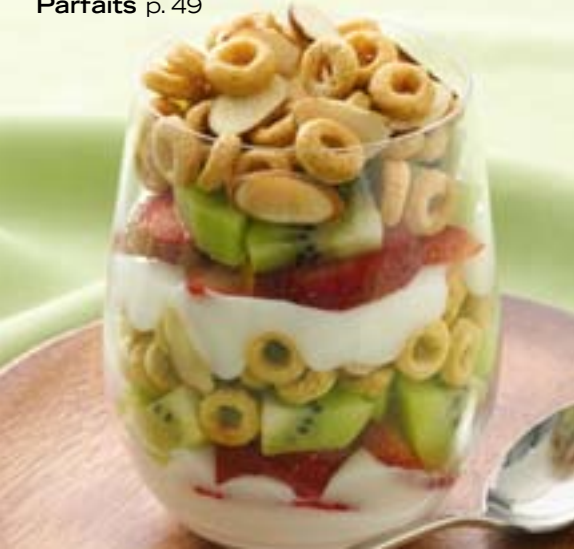


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GUILT-FREE & GOOD-FOR-YOU

# smoothies and desserts

RELAX!  
*Treat Yourself*

ALL UNDER  
**250**  
Calories

10-Minute  
Berry Blast  
Smoothie p6

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FUN SNACKS  
KIDS LOVE!

Photo of Every Recipe

# Kitchen Secret 101— Baking with Yogurt

Want an easy, delicious secret to make your baked goods even better? Try using yogurt.

Yogurt gives your baked goods terrific flavor and texture, extra moistness and reduces fat and calories. Its smooth and creamy texture mixes easily into your batters.

Yoplait® plain or vanilla yogurt works great as a substitute for buttermilk, sour cream, whipping cream, milk or soy milk in pancakes, waffles, scones, muffins, cookies and cakes. Just stir in 1 or 2 tablespoons milk if needed to thin the batter.

Try using Yoplait® peach, strawberry or strawberry-banana yogurt to add extra flavor to all your favorite recipes.



## 5 Easy Yogurt Toppings

Create delicious, healthier toppings for your baked goods!

**1. Icing:** Use vanilla, strawberry or peach yogurt in place of the butter or margarine in your favorite frosting recipe, stirring yogurt in with the powdered sugar. You can use plain yogurt, with the addition of ½ teaspoon vanilla.

**2. Fruity Topping:** Combine ½ cup plain or flavored yogurt with ½ cup any flavor fruit preserves. Serve over pancakes, waffles, French toast or any quick bread.

**3. Brush** any flavor yogurt over your favorite muffins or scones recipe before baking; sprinkle with a combination of granulated sugar and grated orange peel or cinnamon-sugar.

**4. Chocolate Sauce:** Combine ½ cup plain or vanilla yogurt and ½ cup chocolate topping. Top angel food or pound cake, gingerbread, cupcakes; top with fresh berries.

**5. Caramel Drizzle:** Stir together ½ cup plain or vanilla yogurt and ½ cup caramel topping. Drizzle over apples, pears or other fresh fruit, cakes or cookies.

AD?

### We'd Love to Hear From You

If you have an idea for something you would like to see in our magazine, please let us know.

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# Editor's Letter

**Smoothies inspire!** I saw it firsthand...my 13-year-old daughter, Ruby, really got into making them last summer.

It was fun to see her tasty creations. And I was glad to let her experiment – she was getting calcium from yogurt plus vitamins and minerals from fruit. As a mom, what's not to love?

We hope our refreshingly delicious collection of smoothies inspire you, too. Just for fun, I asked Ruby to share her passion for smoothies...and her favorite recipe. Here it is!

*Cheri*

SENIOR EDITOR



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**I love smoothies!** One of my favorite things is to relax by the pool with one. They taste so good on a hot day and take 10 minutes, tops, to make.

For ideas, I go through the fridge and freezer looking for good stuff to put in. If I can't find anything, I call my Mom and ask her to bring home blueberries, strawberries, raspberries, any fruit I can think of.

Sometimes my smoothies get kind of weird, but most of the time they end up yummy. (If not, I know my Dad will drink them!) Strawberry-Mango is my best yet. Here are a couple of secrets: Make sure the mango is really ripe and add a few ice chunks to make it really refreshing. And, I freeze the leftovers for a frozen treat the next day (unless one of my brothers beats me to it!)

ENJOY!



*Ruby*

## Ruby's Strawberry-Mango Smoothies

In blender, place 1½ cups Yoplait® 99% Fat Free creamy strawberry yogurt, 1 cup frozen strawberries or raspberries, 1 medium ripe mango, cut into chunks and 1 cup crushed ice. Cover and blend on high speed about 1 minute or until smooth. If too thick, blend in a little skim milk. Pour into 4 or 5 glasses.

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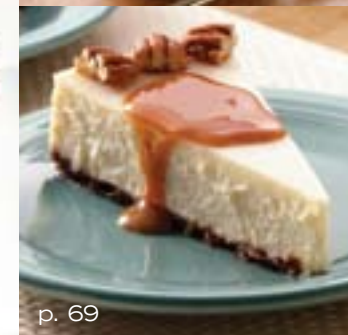
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## LOOK FOR THESE SYMBOLS:

**Quick =**

Ready to eat in  
30 minutes or less

**Easy =**

Prep time of 15  
minutes or less

**Low Fat =**

3g or less, except  
main dishes with  
10g or less

# Smoothies

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## 10-Minute Berry Blast Smoothies

Quick  
Easy  
Low Fat

- 2 cups Yoplait® 99% Fat Free creamy vanilla or creamy strawberry yogurt (from 2-lb container)
- 2 cups frozen strawberries
- 2 tablespoons orange juice
- 1 tablespoon honey

**1** In blender, place ingredients. Cover; blend on high speed about 1 minute or until smooth.

**2** Pour into 3 glasses. Serve immediately.

1 SERVING (1 cup each): Calories 200 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 80mg; Total Carbohydrate 41g (Dietary Fiber 2g; Sugars 32g); Protein 5g % DAILY VALUE: Vitamin A 15%; Vitamin C 70%; Calcium 20%; Iron 4% EXCHANGES: 1 Fruit, 1½ Other Carbohydrate, ½ Skim Milk CARBOHYDRATE CHOICES: 3

Frozen strawberries, creamy yogurt, refreshing orange juice and sweet honey whip up into tasty smoothies. It's like a **rejuvenating** visit to the spa...in a glass!

## Peachy Chai Smoothies

Quick  
Easy  
Low Fat

- ¾ cup frozen sliced peaches, partially thawed
- 2 containers (6 oz each) Yoplait® Thick & Creamy vanilla yogurt
- 3 tablespoons chai tea latte mix (from 10-oz package)
- ½ cup fat-free (skim) milk
- Ground nutmeg, if desired

**1** In blender, place all ingredients except nutmeg. Cover; blend on high speed about 1 minute or until smooth and creamy.

**2** Pour into 2 glasses; sprinkle each with dash of nutmeg. Serve immediately.

1 SERVING (¾ CUP EACH): Calories 210 (Calories from Fat 20); Total Fat 2.0g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 6g; Sodium 150mg; Total Carbohydrate 39g (Dietary Fiber 1g; Sugars 38g); Protein 9g % DAILY VALUE: Vitamin A 16%; Vitamin C 100%; Calcium 26%; Iron 1% EXCHANGES: ½ Fruit, 1½ Other Carbohydrate, 1 Low-Fat Milk CARBOHYDRATE CHOICES: 2.5

**An Indian specialty, chai is a blend of tea, milk and mild spices. Peach and chai are very compatible flavors.**



## Calcium-Rich Berry-Peach Smoothies

Quick  
Easy  
Low Fat

- 1 cup frozen whole raspberries without syrup
- $\frac{3}{4}$  cup milk
- 2 tablespoons sugar-free low-calorie peach instant iced tea mix
- 1 container (6 oz) Yoplait® Original 99% Fat Free white chocolate raspberry yogurt
- 1 bag (16 oz) frozen sliced peaches without syrup, 4 slices reserved and thawed
- Additional frozen (thawed) raspberries without syrup for garnish, if desired

**1** In blender, place raspberries, milk, tea mix and yogurt. Cover; blend on high speed 10 to 20 seconds or until smooth.

**2** Add half of the peach slices; cover and blend on high speed until smooth. Add remaining peaches; cover and blend until smooth.

