

Low-Fat & Fabulous

I'm all about being healthy. What I'm *not* all about is health food!

Nearly a month into our New Year's resolutions, a lot of the talk in the ladies' locker room at my gym seems to centre on finding ways to eat healthy food that still tastes good.

Some of the ideas I have heard from my locker room peers make me cringe. Would you want to eat any of the following?

- Tofu brownies - "I swear, no one will know there's tofu," said one woman.
- "Almost cheesecake" made of a baked sweet potato, cottage cheese, cinnamon, Splenda and apple pie spice.
- Delectable Chocolate Protein Pudding Sandwiches

With absolutely no offense to my Locker Room Ladies, I have found a couple of my own favourite low-fat dessert recipes. They are better for you than their full-fat counterparts, but I guarantee you won't be able to tell!

Low-Calorie Black & White Brownies

Yield: 16 brownies

1. 2/3 cup all-purpose flour
2. 1/2 cup granulated sucralose-type sweetener
3. 1 tsp. baking powder
4. 1/4 cup unsalted butter or soy margarine, at room temperature
5. 2 large eggs or 1/2 cup egg substitute
6. 2 tsp. vanilla extract
7. 1/2 cup unsweetened applesauce
8. 1/2 cup white chocolate chips or chunks
9. 1/2 cup Dutch-process cocoa powder
10. 1/2 cup mini chocolate chips

Directions:

1. Preheat oven to 350F. Butter 8- or 9-inch square cake pan.
2. Stir together flour, sweetener and baking powder in bowl. Beat together butter, eggs and vanilla in separate bowl until butter is broken into little pieces. Add applesauce, and stir until blended. Fold in flour mixture until moistened. Fold in white chocolate. Measure out 1/2 cup of mixture, and drop by spoonfuls into prepared pan.

3. Fold cocoa powder and chocolate chips into remaining batter. Gently spoon chocolate batter over white batter. Batter is thick, so smooth out surface.
4. Bake 20 minutes, or until toothpick inserted into center comes out clean. Cool before cutting into 1 1/2-inch squares.

PER SERVING (1 SQUARE): 125 CAL; 2 G PROT; 7 G TOTAL FAT (4 SAT. FAT); 14 G CARB.; 35 MG CHOL; 65 MG SOD.; 1 G FIBER; 6 G SUGARS

Lower-Calorie Peanut Butter Cookies

Yield: About 60 cookies (These are very tender cookies that break easily, so handle with care.)

- 1 cup creamy, well-stirred peanut butter, preferably all natural
- 1 cup apple juice concentrate, thawed and undiluted
- 1/2 cup sucralose-type sweetener
- 2 tsp. vanilla extract
- 1 cup whole wheat flour
- 1 1/2 tsp. baking soda

Directions:

1. Preheat oven to 350F. Lightly spray 2 baking sheets with cooking spray, or line with baking parchment, and set aside.
2. Mix peanut butter, apple juice, sweetener and vanilla until blended but not smooth. In second bowl, whisk together flour and baking soda, and fold into peanut butter mixture. Stir until thick. Drop dough by rounded teaspoons onto baking sheets, about 2 inches apart. Use fork dipped in flour to make crisscross marks on top of each cookie.
3. Bake 12 minutes, or until light brown. Remove from oven; cool on sheets.

PER COOKIE: 40 CAL; 1 G PROT; 2 G TOTAL FAT (0 SAT. FAT); 5 G CARB.; 0 MG CHOL; 50 MG SOD.; 0 G FIBER

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