

# Holiday Dessert Recipes



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## Deep Dish Apple Pie

Servings: 16 Preparation Time: 15 min. Cooking Time: 55 min.

### Ingredients

- 2 pounds apples cooked, peeled and sliced
- 1/2 cup quick cooking tapioca
- 2 Tbs. lemon juice
- 2 tsp. cinnamon
- 1-1/3 cups sugar
- 2-1/4 cups all purpose flour
- 1 tsp. salt (necessary)
- 3/4 cup butter flavor shortening
- 1/3 cup ice water



### Cooking Directions

Combine apple slices, tapioca and lemon juice in a 9" x 13" inch glass baking dish. Stir in cinnamon, 1-1/4 cup sugar and a dash of salt. Let stand 15 minutes to soften tapioca, stirring occasionally. Meanwhile, mix flour and salt in another bowl. Cut in shortening until it resembles coarse crumbs. Stir in ice water lightly with a fork until dough just holds together. Preheat oven to 375° F. Shape dough into a 5" x 7" inch rectangle. Place on a lightly floured work surface and roll out to about 10" x 14" inches using a floured rolling pin. Place dough over apples. Trim edge, leaving at least 1" inch overhang. Fold overhang under and make a fluted edge. Cut 3 slits in crust. Brush top of crust with water and sprinkle with remaining sugar. Bake 55 minutes or until bubbly and crust is golden. Cool on wire rack.

### Per Serving:

calories: 327, fat: 10.9g, calories from fat: 30%, protein: 2.0g, cholesterol: 0.0mg, dietary fiber: 5.2g.

## Easy Raspberry Tart

Servings: 4 Preparation Time: 5 min. Cooking Time: 10 min.

### Ingredients

- 3/4 pounds raspberries
- 1/2 cup sugar
- 2 tsp. lemon juice
- 4 sponge cake shells
- 1 cup lowfat strawberry yogurt

### Cooking Directions

Combine first 3 ingredients in a heavy saucepan over medium heat. Cover and simmer 5-7 minutes or until sauce is formed. Fill sponge cake shells with filling. Top with a dollop of yogurt.

### Per Serving:

calories: 311, fat: 2.5g, calories from fat: 7%, protein: 5.5g, cholesterol: 41.3mg, dietary fiber: 6.1g.





## Cherry Oatmeal Crisp

Servings: 8 Preparation Time: 10 min. Cooking Time: 40 min.

### Ingredients

- 1 pound frozen sweet cherries, thawed
- 2 Tbs. lemon juice
- 1/4 cup sugar
- 1/2 tsp. cinnamon
- nonstick cooking spray
- 1/2 cup old fashioned oatmeal
- 2 Tbs. all purpose flour
- 2 Tbs. brown sugar
- 2 Tbs. unsalted butter, chilled and cut into small pieces
- 2 cups nonfat vanilla frozen yogurt

### Cooking Directions

Preheat oven to 350° F. Combine cherries, lemon juice, sugar, and half the cinnamon in a large mixing bowl. Mix thoroughly. Transfer to an 8" inches square baking dish coated with nonstick cooking spray. Set aside. Combine oats, remaining cinnamon, flour and sugar in another bowl. Mix thoroughly in a bowl or food processor. Add butter and cut in until mixture resembles coarse meal. Sprinkle over cherry mixture. Bake 40 minutes until top is lightly browned. Serve with frozen yogurt.

### Per Serving:

calories: 190, fat: 3.7g, calories from fat: 17%, protein: 3.2g, cholesterol: 7.8mg, dietary fiber: 1.9g.

## Pumpkin Pie

Servings: 8 Preparation Time: 10 min. Cooking Time: 55 min.

### Ingredients

- 1 cup sugar
- 1/2 tsp. salt (necessary)
- 1-1/2 tsp. cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. ground cloves
- 1-1/2 cups canned pumpkin
- 1-1/2 cups evaporated skim milk
- 1/2 cup lowfat milk
- 2 eggs, slightly beaten
- 1 ready-made pie crust
- 2 cups light frozen dessert topping

### Cooking Directions

Preheat oven to 425° F. Combine all ingredients, except pie crust and topping, in a bowl. Beat until smooth. Transfer mixture to pie crust and bake 10 minutes. Lower heat to 300°F and bake another 45 minutes, or until filling is firm. Serve with dessert topping.



### Per Serving:

calories: 312, fat: 10.2g, calories from fat: 29%, protein: 8.1g, cholesterol: 51.0mg, dietary fiber: 2.0g.





## Not-So-Sinful Brownies

Servings: 24 Preparation Time: 15 min. Cooking Time: 25 min.