**3** Pour into 4 glasses; garnish each with peach slice and raspberries. Serve immediately.

1 SERVING (1 cup each): Calories 140 (Calories from Fat 15); Total Fat 2g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 45mg; Total Carbohydrate 26g (Dietary Fiber 5g; Sugars 18g); Protein 4g % DAILY VALUE: Vitamin A 20%; Vitamin C 210%; Calcium 10%; Iron 4% EXCHANGES: 1 Starch, 1 Fruit CARBOHYDRATE CHOICES: 2

**Change it up** by serving these smoothies in small bowls as a refreshing dessert, or sprinkle with granola for a hearty breakfast treat.

# Lucky Charms® Raspberry Smoothies

Quick  
Easy  
Low Fat

- 1 container (6 oz) Yoplait® Original 99% Fat Free raspberry or strawberry yogurt
- ¾ cup Lucky Charms® cereal
- ½ cup fresh or frozen raspberries
- 1 cup fat free (skim) milk
- ½ banana, sliced

**1** In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth, stopping blender once to scrape sides.

**2** Pour into 2 glasses. Serve immediately.

1 SERVING: Calories 160 (Calories from Fat 15); Total Fat 2g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 130mg; Total Carbohydrate 30g (Dietary Fiber 3g; Sugars 19g); Protein 6g % DAILY VALUE: Vitamin A 15%; Vitamin C 20%; Calcium 20%; Iron 10% EXCHANGES: ½ Fruit, ½ Other Carbohydrate, 1 Skim Milk CARBOHYDRATE CHOICES: 2

Studies show that many people do not get enough calcium and iron. In this charming smoothie, **you get all the goodness** of yogurt, cereal, milk and fruit.



# Raspberry-Banana Yogurt Smoothies

Quick  
Easy  
Low Fat

- 1 container (6 oz) Yoplait® Original 99% Fat Free French vanilla yogurt
- 1½ cups plain or vanilla soymilk
- 1 cup frozen unsweetened raspberries or fresh raspberries
- 1 medium banana, sliced (1 cup)

**1** In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth.

**2** Pour into 2 glasses. Serve immediately.

1 SERVING (1 cups each): Calories 190 (Calories from Fat 24); Total Fat 2.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 5mg; Sodium 105mg; Total Carbohydrate 36g (Dietary Fiber 7g; Sugars 22g); Protein 6g % DAILY VALUE: Vitamin A 10%; Vitamin C 50%; Calcium 20%; Iron 5% EXCHANGES: 1 Fruit, 1 Other Carbohydrate, 1 Low-Fat Milk CARBOHYDRATE CHOICES: 2½

Garnish these pretty smoothies with a couple of raspberries. Smoothies are **amazingly simple**, just use whatever frozen fruits you have on hand.

The key ingredients to making them thick and creamy are yogurt and banana.

## Creamy Peach Smoothies

Quick  
Easy  
Low Fat

- 1 cup frozen sliced peaches
- 1 medium banana, cut into chunks
- 1½ cups orange juice
- 1 tablespoon honey
- 1 container (6 oz) Yoplait® Original 99% Fat Free French vanilla yogurt

**1** In blender, place all ingredients except yogurt. Cover; blend on high speed about 1 minute or until smooth and creamy.

**2** Divide ⅓ of the mixture among 4 glasses; add slightly less than 1 tablespoon yogurt to each. Repeat layers 2 more times. Swirl yogurt into peach mixture with knife. Serve immediately.

1 SERVING: Calories 200 (Calories from Fat 5); Total Fat 1g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 35mg; Total Carbohydrate 44g (Dietary Fiber 2g; Sugars 37g); Protein 3g % DAILY VALUE: Vitamin A 15%; Vitamin C 220%; Calcium 8%; Iron 2% EXCHANGES: 1 Starch, 2 Fruit CARBOHYDRATE CHOICES: 3

If your blender doesn't handle frozen fruit very well, thaw the peaches slightly before adding them to the blender, or cut them into small chunks.



## Blueberry Smoothies

Quick  
Easy  
Low Fat

- 1 cup frozen blueberries
- ½ cup fat-free (skim) milk
- ⅔ cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- Honey, if desired

**1** In blender, place blueberries, milk and yogurt. Cover; blend on high speed about 1 minute or until smooth. Sweeten to taste with honey.

**2** Pour into 2 glasses. Serve immediately.

1 SERVING (1 cup each): Calories 150 (Calories from Fat 10); Total Fat 1.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 65mg; Total Carbohydrate 30g (Dietary Fiber 3g; Sugars 23g); Protein 5g % DAILY VALUE: Vitamin A 10%; Vitamin C 4%; Calcium 15%; Iron 0% EXCHANGES: ½ Fruit, 1 Other Carbohydrate, ½ Skim Milk CARBOHYDRATE CHOICES: 2

With just three ingredients, you're five minutes away from a tasty treat! It's an easy (and yummy) switch to make these smoothies with raspberries instead of blueberries.





## TIP

Lemon yogurt, fresh lime juice and lemon-lime carbonated beverage blend into this refreshing drink perfect for a dinner party. Try a little coarse sugar around the rim of the glass for a different twist.

PREP TIME: 5 Min START TO FINISH: 5 Min

3 servings

Quick  
Easy  
Low Fat

## Strawberry-Peach Fizz

- 2 cups Yoplait® 99% Fat Free creamy harvest peach yogurt (from 2-lb container)
- 1½ cups strawberry carbonated beverage

**1** In blender, place yogurt and carbonated beverage. Cover; blend on medium speed until smooth.

**2** Fill 3 glasses with ice as desired. Pour yogurt mixture over ice. Garnish as desired. Serve immediately.

1 SERVING: Calories 190 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 90mg; Total Carbohydrate 41g (Dietary Fiber 0g; Sugars 36g); Protein 4g % DAILY VALUE: Vitamin A 15%; Vitamin C 0%; Calcium 15%; Iron 0% EXCHANGES: 2½ Other Carbohydrate, ½ Skim Milk CARBOHYDRATE CHOICES: 3

For a **refreshing change**, try Yoplait® 99% Fat Free creamy strawberry or creamy strawberry-banana yogurt instead of the peach, along with either strawberry or lemon-lime carbonated beverage.

PREP TIME: 5 Min START TO FINISH: 5 Min

2 servings

Quick  
Easy  
Low Fat

## Mock Margaritas

- Coarse salt, if desired
- 2 containers (6 oz each) Yoplait® Original 99% Fat Free lemon burst or French vanilla yogurt
- 1 cup lemon-lime carbonated beverage
- 1 to 2 tablespoons fresh lime juice

**1** Moisten rims of 2 glasses with lime juice or water; dip rims into salt.

**2** In blender, place remaining ingredients. Cover; blend on high speed about 5 seconds or until smooth.

**3** Pour into 2 glasses. If desired, garnish with lime wedges. Serve immediately.

1 SERVING: Calories 200 (Calories from Fat 10); Total Fat 1g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 100mg; Total Carbohydrate 42g (Dietary Fiber 0g; Sugars 35g); Protein 5g % DAILY VALUE: Vitamin A 15%; Vitamin C 4%; Calcium 20%; Iron 0% EXCHANGES: 2 Other Carbohydrate, 1 Skim Milk CARBOHYDRATE CHOICES: 3

## Apple-Kiwi Smoothies

Quick  
Easy  
Low Fat

- 1 small apple, peeled, cut into chunks
- 1 kiwifruit, peeled, cut into chunks
- 4 medium strawberries, stems removed
- $\frac{2}{3}$  cup Yoplait® 99% Fat Free creamy strawberry yogurt (from 2-lb container)
- $\frac{1}{8}$  cup apple juice

**1** In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth.

**2** Pour into 2 glasses. Serve immediately.

1 SERVING: Calories 150 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 40mg; Total Carbohydrate 32g (Dietary Fiber 2g; Sugars 25g); Protein 3g % DAILY VALUE: Vitamin A 8%; Vitamin C 90%; Calcium 10%; Iron 2% EXCHANGES: 1 Starch, 1 Fruit CARBOHYDRATE CHOICES: 2

Three fruits plus low-fat yogurt make a tasty, **energy-boosting drink** for busy mornings, or any other time you need a quick pick-me-up. Keep strawberries fresh and flavorful by washing them gently just before you hull them.



