

Classic and Healthier Dessert Recipes You'll Love

Strawberry Shortcake

A summer classic that everyone loves.

Serves 6 – Prep. time 25 min. – Cooking time 17 min.

Ingredients

- 1 pint fresh strawberries, washed, stemmed, and sliced (any berries may be used)
- 1 ½ cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon baking soda
- 2 tablespoons cold unsalted butter, diced
- 1 ½ cups shredded Monterey Jack cheese
- 1 cup sour cream
- Whipping cream

Directions

1. Preheat oven to 425°F.
2. Sift together flour, baking powder, cinnamon, salt and soda into a mixing bowl. Add the butter and blend with a pastry tool until mixture forms coarse crumbs, about the size of peas. Stir in the cheese, then add sour cream. Stir until the mixture forms a soft dough.
3. Turn out the dough on a lightly floured surface and knead 6 times. Roll the dough out until 1/2 inch thick. Cut with a 3 ⅓-inch round cutter. Bake on ungreased baking sheet 15–17 minutes until golden brown. Cool on a wire rack.
4. To assemble, cut cakes in half, add plenty of sliced strawberries, cover with the cake's other half. Arrange some more strawberry slices. Garnish with whipped cream, and enjoy.

Nutrition per serving

Calories 362, Fat 17 g, Carbs 47 g, Sugar 21 g, Protein 6 g, Sodium 308 mg

Healthier Strawberry Shortcake

Everyone will love this lighter version of the original.

Serves 6 – Prep. time 25 min. – Cooking time 17 min.

Ingredients

- 1 cup whole wheat flour
- ⅓ cup ground flax meal
- 1 teaspoon baking powder
- 2 eggs
- ½ cup honey
- ⅓ cup butter, melted
- 1 teaspoon vanilla extract
- ½ cup milk or almond milk
- 4–5 cups fresh, sliced strawberries
- 4 cup fresh whipped cream
- Mint leaves, for garnishing (optional)

Directions

1. Preheat oven to 350°F, and coat a 12 muffin pan with cooking spray or muffin liners.
2. Sift together the flour, flax, and baking powder, and stir in the eggs, honey, melted butter, vanilla extract, and milk. Mix well.
3. Pour the batter into the prepared pan, and bake for 20-25 minutes, until the center is set.
4. Cool on a wired rack, unmold, and split in two. Add strawberry slices and whipped cream, and top with other half and serve.

Nutrition per serving

Calories 258, Fat 9.5 g, Carbs 38.7 g, Sugar 25.3 g, Protein 6.2 g, Sodium 126.2 mg

Key Lime Pie

Just the way they love it down south!

Serves 8 – Prep. time 10 min. plus 4 hours cooling time – Cooking time 45 min.

Ingredients

- 6 egg yolks
- 2 (7-ounce) cans sweetened condensed milk
- 1 cup lime juice, fresh or bottled
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 1 (9-ounce) prepared 10-inch graham cracker crust
- Whipped cream or topping (optional)
- Lime, kiwi, strawberry slices for garnish

Directions

1. Preheat the oven to 350°F.
2. In a medium bowl, whisk the egg yolks, and slowly add the sweetened condensed milk.
3. Stir in the lime juice, vanilla, and salt, being careful not to create bubbles.
4. Pour the mixture into the crust, and bake for 45 minutes
5. Refrigerate for about 1 hour before serving. Serve cold with lime and cream as a garnish.

Nutrition per serving

Calories 440, Fat 15.9 g, Carbs 66.2 g, Sugar 56.7 g, Protein 9.3 g, Sodium 309.2 mg

Healthier Key Lime Pie

Tart and refreshing, this pie is always a hit.

**Serves 8 – Prep. time 15 min. plus one hour cooling time –
Cooking time 20 min.**

Ingredients

- 2 teaspoons lime zest
- 1 cup lime juice
- 1 ¾ cups light sweetened condensed milk (1 - 14oz can)
- ¾ cup egg substitute
- ⅓ cup butter
- ¼ cup white sugar
- 1 ½ cups of graham cracker crumbs (10–12 graham crackers)
- Fresh limes and whipping topping for garnish (optional)

Directions

1. Preheat the oven to 350°F.
2. Zest the lime (it usually takes 2 limes for this), and place the zest into a blender.
3. Add the egg substitute, lime juice, and sweetened condensed milk.
4. Blend the ingredients until they are smooth. Stop the blender, and set aside.
5. Crush the graham crackers or measure out the crumbs.
6. Melt the butter, and combine it with the crumbs in a large bowl.
7. Fold in the sugar, and mix until the crumbs begin to stick together.
8. Transfer to a 9" pie plate and press the crumbs down into the bottom and sides.
9. Place the pie plate into a preheated oven for 10 minutes, then remove it from the heat and allow it to cool completely.
10. Pour the lime mixture into the pie crust. Place it in the oven, and bake for 10–12 minutes.
11. Refrigerate for about 1 hour before serving. Serve cold with lime and cream as a garnish.