### Ingredients

- 1/4 cup vegetable oil
- 3 oz. unsweetened chocolate
- 1-1/4 cups granulated sugar
- 1/2 cup applesauce
- 4 egg whites cooked, lightly beaten or
- 2 whole eggs, lightly beaten
- 1 tsp. vanilla extract
- 1 cup quick or old fashioned oatmeal, uncooked
- 1 cup all purpose flour
- 1 tsp. baking powder
- 1/4 tsp. salt (necessary)
- 2 Tbs. powdered sugar (optional)

### Cooking Directions

Preheat oven to 350° F. Lightly spray bottom only of a 13 x 9 inch baking pan with nonstick cooking spray. Combine oil and chocolate in a saucepan over low heat. Simmer until chocolate is melted, stirring frequently. Remove from heat and cool slightly. Add sugar and applesauce and mix well. Stir in egg whites or eggs and vanilla and mix well. Combine oatmeal and next 3 ingredients in a bowl. Add to applesauce mixture and mix well. Spread evenly in prepared pan. Bake 22-25 minutes or until center is almost set and edges pull away from sides of pan. Do not overbake. Cool completely. Sprinkle with powdered sugar just before serving, if desired. Cut into bars. Store loosely covered.



### Per Serving:

calories: 115, fat: 4.4g, calories from fat: 34%, protein: 2.0g, cholesterol: 0.0mg, dietary fiber: 1.1g.

## Caramelized Baked Pears

Servings: 4 Preparation Time: 5 min. Cooking Time: 25 min.

### Ingredients

- 4 pears, scrubbed
- 3/4 cup brown sugar
- 3/4 cup water
- 2 cups vanilla frozen yogurt

### Cooking Directions

Preheat oven to 400° F. Stand pears upright in a baking dish and set aside. Combine sugar and water in heavy saucepan. Bring to a boil over high heat. Reduce to low and boil syrup 5 minutes. Pour syrup over pears and bake 20 to 25 minutes, basting occasionally with cooking liquid. Serve with frozen yogurt.

### Per Serving:

calories: 368, fat: 7.1g, calories from fat: 17%, protein: 3.5g, cholesterol: 1.4mg, dietary fiber: 4.0g.





## Sugar Cookies

Servings: 8 Preparation Time: 15 min. Cooking Time: 10 min.

### Ingredients

- 1/3 cup margarine
- 2/3 cup powdered sugar
- 2 eggs
- 1/2 tsp. vanilla extract
- 1 cup flour
- 1/2 tsp. baking powder
- 1/8 tsp. baking soda

### Cooking Directions

Preheat oven to 375° F. Thoroughly mix margarine and powdered sugar. Add eggs and vanilla and beat until blended. Add rest of the ingredients and blend well. Shape dough into 1" inch balls and place on ungreased cookie sheets. Bake until lightly browned, about 10 minutes.



### Per Serving:

calories: 160, fat: 6.7g, calories from fat: 38%, protein: 2.9g, cholesterol: 46.8mg, dietary fiber: 0.4g.

## Cinnamon Bread Pudding

Servings: 6 Preparation Time: 10 min. Cooking Time: 40 min.

### Ingredients

- 4 cups cinnamon bread, cubed
- 1/2 cup raisins
- 4 eggs, beaten
- 2-1/2 cups milk
- 1/2 cup sugar
- 1 tsp. vanilla extract
- 1 cup whipped cream (optional)

### Cooking Directions

Preheat oven to 350° F. Place bread in greased 2-quart shallow baking dish. Sprinkle raisins over bread. Combine eggs, milk, sugar and vanilla in a bowl. Pour over bread. Bake 40 minutes, or until a knife inserted near center comes out clean. Serve warm with whipped cream.

### Per Serving:

calories: 295, fat: 7.0g, calories from fat: 21%, protein: 10.1g, cholesterol: 139.4mg, dietary fiber: 1.2g.





## Cranberry Coffee Cake

Servings: 12 Preparation Time: 15 min. Cooking Time: 25 min.

### Ingredients

- 1-1/2 cups fresh or frozen cranberries, thawed
- 1 cup sugar, divided
- 1 tsp. orange rind, grated
- 1-1/2 cups all purpose flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 egg
- 1/4 cup orange juice
- 1/4 cup skim milk
- 3 Tbs. margarine, softened
- 1/4 cup chopped pecans

### Per Serving:

calories: 169, fat: 4.5g, calories from fat: 24%, protein: 2.4g, cholesterol: 15.7mg, dietary fiber: 1.1g.