# Spiced Caramel-Banana Smoothies

Quick  
Easy  
Low Fat

- 1 cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- 1 ripe medium banana, cut into chunks
- 1¼ cups fat free (skim) milk or vanilla soymilk
- 2 tablespoons caramel fat-free topping
- 1½ cups crushed ice
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon ground ginger
- Dash ground cloves

**1** In blender, place ingredients. Cover; blend on high speed about 1 minute or until smooth.

**2** Pour into 4 glasses. Serve immediately.

1 SERVING: Calories 130 (Calories from Fat 5); Total Fat 0.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 95mg; Total Carbohydrate 27g (Dietary Fiber 1g; Sugars 21g); Protein 4g % DAILY VALUE: Vitamin A 8%; Vitamin C 4%; Calcium 15%; Iron 0% EXCHANGES: ½ Fruit, 1 Other Carbohydrate, ½ Skim Milk CARBOHYDRATE CHOICES: 2

The spices **wonderfully complement** the banana and caramel in this flavorful smoothie. If you can't find ground cardamom in the spice aisle, just use a little more cinnamon.

## Strawberry-Key Lime Smoothies

Quick  
Easy  
Low Fat

- 1 cup frozen strawberries
- ½ cup calcium-fortified orange juice or fat-free (skim) milk
- 2 containers (6 oz each) Yoplait® Original 99% Fat Free Key lime pie yogurt
- Fresh strawberries, if desired
- Lime peel, if desired

**1** In blender, place ingredients. Cover; blend on high speed about 1 minute or until smooth.

**2** Pour into 2 glasses. Garnish with fresh strawberries and lime peel. Serve immediately.

1 SERVING (1½ cups each): Calories 240 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 10mg; Sodium 85mg; Total Carbohydrate 49g (Dietary Fiber 2g; Sugars 37g); Protein 6g % DAILY VALUE: Vitamin A 20%; Vitamin C 110%; Calcium 30%; Iron 6% EXCHANGES: 1 Fruit, 1½ Other Carbohydrate, 1 Skim Milk CARBOHYDRATE CHOICES: 3

This combo of strawberries, yogurt and orange juice really **delivers on taste** as well as nutrients—especially calcium, vitamins A and C.



## Key Lime-Banana Smoothies

Quick  
Easy  
Low Fat

- 1 container (6 oz) Yoplait® Original 99% Fat Free Key lime pie yogurt
- 1 ripe banana, sliced
- ½ cup fat-free milk
- 1 tablespoon lime juice
- ¼ teaspoon dry lemon lime-flavored soft drink mix (from 0.13-oz package)
- 1 cup vanilla frozen yogurt

**1** In blender, place all ingredients except frozen yogurt. Cover; blend on high speed until smooth. Add frozen yogurt. Cover; blend until smooth.

**2** Pour into 2 glasses. Serve immediately.

1 SERVING (¾ cup each): Calories 190 (Calories from Fat 16); Total Fat 2g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 6mg; Sodium 100mg; Total Carbohydrate 38g (Dietary Fiber 1.5g; Sugars 30g); Protein 7g % DAILY VALUE: Vitamin A 5%; Vitamin C 10%; Calcium 20%; Iron 0% EXCHANGES: 1 Fruit, 1 Other Carbohydrate, 1 Skim Milk CARBOHYDRATE CHOICES: 2.5

Frozen and refrigerated yogurt, milk, banana and lime juice make a **refreshing meal anytime**. If you prefer drinking your meals, this smoothie is for you!





## Papaya-Colada Smoothies

Quick  
Easy  
Low Fat

- 1 medium papaya
- 1 can (8 oz) crushed pineapple in unsweetened juice, undrained
- 2 cups Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- ½ cup orange juice
- ¾ teaspoon coconut extract
- 1½ cups crushed ice

**1** Cut papaya in half; scoop out and discard seeds. Scoop flesh from skin into food processor bowl with metal blade.

**2** Add pineapple with juice; process until smooth. Add yogurt, orange juice, extract and crushed ice; process until smooth.

**3** Pour into 4 glasses. Serve immediately.

1 SERVING: Calories 190 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Total Carbohydrate 39g (Dietary Fiber 2g; Sugars 31g); Protein 4g % DAILY VALUE: Vitamin A 30%; Vitamin C 110%; Calcium 15%; Iron 0% EXCHANGES: ½ Fruit, 2 Other Carbohydrate, ½ Skim Milk CARBOHYDRATE CHOICES: 2½

The papaya, pineapple and coconut flavor give this amazing smoothie its tropical taste. For a **refreshing change**, try using Yoplait® 99% Fat Free Harvest Peach.

# Creamy Mango Smoothies

Quick  
Easy  
Low Fat

- 2 mangoes, seed removed, peeled and chopped (2 cups)
- 2 cups mango sorbet
- 2 containers (6 oz each) Yoplait® Original 99% Fat Free French vanilla yogurt
- 1½ cups fat-free (skim) milk or soymilk

**1** In blender, place ingredients. Cover; blend on high speed until smooth.

**2** Pour into 6 glasses. Serve immediately.

1 SERVING (1 cup each): Calories 200 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 75mg; Total Carbohydrate 43g (Dietary Fiber 1g; Sugars 36g); Protein 5g % DAILY VALUE: Vitamin A 15%; Vitamin C 30%; Calcium 20%; Iron 0% EXCHANGES: 1 Fruit, 1½ Other Carbohydrate, ½ Skim Milk CARBOHYDRATE CHOICES: 3

For the **best flavor** and color, choose ripe mangoes with skins that are yellow with blushes of red. Mango adds great flavor and texture, vitamins A and C. The yogurt and milk add calcium and vitamin D.





## Sweet Potato Pie Smoothies

Quick  
Easy  
Low Fat

- 1¼ cups milk
- ¼ cup cooked sweet potato, cold
- ¾ cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla

**1** In blender, place ingredients. Cover; blend on high speed about 1 minute or until smooth.

**2** Pour into 2 glasses. Serve immediately.

1 SERVING (1 cup each): Calories 210 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 15mg; Sodium 115mg; Total Carbohydrate 36g (Dietary Fiber 1g; Sugars 29g); Protein 8g % DAILY VALUE: Vitamin A 130%; Vitamin C 10%; Calcium 30%; Iron 2% EXCHANGES: 1½ Other Carbohydrate, 1 Skim Milk, ½ Fat CARBOHYDRATE CHOICES: 2½

If you're a pumpkin lover, give it a whirl! Instead of the sweet potato, use ¼ cup canned pumpkin. The honey, cinnamon and vanilla add that **just-right spice flavor**.

# Chocolate-Raspberry Shake

Quick  
Easy  
Low Fat

- 1½ cups fresh raspberries
- 1¼ cups fat-free (skim) milk
- 1½ cups Yoplait® Original 99% Fat Free red raspberry yogurt (from two 6-oz containers)
- ½ cup fat-free chocolate-flavor syrup

**1** In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth.

**2** Pour into 3 glasses. Serve immediately.

1 SERVING: Calories 230 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 140mg; Total Carbohydrate 45g (Dietary Fiber 4g; Sugars 36g); Protein 8g % DAILY VALUE: Vitamin A 15%; Vitamin C 25%; Calcium 25%; Iron 2% EXCHANGES: 2 Fruit, 1 Skim Milk CARBOHYDRATE CHOICES: 3

**Enjoy a guilt-free indulgence** that's an excellent source of calcium, vitamins A and C, calcium and fiber.

To give the shake an extra chill, you can easily use 2 cups frozen unsweetened raspberries, partially thawed, instead of fresh.



## Cocoa Puffs® Peanut Butter-Banana Smoothies

Quick  
Easy

- 1½ cups Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- 1 cup chocolate milk
- ¼ cup creamy peanut butter
- 2 small bananas, sliced
- 3 to 5 ice cubes
- 1 cup Cocoa Puffs® cereal, coarsely crushed\*

**1** In blender, place all ingredients except cereal. Cover; blend on high speed about 30 seconds or until smooth.

**2** Pour into 4 glasses; sprinkle cereal over top of each. Serve immediately.

\*To crush cereal, place in plastic bag or between sheets of waxed paper; crush with rolling pin.

1 SERVING (¾ cup each): Calories 240 (Calories from Fat 80); Total Fat 9g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 8mg; Sodium 150mg; Total Carbohydrate 35g (Dietary Fiber 2.5g; Sugars 25g); Protein 8g % DAILY VALUE: Vitamin A 12%; Vitamin C 6%; Calcium 16%; Iron 6% EXCHANGES: 1 Fruit, 1 Low-Fat Milk, 1 Fat CARBOHYDRATE CHOICES: 2.5

Kids will love this banana, peanut butter, chocolate treat. They can also help you make it—they'll have a **great time** crushing the cereal, peeling the bananas, measuring the yogurt and milk, and...drinking it!