Nutrition per serving

Calories 174, Fat 9.2 g, Carbs 19.5 g, Sugar 9.4 g,
Protein 3.9 g, Sodium 105 mg

Chocolate Eclairs

If you enjoy baking, try these! Your efforts will be rewarded.

Serves 8 – Prep. time 35 min. plus overnight chilling for the cream – Cooking time 20 min.

Ingredients

Chocolate pastry cream

- 2 cups milk
- ½ cup semi-sweet chocolate of good quality
- 2 egg yolks
- ½ cup white sugar
- ¼ cup cornstarch
- 2 tablespoons unsalted butter
- 1 teaspoon vanilla extract

Choux pastry

- 1 cup water
- ½ cup unsalted butter
- Pinch salt
- 1 cup all-purpose flour
- 4 eggs

Glaze

- 4 ounces semi-sweet chocolate of good quality
- ½ cup heavy cream

Directions

1. The night before, make the chocolate pastry cream. In a medium saucepan, add the milk and the chocolate. Heat the milk until it begins to steam but not boil. Whisk to combine the milk and chocolate well.
2. Meanwhile, in a mixing bowl, beat the egg yolks. Add the sugar and cornstarch and mix until smooth.
3. While the milk is still warm, slowly pour half of it into the yolk mixture, whisking constantly to prevent the eggs yolks from curdling. When it is incorporated, pour the yolk mixture back into the saucepan, still mixing constantly. Heat it to 170°F, and then remove it from the heat.
4. Stir in the butter and the vanilla and put the cream in an airtight container. Refrigerate overnight.
5. Prepare the choux pastries. In a medium saucepan, heat the water and add the butter and salt. Stir until they are combined.
6. Add the flour, and mix until a dough forms. It will be sticky. Mix in the eggs one at a time.
7. Preheat the oven to 425°F and cover a baking sheet with a silicone mat or parchment paper. You can also use cooking spray.
8. Transfer the dough to a pastry bag with a large, plain tip. Pipe 8 pastries onto the baking sheet, each about 5 inches long.
9. Bake for 20 minutes, or until they are puffy and golden. Set them aside to cool for 30 minutes.
10. Meanwhile, prepare the topping. Heat the cream in a saucepan over medium heat until it is steamy. Stir in the chocolate and mix until smooth. Let the topping cool for about 15 minutes.
11. To assemble the pastries, transfer the chocolate cream filling to a clean pastry bag with a medium tip. Press the tip into the end of each pastry, and squeeze in 2–3 tablespoons of cream.
12. Carefully dip the top of the pastry into the chocolate and set it aside until the chocolate is set.

Nutrition per serving

Calories 493.8, Fat 31.9 g, Carbs 46.5 g, Sugar 29.6 g,
Protein 9.7 g, Sodium 83.9 mg

Lighter Chocolate Eclairs

Yes, it can be done!

Serves 4 – Prep. time 30 min. – Cooking time 30 min.

Ingredients

For the vanilla custard

- 2 tablespoons Bird's custard powder
- 1 cup 2% milk, divided
- 3 tablespoons sugar
- 1 teaspoon vanilla extract

Choux pastry

- ¼ cup water
- 1 tablespoon butter
- ¼ cup all-purpose flour
- Pinch salt
- 1 egg, beaten

Glaze

- 4 ounces semi-sweet chocolate of good quality
- 2 tablespoons milk

Directions

1. Dissolve the custard powder in a ¼ cup of the milk.
2. Pour the rest of milk into a saucepan and heat it over medium until it is steamy. Add the dissolved custard powder in its milk, the sugar, and the vanilla.
3. Lower the heat, and stir constantly until the custard is thick enough to coat your spoon.
4. Transfer the custard to a bowl, and cover it with plastic wrap, placing the wrap directly on the custard to prevent it from forming a skin. Refrigerate.
5. Preheat the oven to 375°F and prepare a small baking sheet with some parchment paper or a silicon mat.
6. Prepare the shells. In a saucepan, combine the water and butter, and heat it over medium until the butter melts. Increase the heat and leave it until the water boils.
7. Slide the pot off the heat and add the flour and salt. Mixing quickly, return it to the burner and stir until a dough forms. Take it off the heat.
8. Add the beaten egg in three additions, mixing well each time.
9. Transfer the dough to a pastry bag with a large, plain tip. Pipe 4 pastries onto the baking sheet, each about 4 inches long. Leave lots of room between them.
10. Bake for 20 minutes, or until they are puffy and golden. Set them aside to cool for 30 minutes.
11. Meanwhile, prepare the topping. Heat the milk and chocolate in a double boiler until it is smooth.
12. To assemble the pastries, cut a slit along one side and fill it with custard. Drizzle or spread chocolate on top.

Nutrition per serving

Calories 301, Fat 13.3 g, Carbs 43.9 g, Sugar 28.6 g,
Protein 5.9 g, Sodium 71.5 mg

*****These recipes and more are found in Louise Davidson's *Desserts Two Ways: Favorite Dessert Recipes Made Two Ways: Classic and Healthier*. To get your copy, click on the cover below or click [here](#).**

