



*Wonders of Wellness
Healthy Holiday Dessert
Recipes 2013*

Desserts:

- a. Carrot Pumpkin Bars*
- b. Heart Healthy Pumpkin Pie*
- c. Pumpkin-Coconut Custards*
- d. Creamy Pumpkin Pie*
- e. Red Wine Poached Pears with Mascarpone*

Carrot Pumpkin Bars

Prep Time: 20 minutes

Cooking Time: 25 minutes

Servings: 24

Ingredients:

Filling:

2 cups flour

1 ¼ teaspoon pumpkin pie spice

1 teaspoon baking powder

1 cup sugar

1/3 cup light butter/margarine, softened

½ cup brown sugar

2 eggs

2 large egg whites

1 can (15 oz.) pumpkin pie filling

1 cup carrot, finely shredded

Cream cheese topping:

4 oz. light cream cheese, softened



¼ cup sugar

1 tablespoon skim milk

Directions:

Pre-heat oven to 350 degrees. Grease 15 x 10 jellyroll pan.

Prepare Filling:

In small bowl: combine flour, pumpkin spice, baking powder and baking soda.

In large bowl: beat sugar, butter and brown sugar until crumbly. Add eggs, egg whites, pumpkin pie mix and carrots. Beat until well blended. Add flour mixture and mix until well blended. Spread onto greased pan.

Prepare Cream Cheese topping:

Mix together cream cheese, sugar and milk until thoroughly blended.

Drop teaspoon-fulls of topping over pumpkin batter and swirl mixture with a butter knife.

Bake for 25-30 minutes, or until cake tester (inserted in center) comes out clean. Cool in pan completely on wire rack before cutting into squares.

Nutritional Facts:

Calories = 131.6

Fat = 1.7 g

Cholesterol = 15.9 mg

Sodium = 177.5 mg

Total Carbs = 28.5 g

Dietary Fiber = 1.4 g

Protein = 2.8 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=157762>

Heart Healthy Pumpkin Pie

Prep Time: 15 minutes

Cooking Time: 45 minutes

Servings: 10

Ingredients:

Crust:

1 cup rolled oats

¼ cup whole wheat flour

¼ cup ground almonds

1 tablespoon Splenda brown sugar blend (or 2 tablespoons of brown sugar)

¼ teaspoon salt

3 tablespoons Canola oil

1 tablespoon water

Pie Filling:

1/8 cup Splenda brown sugar blend, packed (or ¼ cup brown sugar)

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon salt

1 egg, beaten

4 teaspoons SF vanilla syrup (or vanilla extract)

1 cup canned pumpkin

2/3 cup evaporated skim milk

Directions:

Pre-heat oven to 425 degrees.

To prepare crust:

Mix oats, flour, ground almonds, brown sugar blend and salt in food processor. With the processor on, slowly add the oil and water until mixed. Add additional water until the “dough” will hold together. Press into a 9-inch pie plate and bake for 8 to 10 minutes, lightly browning the crust. Remove from oven and allow to cool.

Turn the oven down to 350 degrees.

To prepare the filling:

Mix brown sugar blend, cinnamon, nutmeg and salt in bowl. Add egg and vanilla syrup/extract, blending well. Add pumpkin and evaporated milk, stirring to combine.

Pour filling in to prepared pie shell and bake for 45 minutes, or until inserted knife comes out clean.

Allow to cool completely for several hours or overnight before cutting and serving.

Nutritional Facts:

Calories = 138.1

Fat = 6.5 g

Cholesterol = 22.2 mg

Sodium = 144.5 mg

Total Carbs = 20.7 g

Dietary Fiber = 3.1 g

Protein = 4.1 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=850719>

Pumpkin-Coconut Custards

Prep Time: 10 minutes

Cooking Time: 50 minutes

Servings: 8

Ingredients:

1 teaspoon ground cinnamon

½ teaspoon ground ginger

¼ teaspoon ground nutmeg

½ teaspoon fine sea salt

4 large eggs, beaten

½ cup pure maple syrup (or raw honey)