# Fiber One® Strawberry Smoothies

Quick  
Easy  
Low Fat

- $\frac{2}{3}$  cup Yoplait® 99% Fat Free creamy strawberry yogurt (from 2-lb container)
- 1 cup fresh strawberry halves or frozen unsweetened whole strawberries
- $\frac{3}{4}$  cup fat-free (skim) milk
- 2 tablespoons Fiber One® original bran cereal

**1** In blender, place ingredients. Cover; blend on high speed 10 seconds. Scrape down sides of blender. Cover; blend about 20 seconds longer or until smooth.

**2** Pour into 2 glasses. Serve immediately.

1 SERVING (1 cup each): Calories 140 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 90mg; Total Carbohydrate 27g (Dietary Fiber 3g; Sugars 19g); Protein 6g % DAILY VALUE: Vitamin A 10%; Vitamin C 80%; Calcium 20%; Iron 6% EXCHANGES:  $\frac{1}{2}$  Starch,  $\frac{1}{2}$  Fruit,  $\frac{1}{2}$  Other Carbohydrate,  $\frac{1}{2}$  Skim Milk CARBOHYDRATE CHOICES: 2

Looking for a **delicious fiber boost?**

Try a five-minute berry and yogurt smoothie.

For a smoother consistency, crush the Fiber One® cereal before adding it to the ingredients.



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## Strawberry-Banana Parfaits

Quick  
Easy  
Low Fat

- 2 cups Yoplait® 99% Fat Free creamy strawberry yogurt (from 2-lb container)
- 2 cups Fiber One® Honey Clusters® cereal
- 1 cup sliced fresh strawberries
- 1 medium banana, thinly sliced
- 4 whole fresh strawberries

**1** In each of 4 (10-oz) plastic cups or parfait glasses, layer 3 tablespoons yogurt, ¼ cup cereal, ¼ cup strawberry slices and ¼ of banana slices.

**2** Top each with 3 tablespoons yogurt, ¼ cup cereal and remaining yogurt. Garnish top of each parfait with whole strawberry.

1 SERVING: Calories 250 (Calories from Fat 15); Total Fat 2g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 200mg; Total Carbohydrate 51g (Dietary Fiber 8g; Sugars 25g); Protein 6g % DAILY VALUE: Vitamin A 15%; Vitamin C 60%; Calcium 20%; Iron 15% EXCHANGES: 2 Starch, 1½ Other Carbohydrate CARBOHYDRATE CHOICES: 3½

This layered dessert **contains many nutrients.**

Research shows that eating 3 servings daily of low-fat calcium-rich dairy foods like yogurt can play an important role in losing weight.

## Gingered Caramel and Yogurt Dip

Easy  
Low Fat

- 4 oz (half of 8-oz package) fat-free cream cheese, softened
- ¾ cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- ¼ cup plus 1 to 2 teaspoons caramel fat-free topping
- 1 tablespoon chopped crystallized ginger
- 4 medium unpeeled eating apples or pears, each cut into 12 slices

**1** Beat cream cheese in medium bowl with electric mixer on medium speed until creamy. Beat in yogurt and ¼ cup of the topping until smooth. Cover and refrigerate at least 30 minutes until chilled.

**2** Spoon dip into small serving bowl. Drizzle with 1 to 2 teaspoons topping; swirl with tip of knife. Sprinkle with ginger. Serve with apple and pear slices.

1 SERVING (2 tablespoons dip and 6 fruit slices each): Calories 100 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 125mg; Total Carbohydrate 22g (Dietary Fiber 2g; Sugars 16g); Protein 3g % DAILY VALUE: Vitamin A 6%; Vitamin C 6%; Calcium 6%; Iron 0% EXCHANGES: 1 Starch, ½ Fruit CARBOHYDRATE CHOICES: 1½

**Crystallized ginger** is fresh gingerroot cooked in a candy syrup and coated with coarse sugar.



# Tropical Banana Nut Parfaits

Quick  
Easy  
Low Fat

- 1½ cups Yoplait® 99% Fat Free creamy strawberry yogurt (from 2-lb container)
- 2 cups Banana Nut Cheerios® cereal
- 1 medium banana sliced
- 1 cup sliced fresh strawberries
- 2 tablespoons coconut, toasted\*

**1** In each of 4 parfait glasses, alternate layers of yogurt, cereal, banana and strawberries.

**2** Top each serving with coconut. Serve immediately.

\*To toast coconut, sprinkle in ungreased heavy skillet. Cook over medium-low heat 6 to 14 minutes, stirring frequently until browning begins, then stirring constantly until golden brown.

1 SERVING: Calories 200 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 150mg; Total Carbohydrate 40g (Dietary Fiber 2g; Sugars 24g); Protein 4g % DAILY VALUE: Vitamin A 15%; Vitamin C 30%; Calcium 15%; Iron 20% EXCHANGES: 1 Starch, ½ Fruit, 1 Other Carbohydrate, ½ Fat CARBOHYDRATE CHOICES: 2 ½

This delicious snack or dessert is layered with yogurt, banana cereal, bananas and strawberries—it's also a **heart-healthy treat!**

# Raspberry-Mint Marshmallow Creme Dip

Low Fat

- 4 oz (from 8-oz package) reduced-fat cream cheese (Neufchâtel), softened
- 1 cup marshmallow creme
- $\frac{3}{8}$  cup Yoplait® 99% Fat Free creamy vanilla yogurt or Yoplait® Fat Free plain yogurt (from 2-lb container)
- $\frac{1}{2}$  cup fresh raspberries
- 2 teaspoons chopped fresh mint leaves
- 15 fresh strawberries, stems removed, cut lengthwise in half
- 3 kiwifruit, each cut into 10 chunks
- 30 pieces (2-inch) fresh pineapple

**1** In medium bowl, beat cream cheese, marshmallow creme, yogurt and raspberries with electric mixer on high speed until smooth. Stir in mint.

**2** Cover; refrigerate at least 2 hours but no longer than 12 hours. Serve dip with strawberries, kiwifruit and pineapple.

1 SERVING (2 tablespoons dip and 6 fruit pieces each): Calories 90 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 40mg; Total Carbohydrate 17g (Dietary Fiber 1g; Sugars 12g); Protein 1g % DAILY VALUE: Vitamin A 4%; Vitamin C 70%; Calcium 4%; Iron 0% EXCHANGES: 1 Other Carbohydrate,  $\frac{1}{2}$  Fat CARBOHYDRATE CHOICES: 1

**Add to the fun** of this delightful dip by serving it in a unique way. Cut 1 medium cantaloupe in half and scoop out the fruit almost down to the peel.

Fill with dip, then garnish with mint sprigs. Use the fruit as a dipper.



## Black Bean Dip

Quick  
Easy

- 2 tablespoons Old El Paso® chopped green chiles (from 4.5-oz can)
- 2 small onions, chopped (½ cup)
- 2 cloves garlic, finely chopped
- 2 cans (15 oz each) Progresso® black beans, drained, rinsed
- 1 cup Yoplait® Fat Free plain yogurt (from 2-lb container)
- 1 teaspoon ground cumin
- ½ teaspoon salt
- Chopped tomatoes, green onions, or bell peppers for garnish, if desired
- 16 oz tortilla chips or whole-grain crackers

**1** In blender, place chilies, onions, garlic and beans. Cover; blend on medium-high speed until almost smooth.

**2** Spoon mixture into small bowl. Stir in yogurt, cumin and salt. Cover and refrigerate until chilled, or heat in 1½-quart saucepan over medium heat, stirring frequently, until hot. Garnish with chopped tomatoes, green onions or bell peppers. Serve with tortilla chips.

1 SERVING (2 tablespoons dip and 6 tortilla chips each): Calories 110 (Calories from Fat 35); Total Fat 3.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 135mg; Total Carbohydrate 16g (Dietary Fiber 3g; Sugars 1g); Protein 3g % DAILY VALUE: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6% EXCHANGES: 1 Starch, ½ Fat CARBOHYDRATE CHOICES: 1

**Packed with flavor**, this south-of-the-border dip is easy on your waistline! For the ultimate low-fat snack, serve with fat-free tortilla chips. You can also use the dip as a fantastic sandwich or taco spread, tortilla soup stir-in or as a filling for baked wonton cups.

