

Everyday Healthy SERIES



Over the Top Bran Muffins with Pear

These muffins are big and full of fibre. They are over the top because they rise above the top of the pan, so be sure to grease the top of your muffin pan too! The fresh chopped pear addition helps keep the muffin moist and tasty.

1 cup (250 mL) All-Bran or 100% Bran cereal
1 cup (250 mL) wheat bran
1 1/2 cups (375 mL) plain low-fat yogurt
2 cups (500 mL) whole-wheat flour
1/2 cup (125 mL) brown sugar substitute
1 tbsp (15 mL) baking powder
2 tsp (10 mL) baking soda
1/4 tsp (1 mL) salt
1/2 cup (125 mL) skim milk
1/4 cup (50 mL) Spectrum canola oil
1 egg
2 tsp (10 mL) vanilla
2 pears, cored and diced

1. In bowl, combine cereal and wheat bran. Stir in yogurt and let stand for 10 minutes.
2. In large bowl, combine flour, brown sugar substitute, baking powder, baking soda and salt.
3. Add milk, oil, egg and vanilla to bran mixture and stir to combine. Pour over flour mixture and stir until just combined. Stir in pear.
4. Divide batter among 12 greased or paper lined muffin cups. Bake in 375 F oven for about 25 minutes or until golden and tops are firm to the touch. Let cool on rack for 5 minutes. Remove from pan and let cool completely.

Makes 12 muffins.

Blueberry Option: Use 2 cups fresh blueberries for the pear.

Storage: Wrap each muffin individually in plastic wrap and freeze in airtight container for up to 1 month or keep at room temperature in airtight container for up to 3 days.

Apple Pie Cookies

Here you have all your favourite flavour ingredients of apple pie in a cookie. They have a similar texture to a soft granola bar, which gives them a perfect snack time feel.

1 cup (250 mL) large flake oatmeal
3/4 cup (175 mL) whole-wheat flour
1 tsp (5 mL) cinnamon
1/2 tsp (2 mL) baking powder
Pinch each nutmeg and salt
3/4 cup (175 mL) unsweetened applesauce
1/3 cup (75 mL) sugar substitute
1/3 cup (75 mL) liquid egg
2 tsp (10 mL) vanilla
1 apple, cored and finely diced

1. In large bowl, combine oatmeal, flour, cinnamon, baking powder, nutmeg and salt. In another bowl, whisk together applesauce, sugar substitute, liquid egg and vanilla. Pour over oatmeal mixture and stir to combine. Add apple and stir to distribute evenly.

2. Place by heaping tablespoonfuls onto parchment paper lined baking sheet. Bake in 275F oven for about 25 minutes or until firm and lightly golden. Let cool completely.

Makes about 18 cookies.

Chocolate Drop Cookies

These are moist cakelets, which like cookies are great to eat warm and dunk into a glass of milk for snack time. Made with beans gives them extra fibre, that kids won't even know they're getting. Sometimes it pays to be healthy.

1/3 cup (75 mL) non-hydrogenated soft margarine
3/4 cup (75 mL) whole-wheat flour
1/2 cup (125 mL) sugar substitute
1/2 cup (125 mL) bean puree (see instructions below)
1/3 cup (75 mL) unsweetened cocoa powder
1/4 cup (50 mL) skim milk
1 egg
2 tsp (10 mL) vanilla
1/2 tsp (2 mL) baking soda

1. In bowl, using electric beater, beat margarine, flour, sugar substitute, bean puree, cocoa powder, skim milk, egg, vanilla and baking soda until combined.
2. Drop by tablespoon on parchment paper lined baking sheet. Bake in 375 F oven for about 10 minutes or until firm to the touch. Let cool.

Makes about 24 cookies.

Storage: Keep in resealable plastic bag or airtight container for about 3 days at room temperature or in freezer for up to 3 weeks.

Bean Puree: In food processor puree 1 cup (250 mL) cooked white kidney beans, such as a can of Yves White Beans, drained and rinsed with 2 tbsp (25 mL) wheat bran and 1/4 cup (50 mL) skim milk. Makes 1 cup (250 mL) bean puree-enough for 2 batches of chocolate drop cookies! You can bake a batch now and freeze the remaining bean puree for up to 2 weeks.

Fruit Filled Pavlova

Meringues are light tasty desserts and when filled with fruit they have a colourful finish to the meal as well as some added fibre. By combining the tofu and yogurt cheese you also get some added protein for dessert-how nice.

8 egg whites

1/2 tsp (2 mL) cream of tartar

Pinch salt

3/4 cup (175 mL) sugar substitute

2 tbsp (25 mL) cornstarch

2 tsp (10 mL) vanilla extract

Fruit Filling:

1 pkg (300 g) soft silken tofu, drained

1 cup (250 mL) yogurt cheese

1/4 cup (50 mL) sugar substitute

1/2 tsp (2 mL) grated orange rind

4 cups (1 L) mixed fruit (such as fresh berries, orange and peach wedges)

2 tbsp (25 mL) chopped fresh mint

1. In large bowl, using electric mixer beat egg whites until frothy. Add cream of tartar and salt; beat until soft peaks form. Gradually add sugar substitute; beat until stiff peaks. Beat in cornstarch and vanilla.
2. Spread mixture onto parchment paper lined baking sheet into an 8 inch round, mounding the edges slightly higher than the centre to form a shell Bake in 275 F oven for

40 minutes or until lightly golden. Turn off oven and let dry in oven for 1 hour. Place on large serving platter.

3. Fruit Filling: Meanwhile, in large bowl combine tofu, yogurt cheese, sugar substitute and orange rind. Scrape into meringue shell. Top with fruit mixture and sprinkle with mint.

Makes 8 to 10 servings.

Storage: Pavlova shell can be made up to 4 hours ahead. Fill with Fruit Filling up to 1 hour ahead.

Basmati Rice Pudding

Using basmati rice adds a special fragrance to rice pudding. This is a true comfort food that warms the heart and definitely the soul. Try serving this rice pudding with other favourite fruits like strawberries or peaches.

3 cups (750 mL) Rice or Soy Dream or skim milk

1/2 cup (125 mL) basmati rice

1/4 cup (50 mL) sugar substitute

1 tsp (5 mL) vanilla

1/4 tsp (1 mL) ground cardamom or cinnamon

1 mango, peeled and sliced thinly

1. In heavy saucepan bring milk and rice to boil over medium heat. Reduce heat to low and cover and cook for about 30 minutes or until most of the milk is absorbed. Stir in sugar substitute, vanilla and cardamom.

2. Divide into custard cups and top with sliced mango.

Makes 4 servings.