½ teaspoon pure coconut extract

1 (15 oz.) can pumpkin puree

¾ cup canned coconut milk

¼ cup unsweetened almond milk

Directions:

- 1. Pre-heat oven to 300 degrees.*

2. Combine cinnamon, ginger, nutmeg, and salt in a small bowl; mix well. Set aside.
3. Combine eggs, maple syrup, and extract in a large bowl; whisk to blend.
4. Add spice mixture and pumpkin. Gradually add coconut milk and almond milk; whisk to blend.
5. Pour mixture evenly into eight 6 oz. custard cups. Place cups in 13 x 9-inch baking pan; fill pan with 1-inch hot water.
6. Bake for 45 to 50 minutes, or until knife inserted in custard halfway between center and edge of ramekin comes out almost clean. Cool completely on wire rack. Refrigerate until ready to serve.

Nutritional Facts:

Calories = 153

Fat = 7 g

Cholesterol = 93 mg

Sodium = 202 mg

Total Carbs = 19 g

Dietary Fiber = 2 g

Protein = 5 g

http://www.beachbody.com/product/newsletters/nl_539-13-healthy-thanksgiving-recipes.do

Creamy Pumpkín Pie

Prep Time: 10 minutes

Cooking Time: 1 hour 10 minutes

Servings: 9

Ingredients for Crust:

¾ cup dry quinoa

1/3 cup raw walnuts, chopped

1 teaspoon ground cinnamon

2 tablespoons coconut oil

¼ cup pure maple syrup (or raw honey)

Ingredients for Filling:

1 (15 oz.) can pumpkín puree

2 large eggs, lightly beaten

1 teaspoon pure vanilla extract

¼ cup pure maple syrup (or raw honey)

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon fine sea salt

2/3 cup evaporated nonfat milk

Directions for Crust:

- 1. Pre-heat oven to 400 degrees.*
- 2. Grind quinoa in a clean spice or coffee grinder until finely ground.*
- 3. Place quinoa, walnuts, and cinnamon in a food processor; pulse until well mixed.*
- 4. Combine quinoa mixture, oil, and maple syrup in a medium bowl; mix well.*
- 5. Press mixture into 9-inch pie pan. Bake for 8 to 10 minutes or until golden brown. Cool.*

Directions for Filling:

- 1. Reduce oven temperature to 350 degrees.*
- 2. Combine pumpkin, eggs, extract, and maple syrup in a medium bowl; whisk to blend.*
- 3. Add cinnamon, nutmeg, salt, and milk; mix until just blended.*

4. *Pour pumpkin mixture into cooled crust.*
5. *Bake for 45 to 60 minutes, or until knife inserted in the center comes out almost clean. Cool completely on wire rack. Refrigerate until ready to serve.*

Nutritional Facts:

Calories = 203

Fat = 8 g

Cholesterol = 41 mg

Sodium = 108 mg

Total Carbs = 28 g

Dietary Fiber = 3 g

Protein = 6 g

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Red Wine Poached Pears with Mascarpone

Prep Time: 10 minutes

Cooking Time: 35 minutes

Servings: 12

Ingredients:

2 cups red wine

1/3 cup pure maple syrup

2 tablespoons fresh lemon juice

1 teaspoon ground cinnamon

6 firm Bartlett pears, peeled, cored, cut in half

12 tablespoons mascarpone cheese

Directions:

- 1. Bring wine, maple syrup, lemon juice, and cinnamon to a boil in large saucepan over medium-high heat.*
- 2. Reduce heat to medium-low. Add pears; gently boil, uncovered for 10 to 12 minutes. Turn pears and continue cooking for an additional 8 to 10 minutes, or until pears are fork tender.*



3. Remove pears from liquid; gently boil for 5 to 10 minutes, or until reduced in half.
4. Serve $\frac{1}{2}$ pear with 1 tablespoon cheese topped with wine sauce.

Nutritional Facts:

Calories = 169

Fat = 7 g

Cholesterol = 18 mg

Sodium = 11 mg

Total Carbs = 21 g

Dietary Fiber = 3 g

Protein = 1 g

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