## Vegetable Kabobs with Mustard Dip

### DIP

- $\frac{3}{4}$  cup Yoplait® 99% Fat Free plain yogurt (from 2-lb container)
- $\frac{1}{2}$  cup fat-free sour cream
- 1 tablespoon finely chopped fresh parsley
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 tablespoon Dijon mustard

### KABOBS

- 1 medium bell pepper, cut into 6 strips, then cut into thirds (18 pieces)
- 1 medium zucchini, cut diagonally into  $\frac{1}{2}$ -inch slices
- 1 package (8 oz) fresh whole mushrooms
- 9 large cherry tomatoes
- 2 tablespoons olive or vegetable oil

**1** In small bowl, mix dip ingredients. Cover; refrigerate at least 1 hour.

**2** Heat gas or charcoal grill. On 5 (12-inch) metal skewers, thread vegetables so that one kind of vegetable is on the same skewer (use 2 skewers for mushrooms); leave space between each piece. Brush vegetables with oil.

**3** Place skewers of bell pepper and zucchini on grill over medium heat. Cover grill; cook 2 minutes. Add skewers of mushrooms and tomatoes. Cover grill; cook 4 to 5 minutes, carefully turning every 2 minutes, until vegetables are tender. Remove vegetables from skewers to serving plate. Serve with dip.

HIGH ALTITUDE (3500-6500 FT): Grill over medium-low heat.

1 SERVING (9 vegetable pieces and 2 tablespoons dip each): Calories 70 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 0.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 180mg; Total Carbohydrate 8g (Dietary Fiber 1g, Sugars 4g); Protein 2g % DAILY VALUE: Vitamin A 8%; Vitamin C 15%; Calcium 4%; Iron 2% EXCHANGES: 1 Vegetable, 1 Fat CARBOHYDRATE CHOICES:  $\frac{1}{2}$

**No metal skewers?** Grill the vegetable pieces in a wire basket. Place the bell pepper and zucchini in the basket first and grill as directed, then add the mushrooms and cherry tomatoes.



## Crunchy-Topped Strawberry-Kiwi Parfaits

Quick  
Easy

- 2 cups Banana Nut Cheerios® cereal
- ¼ cup sliced almonds
- 1½ cups Yoplait® 99% Fat Free creamy vanilla or creamy harvest peach yogurt (from 2-lb container)
- 1 cup sliced fresh strawberries
- 2 medium kiwifruit, peeled, cut into chunks

**1** Heat oven to 350°F. Place cereal and almonds in ungreased 13x9-inch pan. Bake 6 to 10 minutes, stirring occasionally, until light brown. Cool about 5 minutes.

**2** In each of 4 parfait glasses, alternate layers of yogurt, strawberries, kiwifruit and toasted cereal and almond mixture. Serve immediately.

1 SERVING: Calories 220 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 150mg; Total Carbohydrate 40g (Dietary Fiber 3g; Sugars 24g); Protein 5g % DAILY VALUE: Vitamin A 15%; Vitamin C 120%; Calcium 20%; Iron 20% EXCHANGES: 1 Fruit, 1½ Other Carbohydrate, ½ Skim Milk, ½ Fat CARBOHYDRATE CHOICES: 2½

This lovely combination of fruit makes a great summer, Valentine's or even holiday dessert. As **good-for-you** as it is to eat, this heart-healthy dessert is a real treat!

# Strawberry-Peach Pops

Easy  
Low Fat

- 1 cup milk
- 1 cup frozen strawberries
- 2/3 cup Yoplait® 99% Fat Free creamy harvest peach yogurt (from 2-lb container)
- 2 tablespoons honey
- 10 paper cups (3-oz size)
- 10 craft sticks (flat wooden sticks with round ends)

**1** In blender, place milk, strawberries, yogurt and honey. Cover; blend on high speed about 1 minute or until smooth.

**2** Fill each cup with about 1/4 cup yogurt mixture. Place cups in freezer until partially frozen, about 45 minutes.

**3** Insert sticks; freeze until firm, about 1 hour 30 minutes. To serve, remove cups.

1 SERVING (1 pop each): Calories 50 (Calories from Fat 5); Total Fat 0.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 20mg; Total Carbohydrate 9g (Dietary Fiber 0g; Sugars 8g); Protein 1g % Daily Value: Vitamin A 2%; Vitamin C 15%; Calcium 4%; Iron 0% Exchanges: 1/2 Starch Carbohydrate Choices: 1/2

Milk, berries, yogurt and honey whip up into fun freezer pops **you can feel good** about serving. And, you can bet the kids will love to help you make (and eat!) them.





## Fudgy Banana Pudding Pops

Low Fat

- 1 box (4-serving size) chocolate fudge sugar-free fat-free instant pudding and pie filling mix
- 2 cups fat-free (skim) milk
- 1 medium ripe banana
- $\frac{2}{3}$  cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- 8 waxed paper cups (5-oz size)
- 8 craft sticks (flat wooden sticks with round ends)

**1** In medium bowl, beat pudding mix and milk with wire whisk about 2 minutes or until well blended. Let stand 5 minutes or until thickened.

**2** Meanwhile, in small bowl, mash banana with fork. Stir in yogurt.

**3** Place paper cups in 8-inch pan for easier handling. Spoon 2 tablespoons pudding into each cup. Divide yogurt mixture evenly among cups. Top with remaining pudding mixture. Tap cups on work surface to level top. Insert wooden stick into center of each pop.

**4** Freeze pops about 2 hours or until solid. Store frozen pops in plastic freezer bag in freezer. Peel off paper cups before serving.

1 SERVING: Calories 70 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 180mg; Total Carbohydrate 13g (Dietary Fiber 0g; Sugars 8g); Protein 3g % DAILY VALUE: Vitamin A 4%; Vitamin C 2%; Calcium 10%; Iron 2% EXCHANGES: 1 Starch CARBOHYDRATE CHOICES: 1

Between-meal snacks like these yummy pudding pops are **a great pick-me-up**. They give you added energy, a boost of calcium and help avoid the extreme hunger that can lead to overeating at meals.

## Sun-Dried Tomato Dip

Low Fat

- 8 sun-dried tomato halves, (not oil-packed)
- ¼ cup chopped fresh parsley
- 1 tablespoon chopped fresh chives or 1 teaspoon freeze-dried chopped chives
- 1 tablespoon olive or vegetable oil
- 2 teaspoons lemon juice
- 1 teaspoon red wine vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 clove garlic, finely chopped
- ¾ cup Yoplait® Fat Free plain yogurt (from 2-lb container)
- ¾ cup reduced-fat sour cream
- Assorted cut-up fresh vegetables (carrots, zucchini, bell pepper)

**1** Place tomato halves in 1 inch water in 1½-quart saucepan. Heat to boiling; reduce heat to medium. Simmer uncovered about 5 minutes or until water has evaporated.

**2** In blender or food processor, place tomatoes and all remaining ingredients except yogurt and sour cream. Cover; blend on medium-high speed until smooth.

**3** Place tomato mixture in medium glass or plastic bowl. Stir in yogurt and sour cream. Cover; refrigerate about 2 hours or until chilled.

1 SERVING (2 tablespoons dip and 6 vegetable pieces each): Calories 35 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 100mg; Total Carbohydrate 3g (Dietary Fiber 0g, Sugars 2g); Protein 1g % DAILY VALUE: Vitamin A 25%; Vitamin C 15%; Calcium 4%; Iron 0% EXCHANGES: ½ Vegetable, ½ Fat CARBOHYDRATE CHOICES: 0

**Serious calorie counters make this dip even lighter when they use fat-free sour cream.**



## Tropical Dip with Cookies and Fruit

Quick  
Easy  
Low Fat

- 1 cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- ¼ cup flaked coconut, toasted if desired\*
- 1 can (8 oz) crushed pineapple in juice, drained
- 2 tablespoons packed brown sugar
- 2 nectarines, sliced
- 16 strawberries
- 8 small bunches grapes
- 16 gingersnaps or graham cracker squares

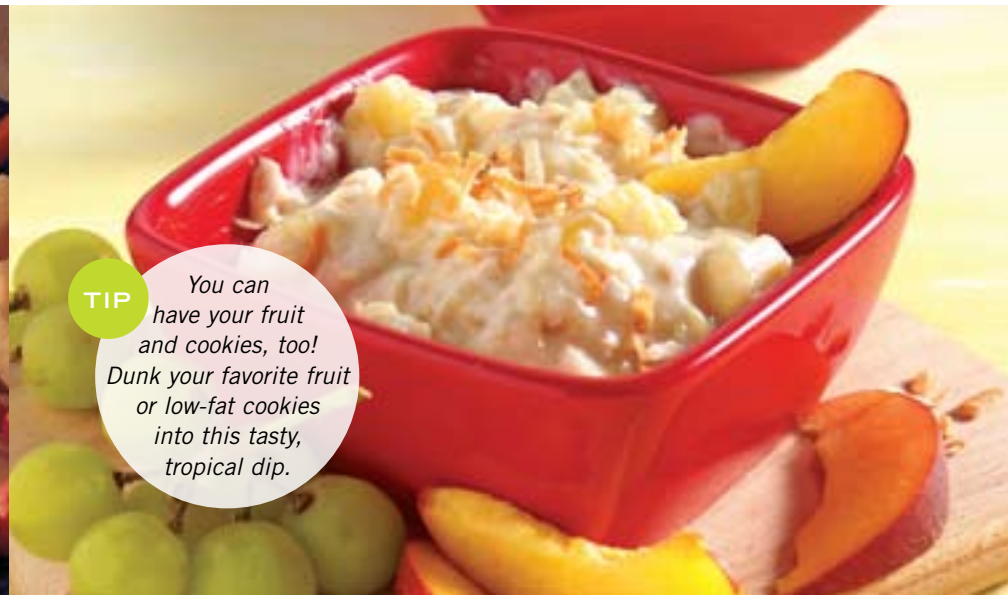
**1** In small bowl, mix yogurt, coconut, pineapple and brown sugar.