### Cooking Directions

Arrange cranberries in a greased 8" square baking pan; sprinkle with 1/2 cup sugar and the orange rind. Mix remaining ingredients until just moistened in medium bowl; drop by spoonfuls onto cranberries, spreading batter evenly to sides of pan. Bake coffee cake at 400° F until wooden pick inserted in center comes out clean, approximately (25-30 minutes). Immediately invert coffeecake onto serving plate. Serve warm.



## Lower Fat Cranberry Gingerbread

Servings: 16 Preparation Time: 15 min. Cooking Time: 50 min.

### Ingredients

- 2-1/2 cups cranberries
- 1/3 cup candied ginger (optional)
- 3 cups all purpose flour
- 1-1/2 tsp. baking powder
- 1-1/2 tsp. ground ginger
- 3/4 tsp. baking soda
- 3/4 tsp. salt (necessary)
- 3/4 tsp. ground allspice
- 1/4 tsp. ground cloves
- 2-1/2 tsp. ground cinnamon
- 3/4 cup unsalted butter, room temperature
- 3/4 cup dark brown sugar, firmly packed
- 2 large eggs
- 1 cup unsulphured molasses
- 1 cup buttermilk

### Per Serving:

calories: 276, fat: 9.9g, calories from fat: 32%, protein: 4.0g, cholesterol: 58.9mg, dietary fiber: 1.5g.

### Cooking Directions

Preheat oven to 350° F. Coarsely chop cranberries in a food processor and set aside. Finely chop candied ginger and set aside. Butter and flour a 9" x 13" glass baking dish. Sift flour and next 7 ingredients into a bowl. Beat butter in another bowl with an electric mixer until light. Add sugar and beat until fluffy. Beat in eggs 1 at a time. Add molasses and mix thoroughly. Mix in dry ingredients alternately with buttermilk, beginning and ending with dry ingredients. Fold in cranberries and crystallized ginger. Spread batter into baking dish and bake about 50 minutes, or until a tester comes out clean when inserted in center. Cool cake in pan on a rack. Serve warm or at room temperature.





## Chocolate Cupcakes with White Chocolate

Servings: 12 Preparation Time: 15 min. Cooking Time: 20 min.

### Ingredients

- 1-3/4 cups all purpose flour
- 3/4 cup sugar
- 1/2 cup cocoa powder
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. baking soda
- 1 cup milk, room temperature
- 1/2 cup unsalted butter, melted and cooled
- 1 egg, lightly beaten
- 1 tsp. vanilla extract
- 1/3 pounds white chocolate chips

### Cooking Directions

Preheat oven to 375° F. Butter a 12-muffin pan and set aside. Combine first 6 ingredients in a bowl and set aside. Combine milk, butter, egg and vanilla in another bowl and mix thoroughly. Form a well in the center of dry ingredients. Stir milk and egg mixture into dry ingredients until just combined. Add half the white chocolate chips and continue to stir. Spoon batter into prepared muffin pan. Sprinkle with remaining white chocolate. Bake 20-25 minutes or until tester comes out clean when inserted in center. Cool muffins in pan on a wire rack 5 minutes before turning out.

### Per Serving:

calories: 282, fat: 13.2g, calories from fat: 42%, protein: 4.4g, cholesterol: 42.0mg, dietary fiber: 1.7g.

## Banana Meringue Delight

Servings: 8 Preparation Time: 15 min. Cooking Time: 45 min.

### Ingredients

- 3 egg whites/cooked
- 2 Tbs. sugar
- 1/8 tsp. cream of tartar
- 1/4 tsp. vanilla extract
- 1/8 tsp. salt
- 2 oz. instant vanilla pudding
- 3 cups skim milk
- 2 large banana
- 8 graham crackers, ground

### Cooking Directions

Preheat oven to 300° F. Beat egg whites with an electric mixer until thickened slightly. Gradually add sugar and cream of tartar and beat until soft peaks appear. Add vanilla and salt and continue beating until whites stand in stiff peaks. Spray a 9" x 9" glass baking dish with nonstick cooking spray. Spread meringue over entire bottom and sides of dish to form a crust. Bake 45 minutes. Remove and cool. Meanwhile, combine pudding mix and milk and prepare according to package directions. Fold in sliced bananas. Pour pudding mixture into crust and sprinkle ground graham crackers on top. Chill and serve.

### Per Serving:

calories: 144, fat: 2.3g, calories from fat: 14%, protein: 5.2g, cholesterol: 1.7mg, dietary fiber: 1.6g.





