

Better Living for Texans Newsletter

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EXTENSION

Summer Desserts: They Don't Have To Be a Guilty Pleasures

Desserts often add unwanted calories, fat, and sugar. However, if prepared thoughtfully you can make it a treat you can be proud of. Here are some tips to help keep your eating pattern in check:

- ⇒ Cookies tend to be oversized compared to appropriate serving size. When making cookies at home, use a tablespoon to measure out your serving of dough per cookie to help regulate and minimize the portion size appropriately.
- ⇒ Not sure what an appropriate amount per serving is for your cakes and other pastries? Keep your measures to 2-inch sized treats.
- ⇒ Beets may not be the first thing that comes to mind when you think of sweet treats, but they can actually add natural sweetness in baked goods when you replace a portion of your added sugar with finely chopped beets
- ⇒ Planning on having some homemade cake at your next barbecue? Instead of high fat or high sugar frostings, try using nonfat whipped topping to minimize the sugar content in your dessert.
- ⇒ Those summer pies can pack a lot of hidden sugars, from the crust to the filling, and even the top crust or crumble. If using a graham cracker base, you can pulse graham crackers moistened with non fat milk rather than sugar to keep the texture of your base or topping without the added sugar.
- ⇒ If you want to reduce your refined carbs, try switching half of your flour for whole wheat flour. Using the white whole wheat can maintain texture and flavor while still adding in whole grains. You can also add fresh fruit to take up more volume to reduce the amount of added sugar and refined carbohydrates per serving.

Healthy Summer Dessert Cheat Sheet

- ◆ Include whole grains in your dessert recipes in place of refined grains
- ◆ Reduce 25% of the recipe's sugar content without sacrificing texture, moisture or taste
- ◆ Use this as an opportunity to add more fruit and vegetables to your day



In This Issue...

- Happy Independence Day!
- Summer Desserts: They Don't Have To Be Guilty Pleasures
- Healthy Summer Dessert Cheat Sheet
- Recipes: Banana Berry Muffins and Chocolate Peanut Butter Frozen Bars

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Banana Berry Muffins

Ingredients:

- non-stick cooking spray
- 4 tablespoons applesauce
- 1/4 cup sugar
- 2 tablespoons egg mix
- 2 ripe bananas
- 2 tablespoons water
- 1/4 cup all-purpose flour
- 1/4 cup whole wheat flour
- 1/4 cup quick cooking oats
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup blueberries or strawberries (fresh or frozen)

Directions:

1. Preheat oven to 350 degrees F. Spray a 12-cup muffin pan with non-stick cooking spray.
2. In a medium-size bowl, combine applesauce, sugar, egg mix, banana, and water. Mix well.
3. In a large bowl mix flours, oats, baking powder, baking soda, and salt.
4. Add the applesauce mixture to the bowl with the dry ingredients; mix just until the batter is moist.
5. Gently add berries into the mixture.
6. Fill each muffin cup about 3/4 full of batter.
7. Bake for 25-30 minutes until lightly brown.
8. Cool for 10 minutes and remove from pan.

Serving Size: 1 muffin
 Servings per container: 12 muffins

Nutrition Facts	
Serving Size 71 g	
Amount Per Serving	
Calories 182	Calories from Fat 6
% Daily Value*	
Total Fat 0.7g	1%
Cholesterol 0mg	0%
Sodium 302mg	13%
Potassium 137mg	4%
Total Carbohydrates 41.5g	14%
Dietary Fiber 1.8g	7%
Sugars 19.3g	
Protein 3.4g	
Vitamin A 0%	Vitamin C 5%
Calcium 3%	Iron 8%

Chocolate Peanut Butter Frozen Bars

Ingredients:

- 2 packages sugar-free chocolate pudding (1.3 oz each, instant or cook and serve type)
- 3 1/2 cups skim milk
- 1/4 cup peanut butter
- 13 1/2 graham cracker rectangle (break into 27 2-1/2 inch squares)

Directions:

1. Mix pudding according to package directions, except use 3-1/2 cups milk. Beat in peanut butter.
2. Line a 9"x13" pan with half the graham cracker squares. Three squares will have to be cut in half to line the pan.
3. Spread pudding mixture over graham crackers. Top with remaining crackers.
4. Freeze for four hours.
5. Cut into squares and remove from pan.
6. Store in a plastic bag in the freezer.

Serving Size: 1 square cracker sandwich
 Servings Per container: 13 square cracker sandwiches

Nutrition Facts

Serving Size 84 g	
Amount Per Serving	
Calories 115	Calories from Fat 36
% Daily Value*	
Total Fat 4.0g	6%
Saturated Fat 0.8g	4%
Cholesterol 1mg	0%
Sodium 146mg	6%
Potassium 154mg	4%
Total Carbohydrates 15.4g	5%
Dietary Fiber 0.7g	3%
Sugars 8.2g	
Protein 4.4g	
Vitamin A 3%	Vitamin C 1%
Calcium 8%	Iron 6%

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