**2** Serve dip immediately with fruit and gingersnaps, or cover and refrigerate at least 1 hour.

\*To toast coconut, sprinkle in ungreased heavy skillet. Cook over medium-low heat 6 to 14 minutes, stirring frequently until browning begins, then stirring constantly until golden brown.

1 SERVING: Calories 190 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 0mg; Sodium 110mg; Total Carbohydrate 37g (Dietary Fiber 3g; Sugars 26g); Protein 3g % DAILY VALUE: Vitamin A 4%; Vitamin C 40%; Calcium 8%; Iron 6% EXCHANGES: 1 Starch, ½ Fruit, 1 Other Carbohydrate, ½ Fat CARBOHYDRATE CHOICES: 2½

**One 6-oz container of Yoplait® Original 99% Fat Free Key lime pie yogurt makes a citrus stand-in for the vanilla yogurt.**


**TIP**

*You can have your fruit and cookies, too! Dunk your favorite fruit or low-fat cookies into this tasty, tropical dip.*

**NOTE:**

- Remove red color  
in the center of the  
first scone point

## Chocolate Chip-Cherry Scones

- 2 cups Gold Medal® all-purpose flour
  - ¼ cup sugar
  - 2 teaspoons baking powder
  - ½ teaspoon baking soda
  - ½ teaspoon salt
  - ¼ cup firm butter or margarine
  - ¾ cup Yoplait® Fat Free plain yogurt or Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
  - ½ cup dried cherries or cherry-flavored dried cranberries
  - ¼ cup semisweet chocolate chips
  - 2 teaspoons coarse sugar
- 1** Heat oven to 400°F. Spray cookie sheet with cooking spray.
  - 2** In medium bowl, mix flour, sugar, baking powder, baking soda and salt. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in yogurt, cherries and chocolate chips (dough will seem dry and crumbly).
  - 3** On lightly floured surface, shape dough into a ball. Knead dough lightly 10 times. Divide dough in half. On cookie sheet, pat each half of dough into 6-inch circle. Cut each circle into 6 wedges, using sharp knife, but do not separate wedges. Sprinkle with sugar.
  - 4** Bake 12 to 14 minutes or until golden brown. Immediately remove from cookie sheet to cooling rack. Carefully separate wedges. Cool 5 minutes. Serve warm.
- HIGH ALTITUDE (3500-6500 FT): No change.
- 1 SCONE: Calories 160 (Calories from Fat 45); Total Fat 5g (Saturated Fat 3g; Trans Fat 0g); Cholesterol 10mg; Sodium 270mg; Total Carbohydrate 25g (Dietary Fiber 1g; Sugars 9g); Protein 3g % DAILY VALUE: Vitamin A 2%; Vitamin C 0%; Calcium 8%; Iron 6% EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1 Fat CARBOHYDRATE CHOICES: 1½

These **great-tasting** scones have the best of both worlds: flavor and texture that only a little butter can provide, and the nutrition of low-fat yogurt. **Yum!**

## Cranberry-Orange Scones

- 2 cups Basic 4® cereal
- 1 tablespoon granulated sugar
- 1¼ teaspoon grated orange peel
- 1¼ cups Gold Medal® whole wheat flour
- ¼ cup packed brown sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 3 tablespoon firm butter or margarine
- ¾ cup plus 1 tablespoon Yoplait® 99% Fat Free creamy harvest peach or creamy vanilla yogurt (from 2-lb container)
- ½ cup sweetened dried cranberries
- 1 egg, slightly beaten

**1** Heat oven to 400°F. Place cereal in resealable food-storage plastic bag; seal bag and slightly crush with rolling pin. In small bowl, mix granulated sugar and ¼ teaspoon of the orange peel; set aside.

**2** In large bowl, mix flour, brown sugar, the remaining teaspoon orange peel, the baking soda and salt. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in ¾ cup of the yogurt, the cranberries, egg and cereal, until dough forms a ball.

**3** On lightly floured surface, gently roll dough in flour to coat. With floured hands, pat dough into 8-inch circle; cut into 12 wedges with sharp knife dipped in flour. On ungreased cookie sheet, place wedges 1 inch apart. Brush dough with the remaining tablespoon yogurt. Sprinkle granulated sugar mixture over top.

**4** Bake 10 to 12 minutes or until edges begin to brown and topping is set. Immediately remove scones from cookie sheet to cooling rack. Cool 5 minutes. Serve warm.

HIGH ALTITUDE (3500-6500 FT): No change.

1 SCONE: Calories 170 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 25mg; Sodium 190mg; Total Carbohydrate 29g (Dietary Fiber 2g; Sugars 14g); Protein 3g % DAILY VALUE: Vitamin A 6%; Vitamin C 0%; Calcium 6%; Iron 8% EXCHANGES: 1 Starch, 1 Other Carbohydrate, ½ Fat CARBOHYDRATE CHOICES: 2



## Blueberry-Oatmeal Muffins

Quick  
Easy

- 1 cup Yoplait® 99% Fat Free creamy vanilla or Yoplait® Fat Free plain yogurt (from 2-lb container)
- 1 cup old-fashioned or quick-cooking oats
- ¼ cup canola oil
- 1 egg or 2 egg whites, slightly beaten
- ½ cup packed brown sugar
- ¾ cup Gold Medal® all-purpose flour
- ¾ cup Gold Medal® whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 cup fresh or frozen (do not thaw) blueberries

**1** Heat oven to 400°F. Place paper baking cups in 12 regular-size muffin cups, or grease bottoms only of muffin cups. In small bowl, mix yogurt and oats; set aside.

**2** In large bowl, mix oil, egg and brown sugar. Stir in flours, baking soda, cinnamon, salt and yogurt mixture (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups.

**3** Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

HIGH ALTITUDE (3500-6500 FT): Heat oven to 425°F.

1 MUFFIN: Calories 190 (Calories from Fat 50); Total Fat 6g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 20mg; Sodium 170mg; Total Carbohydrate 30g (Dietary Fiber 2g; Sugars 13g); Protein 4g % DAILY VALUE: Vitamin A 2%; Vitamin C 0%; Calcium 4%; Iron 8% EXCHANGES: 1 Starch, 1 Other Carbohydrate, 1 Fat CARBOHYDRATE CHOICES: 2

**If you like muffins chock-full of flavor and texture, these are for you. Fresh, frozen or dried, chopped cranberries are great in place of the blueberries.**



# Desserts



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# Strawberry Cheesecake with Double-Berry Sauce

Easy

## CRUST AND FILLING

- ½ cup chocolate wafer crumbs (about 10 wafers)
- 2 packages (8 oz each) ⅓-less-fat cream cheese (Neufchâtel), softened
- ⅔ cup sugar
- 2 eggs
- 2 cups Yoplait® 99% Fat Free creamy strawberry yogurt (from 2-lb container)
- 2 tablespoons Gold Medal® all-purpose flour

## TOPPING

- 1 bag (10 to 12 oz) frozen whole raspberries, thawed
- 3 tablespoons sugar
- 1 cup quartered fresh strawberries

**1** Heat oven to 300°F. Spray 9-inch springform pan with cooking spray. Sprinkle crumbs over bottom of pan.

**2** In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Add ⅔ cup sugar and eggs; beat on medium about 2 minutes or until smooth. Add yogurt and flour; beat on low speed until smooth. Carefully spread batter over crumbs in pan.