## No Bake Chocolate Toffee Cookies

Servings: 16 Preparation Time: 15 min. Cooking Time: 5 min.

### Ingredients

- 1/2 cup unsalted butter
- 1/4 cup cocoa
- 2 cups sugar
- 1/2 cup milk
- 1-1/2 tsp. vanilla extract
- 3-1/2 cups quick oatmeal
- 1 cup toffee baking bits

### Cooking Directions

Combine first 4 ingredients in a large heavy saucepan over medium-high heat. Bring to a soft boil. Remove from heat. Stir in vanilla, then oats and toffee bits. Drop by tablespoonfuls on wax paper and let harden.

### Per Serving:

calories: 268, fat: 9.4g, calories from fat: 32%, protein: 3.5g, cholesterol: 25.0mg, dietary fiber: 2.3g.

## Easy Tiramisu

Servings: 4 Preparation Time: 15 min. Cooking Time: 5 min.

### Ingredients

- 1/3 cup sugar
- 2 Tbs. water
- 2 egg whites/cooked
- 1/3 pounds light cream cheese, room temperature
- 1/2 cup strong coffee
- 3 Tbs. dark rum
- 9 ladyfingers, split in halves
- 1 oz. semisweet chocolate, finely chopped or grated

### Cooking Directions

Bring sugar and water to a boil in a saucepan over high heat, stirring to dissolve sugar. Boil uncovered 1 minute and remove from heat. Beat egg whites to soft peaks with an electric mixer. With machine running on medium speed, slowly pour hot sugar syrup into egg whites and continue beating until whites are stiff and glossy. Continue beating about 2 minutes, until mixture is cool. Beat in cream cheese 2 Tbs. at a time at high speed until smooth. Combine coffee and rum in a bowl. Dip cut sides of half the ladyfingers into coffee mixture. Arrange rounded side up in a single layer in the bottom of a 1-1/2 quart serving bowl. Spread with half the cheese mixture and sprinkle with half the chocolate. Dip remaining ladyfingers in coffee mixture and arrange rounded side up over cheese layer. Drizzle any remaining coffee mixture over ladyfingers and spread with remaining cheese mixture. Sprinkle with remaining chocolate. Serve immediately or refrigerate up to 12 hours.

### Per Serving:

calories: 282, fat: 6.3g, calories from fat: 20%, protein: 9.2g, cholesterol: 105.3mg, dietary fiber: 0.7g.





## Peanut Butter Cookies

Servings: 24 Preparation Time: 15 min. Cooking Time: 10 min.

### Ingredients

- 3 cups quick or old fashioned oatmeal, uncooked
- 1-1/2 cups all purpose flour
- 1/2 tsp. baking soda
- 3/4 cup unsalted butter, softened
- 1 cup peanut butter
- 1-1/2 cups brown sugar, firmly packed
- 1/3 cup water
- 1 egg
- 1 tsp. vanilla extract
- 1/4 cup granulated sugar

### Cooking Directions

Combine first 3 ingredients in a bowl. Beat together butter and next 2 ingredients in another bowl until light and fluffy. Blend in water, egg and vanilla. Add dry ingredients and mix well. Chill dough about 1 hour. Preheat oven to 350° F. Shape dough to form 1" balls. Place on an ungreased cookie sheet and flatten with tines of a fork dipped in granulated sugar to form a crisscross pattern. Bake 9-10 minutes or until edges are golden. Cool 1 minute on cookie sheet and remove to wire cooling rack. Makes about 7 dozen cookies.

### Per Serving:

calories: 234, fat: 11.6g, calories from fat: 44%, protein: 5.4g, cholesterol: 23.3mg, dietary fiber: 1.9g.

## Lowfat Chocolate Cake

Servings: 8 Preparation Time: 15 min. Cooking Time: 30 min.

### Ingredients

- 1-1/4 cups flour
- 1/2 cup unsweetened cocoa powder
- 1/4 cup cornstarch or arrowroot powder
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1-1/4 cups sugar
- 1 cup water
- 3 egg whites/cooked
- 1/2 cup light corn syrup

### Cooking Directions

Preheat oven to 350° F. In a mixing bowl, combine first 6 ingredients. In another bowl, stir sugar and water for 1-2 minutes. Add egg whites and corn syrup and stir until well blended. Slowly combine both mixtures, stirring until smooth. Pour into a well-greased 9" baking pan. Bake for 30-35 minutes, or until a tester comes out clean when inserted in center. Cool before serving.



### Per Serving:

calories: 279, fat: 1.0g, calories from fat: 3%, protein: 4.2g, cholesterol: 0.0mg, dietary fiber: 2.3g.





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