaks form. Fold into cheese mixture. Pour into prepared crust. Chill 3 hours or overnight. Before serving, garnish with fresh fruit if desired.

Makes 8 servings.

**Evelyn Carver**



## Diet Pineapple Squares

### Ingredients:

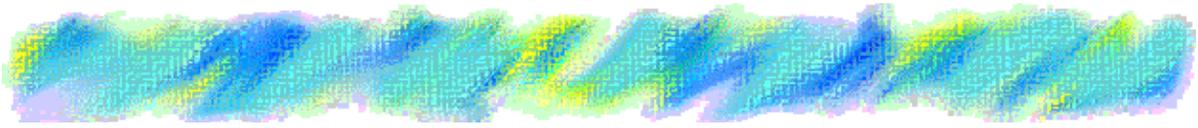
- 1  $\frac{1}{2}$  cups crushed graham wafers
- 3 pkg. Twin sugar substitute
- $\frac{1}{2}$  cup margarine (melted)
- 19 ounce can crushed pineapple
- 1 pkg. Orange jello (no water added) light
- 1 tbsp. Cornstarch
- $\frac{1}{4}$  cup water
- 1 cup Cool Whip (light)

### Method:

Mix first 3 ingredients together. Press in 8 X 8 pan. Bake in 350 degree oven for 10 minutes.

In saucepan, bring to a boil the pineapple and jello. Boil for a few minutes and thicken with the cornstarch and water. Set aside to cool. Fold in Cool Whip and pour over cooled crumb crust. Spread extra Cool Whip over top and sprinkle with some graham wafer crumbs.

**Nan Murphy**



## Gingerbread Cake with Cream Cheese Frosting

### Ingredients:

- $\frac{3}{4}$  cup brown sugar
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1 egg
- 2 egg whites
- $\frac{3}{4}$  container fat free plain yogurt
- $\frac{1}{2}$  cup molasses
- 2 tbsp. butter or margarine, melted
- 1  $\frac{1}{3}$  cup flour
- 1 tsp. baking soda
- $\frac{1}{2}$  baking powder

### Frosting:

- $\frac{1}{2}$  package Philadelphia 40% reduced fat cream cheese (room temperature)
- $\frac{1}{3}$  cup icing sugar
- 2 tsp. molasses
- 1  $\frac{1}{2}$  tsp. water

### Method:

Preheat oven to 350 degrees F. Spray a 9 x 13 pan.

In a large bowl, mix brown sugar, cinnamon, ginger, egg, egg whites, yogurt, molasses and margarine.

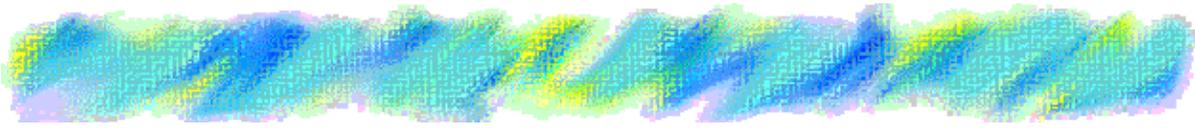
In another bowl, stir together flour, baking powder and baking soda.

With a wooden spoon, stir dry ingredients into the molasses mixture until everything is combined. Pour the mixture into a prepared pan, bake 20-25 minutes. Let pan cool on wire rack. Mix frosting ingredients in a food processor. Spread over cooled cake. Serves 12

### Nutritional information per serving:

212 calories	38 g carbohydrate
4 g protein	1 g fibre
5 g fat (3.1 saturated)	239 mg sodium

**Michelle Lawless, Nutritionist, Atlantic Superstore**



## No Cholesterol Chocolate Chip Cookies

### Ingredients

$\frac{1}{2}$ cup canola oil	$1 \frac{1}{2}$ cups whole wheat flour
$\frac{1}{2}$ cup honey	1 cup all purpose flour
1 cup packed brown sugar	$1 \frac{1}{2}$ tsp. baking powder
2 egg whites	$\frac{1}{2}$ tsp. salt
2 tsp. vanilla extract	1 tsp. ground cinnamon
1 tbsp. water	$1 \frac{1}{4}$ cups semisweet chocolate chips

### Method:

Preheat oven to 350 degrees.

Grease cookie sheets.

In medium bowl, stir together canola oil, honey, sugar, egg whites, vanilla and water.

Stir together flours, baking powder, salt, cinnamon.

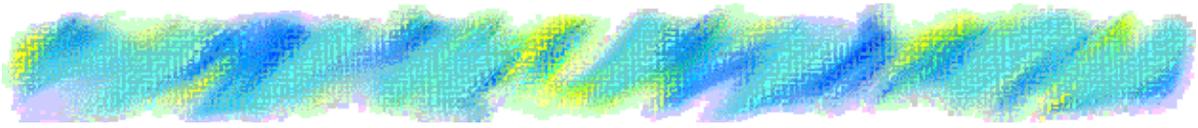
Stir into wet ingredients. Mix well.

Fold in chocolate chips.

Drop cookies by teaspoonfuls onto prepared cookie sheets. Flatten with fork dipped in flour. Bake 8-9 minutes. Remove from cookie sheets and enjoy.

Yields 36 cookies.

**Shirley MacNeil**



## **Sugar Cookies**

### **Ingredients:**

$\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup margarine  
 $\frac{1}{2}$  cup white sugar  
 $\frac{1}{2}$  cup brown sugar  
1 egg, beaten  
1 tsp. vanilla  
2 cups flour  
1 tsp. salt  
 $\frac{1}{2}$  tsp. baking soda

### **Method:**

Cream shortening, margarine, and sugar. Add egg and vanilla mixing well. Add dry ingredients. After mixing, knead and wrap in plastic wrap. Chill dough for 20 minutes. You can keep dough in refrigerator for as long as two days before baking.

Roll in small balls, roll balls in sugar (put sugar in plastic bag). Press balls with the bottom of a glass to flatten (put wax paper between glass and dough). Place flattened dough on cookie sheet. Bake in 350 degree oven for 10-15 minutes.

**Theresa MacDonald**