**3** Bake 1 hour 15 minutes to 1 hour 25 minutes or until cheesecake is set 1½ inches from edge and center is slightly jiggly. (Do not insert knife to test for doneness because hole could cause cheesecake to crack.) Turn off oven; cool in oven 30 minutes with door closed. Remove from oven; run knife around side of pan to loosen. Cool on cooling rack 30 minutes. Cover; refrigerate at least 3 hours. Carefully remove side of pan.

**4** Meanwhile, in food processor, place raspberries and 3 tablespoons sugar. Cover, process until smooth. Drizzle sauce over wedges of cheesecake; top with strawberries. Store covered in refrigerator.

1 SERVING: Calories 190 (Calories from Fat 70); Total Fat 8g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 50mg; Sodium 160mg; Total Carbohydrate 23g (Dietary Fiber 1g; Sugars 18g); Protein 5g. % DAILY VALUE: Vitamin A 10%; Vitamin C 10%; Calcium 6%; Iron 2% EXCHANGES: ½ Starch, 1 Other Carbohydrate, ½ High-Fat Meat, 1 Fat CARBOHYDRATE CHOICES: 1½

A cheesecake for under 200 calories?  
**Unheard of!** This amazing cheesecake contains less than half the fat and calories of most other cheesecakes. The secret? Yogurt, of course!

# Iced Molasses Cookies

Low Fat

## COOKIES

- 1 cup granulated sugar
- ½ cup molasses
- ¼ cup butter or margarine, softened
- 1 egg
- 1½ cups Gold Medal® all-purpose flour
- 1½ cups Gold Medal® whole wheat flour
- 1 tablespoon finely chopped crystallized ginger
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup Yoplait® 99% Fat Free creamy vanilla yogurt or Yoplait® Fat Free plain yogurt (from 2-lb container)

## ICING

- 3 cups powdered sugar
- ⅓ cup Yoplait® 99% Fat Free creamy vanilla yogurt or Yoplait® Fat Free plain\* yogurt (from 2-lb container)

**1** Heat oven to 375°F. In large bowl, mix granulated sugar, molasses, butter and egg. Stir in remaining cookies ingredients until well blended.

**2** With small cookie scoop or by rounded teaspoonfuls, scoop dough 2 inches apart onto ungreased cookie sheet.

**3** Bake 8 to 10 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes.

**4** In small bowl, mix powdered sugar and ⅓ cup yogurt until smooth. Spread icing over cookies.

\*If using plain yogurt, stir in ½ teaspoon vanilla to make frosting.

1 COOKIE: Calories 70 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 45mg; Total Carbohydrate 14g (Dietary Fiber 0g; Sugars 10g); Protein 1g. % DAILY VALUE: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 0% EXCHANGES: 1 Starch CARBOHYDRATE CHOICES: 1





## Creamy Key Lime Pie

### CRUST

- 2 cups Fiber One® original bran cereal
- ¼ cup butter or margarine, melted
- 1 tablespoon corn syrup

- 1 teaspoon vanilla

### FILLING AND TOPPING

- 2 tablespoons cold water
- 1 tablespoon fresh lime juice
- 1½ teaspoons unflavored gelatin
- 4 oz (half of 8-oz package) ½-less-fat cream cheese (Neufchâtel), softened
- 3 containers (6 oz each) Yoplait® Light Thick & Creamy Key lime pie yogurt
- ½ cup frozen (thawed) reduced-fat whipped topping
- 2 teaspoons grated lime peel

**1** Heat oven to 350°F. Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet until cereal looks like graham cracker crumbs (or finely crush in food processor).

**2** In medium bowl, mix crust ingredients until blended. Press crust mixture evenly and firmly in bottom and up side of ungreased 9-inch glass pie plate. Bake 10 to 12 minutes or until firm. Cool completely, about 1 hour.

**3** In 1-quart saucepan, mix water and lime juice. Sprinkle gelatin on lime juice mixture; let stand 1 minute. Heat over low heat, stirring constantly, until gelatin is dissolved. Cool slightly, about 2 minutes.

**4** In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Add yogurt and lime juice mixture; beat on low speed until well blended. Fold in whipped topping and lime peel. Spoon into crust. Refrigerate until set, about 2 hours.

1 SERVING: Calories 210 (Calories from Fat 90); Total Fat 10g (Saturated Fat 6g; Trans Fat 0g); Cholesterol 25mg; Sodium 190mg; Total Carbohydrate 24g (Dietary Fiber 7g; Sugars 7g); Protein 5g % DAILY VALUE: Vitamin A 15%; Vitamin C 6%; Calcium 15%; Iron 15% EXCHANGES: 1½ Starch, 2 Fat CARBOHYDRATE CHOICES: 1½

**To keep it authentic, use Key limes for the fresh juice and the peel. If needed, you can find Key lime juice in bottles near the other bottled lime juices.**

## Triple-Strawberry Dessert

- 1 cup boiling water
- 1 box (4-serving size) wild strawberry-flavored gelatin
- $\frac{2}{3}$  cup Yoplait® 99% Fat Free creamy strawberry or creamy vanilla yogurt (from 2-lb container)
- 3 cups Kix® cereal
- $\frac{1}{4}$  cup margarine or butter, melted
- $1\frac{1}{2}$  cups fresh sliced strawberries
- 9 fresh strawberries, sliced into fans

**1** In medium bowl, pour boiling water on gelatin; stir until gelatin is dissolved. Stir in yogurt until melted and smooth. Cover; refrigerate about 1 hour 30 minutes until thickened but not set.

**2** Meanwhile, heat oven to 350°F. Place cereal in food-storage plastic bag; crush with rolling pin to make 1 cup. In small bowl, stir cereal and margarine until well mixed. Press mixture firmly in bottom of ungreased 8-inch square pan. Bake 10 minutes or until crust is light golden brown. Set aside to cool.

**3** Beat gelatin mixture with electric mixer on high speed 7 to 8 minutes or until doubled in volume. Fold in sliced strawberries; pour over crust.

**4** Cover; refrigerate about 1 hour or until firm. To serve, cut into 3 rows by 3 rows; garnish each serving with strawberry fan. Store covered in refrigerator.

HIGH ALTITUDE (3500-6500 FT): Bake crust about 13 minutes.

1 SERVING: Calories 150 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1g; Trans Fat 1.5g); Cholesterol 0mg; Sodium 170mg; Total Carbohydrate 22g (Dietary Fiber 1g; Sugars 14g); Protein 2g % DAILY VALUE: Vitamin A 8%; Vitamin C 40%; Calcium 8%; Iron 15% EXCHANGES:  $\frac{1}{2}$  Starch, 1 Other Carbohydrate, 1 Fat CARBOHYDRATE CHOICES:  $1\frac{1}{2}$

**To make strawberry fans, wash berries and pat very dry.**

Place each berry on its side and make cuts with a sharp knife,  $\frac{1}{4}$  inch apart, from the point to close to the green top.

Spread or fan the slices.



## Creamy Vanilla-Caramel Cheesecake

- 15 reduced-fat chocolate or vanilla wafer cookies, crushed (½ cup)
- 2 packages (8 oz each) reduced-fat cream cheese (Neufchâtel), softened
- ⅔ cup sugar
- 3 egg whites or ½ cup fat-free egg product
- 2 teaspoons vanilla
- 2 cups Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- 2 tablespoons Gold Medal® all-purpose flour
- ⅓ cup fat-free caramel topping
- Pecan halves, if desired

**1** Heat oven to 300°F. Spray 9-inch springform pan with cooking spray. Sprinkle cookie crumbs over bottom of pan.

**2** In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Add sugar, egg whites and vanilla. Beat on medium speed about 2 minutes or until smooth. Add yogurt and flour. Beat on low speed until smooth.

**3** Carefully spread batter over cookie crumbs in pan. Place springform pan on a cookie sheet. Bake 1 hour. Turn off oven; cool in oven 30 minutes with door closed. Remove from oven; cool 15 minutes. Cover; refrigerate at least 3 hours.

**4** Drizzle caramel topping over cheesecake. Garnish with pecan halves. Store covered in the refrigerator.

1 SERVING: Calories 170 (Calories from Fat 70); Total Fat 7g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 25mg; Sodium 190mg; Total Carbohydrate 22g (Dietary Fiber 0g; Sugars 17g); Protein 4g. % DAILY VALUE: Vitamin A 10%; Vitamin C 0%; Calcium 6%; Iron 0%. EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1½ Fat. CARBOHYDRATE CHOICES: 1½

**Savor every last drizzle** of the caramel and crunchy pecans on this creamy cheesecake! If you're an almond or walnut lover, you can use them in place of the pecans.

## Chocolate Soufflé Cakes

### CAKES

- 1 oz sweet baking chocolate
- 1 tablespoon margarine or butter
- 1 teaspoon instant espresso coffee (dry)
- 2 egg whites
- 2 whole eggs, separated
- 1 cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- ½ cup granulated sugar
- ¼ cup packed brown sugar
- ¼ cup Gold Medal® all-purpose flour
- ¼ cup baking cocoa
- ¼ teaspoon ground cinnamon

### TOPPING

- ¼ cup chocolate-flavored syrup
- 4 teaspoons powdered sugar
- ½ teaspoon instant espresso coffee (dry)
- Frozen (thawed) fat-free whipped topping

**1** Heat oven to 375°F. Spray bottoms only of 8 jumbo muffin cups or 10 ounce (large size) custard cups with cooking spray. In 1-quart saucepan, heat chocolate, margarine and 1 teaspoon coffee over low heat, stirring constantly, until melted and smooth; cool slightly.

**2** In medium bowl, beat 4 egg whites with electric mixer on high speed until stiff peaks form; set aside.

**3** In another medium bowl, beat egg yolks and yogurt on medium speed until blended. Gradually beat in granulated sugar, brown sugar and chocolate mixture. Stir in flour, cocoa and cinnamon just until blended. Fold in egg whites. Spoon into muffin cups.

**4** Bake 20 to 22 minutes or until firm to the touch. Cool 5 minutes (centers of cakes will sink slightly). Remove from muffin cups to cooling rack. Cool 15 minutes.

**5** In 1-quart saucepan, heat syrup, powdered sugar and ½ teaspoon coffee over low heat, stirring constantly, until smooth.

**6** Place cakes on individual plates. Drizzle with topping. Serve with whipped topping.

1 SERVING: Calories 210 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 55mg; Sodium 65mg; Total Carbohydrate 39g (Dietary Fiber 1g; Sugars 31g); Protein 4g % DAILY VALUE: Vitamin A 4%; Vitamin C 0%; Calcium 6%; Iron 6% EXCHANGES: 1 Starch, 1½ Other Carbohydrate, 1 Fat CARBOHYDRATE CHOICES: 2½

For an **extra-special dress-up** that doesn't add fat or calories, sprinkle **baking cocoa, ground cinnamon or powdered sugar** on the top of each cupcake.



## Yogurt and Banana Frozen Dessert

- $\frac{3}{4}$  cup graham cracker crumbs
- 2 tablespoons sugar
- 2 tablespoons butter or margarine, melted
- 1 box (4-serving size) white chocolate or vanilla instant pudding and pie filling mix
- 2 cups Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- $\frac{1}{4}$  cup milk
- $1\frac{1}{2}$  cups frozen (thawed) whipped topping
- 2 medium firm bananas, chopped
- 3 tablespoons caramel topping

**1** Spray 8-inch square pan with cooking spray or line with nonstick foil. In small bowl, mix crumbs, sugar and melted butter until crumbly. Press in bottom of pan. Freeze 10 minutes.

**2** Meanwhile, in medium bowl, beat pudding mix, yogurt and milk with electric mixer on low speed about 1 minute until smooth. Fold in whipped topping. Stir in bananas. Spread mixture evenly over crust. Cover; freeze at least 3 hours or until firm.

**3** Remove from freezer and let stand 10 to 15 minutes before serving. For squares, cut into 3 rows by 3 rows. Top each square with about 1 teaspoon caramel topping. Store covered in freezer.

1 SERVING: Calories 230 (Calories from Fat 60); Total Fat 7g (Saturated Fat 4.5g, Trans Fat 0g); Cholesterol 10mg; Sodium 280mg; Total Carbohydrate 41g (Dietary Fiber 1g, Sugars 29g); Protein 3g. % DAILY VALUE: Vitamin A 6%; Vitamin C 4%; Calcium 8%; Iron 0%. EXCHANGES: 1 Starch,  $1\frac{1}{2}$  Other Carbohydrate,  $1\frac{1}{2}$  Fat. CARBOHYDRATE CHOICES: 3

**To make triangle shapes,** first cut the dessert into 4 squares. Then, cut each square from point to point. The pieces are a bit larger but the fun shape is worth it!

## Double-Chocolate Oatmeal Cookies

- 1 cup packed brown sugar
- ½ cup butter or margarine, softened
- ¾ cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- 1 egg or ¼ cup fat-free egg product
- 1 teaspoon vanilla
- ½ cup unsweetened baking cocoa
- ⅔ cup Gold Medal® all-purpose flour
- ⅔ cup Gold Medal® whole wheat flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 3 cups old-fashioned or quick-cooking oats
- ⅓ cup miniature semisweet chocolate chips

**1** Heat oven to 350°F. In large bowl, mix sugar, butter, yogurt, egg and vanilla. Stir in remaining ingredients. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.

**2** Bake 11 to 13 minutes or until almost no indentation remains when touched. Immediately remove from cookie sheet.

HIGH ALTITUDE (3500-6500 FT): Bake 12 to 14 minutes.

1 COOKIE: Calories 110 (Calories from Fat 35); Total Fat 4g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 15mg; Sodium 60mg; Total Carbohydrate 17g (Dietary Fiber 2g; Sugars 8g); Protein 2g % DAILY VALUE: Vitamin A 2%; Vitamin C 0%; Calcium 0%; Iron 6% EXCHANGES: ½ Starch, ½ Other Carbohydrate, 1 Fat CARBOHYDRATE CHOICES: 1

Quick-cooking and old-fashioned rolled oats **work equally well** in this recipe. Quick-cooking oats are simply old-fashioned oats that have been ground to a finer texture. Use the old-fashioned oats if you prefer chewier cookies.



# Ginger Cake with Caramel-Apple Topping

Easy

- 2 cups Yoplait® 99% Fat Free creamy harvest peach or creamy vanilla yogurt (from 2-lb container)
- ½ cup caramel fat-free topping
- 1¼ cups Gold Medal® whole wheat flour
- 1 cup Gold Medal® all-purpose flour
- ¼ cup sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon salt
- ½ cup molasses
- ⅓ cup canola oil
- 1 egg
- 1 medium tart apple, chopped
- Lemon juice

**1** Heat oven to 350°F. Grease bottom and sides of 9-inch square pan with shortening; lightly flour. In medium bowl, mix ¾ cup of the yogurt and the caramel topping; cover and refrigerate until serving time.

**2** In large bowl, beat remaining 1¼ cups yogurt and all remaining ingredients except apple and lemon juice with electric mixer on low speed 45 seconds, scraping bowl constantly. Beat on medium speed 1 minute, scraping bowl occasionally, until well blended. Stir in half of the chopped apple. Pour batter into pan. Sprinkle lemon juice over remaining apple; cover and refrigerate until serving time.

**3** Bake 38 to 43 minutes or until toothpick inserted in center comes out clean. Cool slightly. Serve with topping mixture and remaining chopped apple.

HIGH ALTITUDE (3500-6500 FT): Grease and flour 13x9-inch pan. Use 2 eggs. Bake 42 to 47 minutes.

1 SERVING: Calories 230 (Calories from Fat 50); Total Fat 6g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 15mg; Sodium 230mg; Total Carbohydrate 40g (Dietary Fiber 2g; Sugars 20g); Protein 4g. % DAILY VALUE: Vitamin A 4%; Vitamin C 0%; Calcium 8%; Iron 8%. EXCHANGES: 1½ Starch, 1 Other Carbohydrate, 1 Fat CARBOHYDRATE CHOICES: 2½

Before chopping the apple, peel the half of the apple that will be stirred into the batter; leave the peel on the remaining half for a more colorful topping.

## TIP

Yogurt and molasses make this cake extra-moist. The creamy yogurt topping is like the icing on the cake, it's the best part!

## Blueberry-Barley Pudding

- 2 cups water
- Dash salt
- 1 cup uncooked quick-cooking barley
- $\frac{2}{3}$  cup Yoplait® 99% Fat Free creamy vanilla yogurt (from 2-lb container)
- 3 tablespoons maple-flavored syrup
- $\frac{3}{8}$  cup frozen (thawed) reduced-fat whipped topping
- $\frac{1}{3}$  cup chopped walnuts, toasted\*
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{2}$  cup fresh or frozen (thawed, drained) blueberries
- Additional chopped walnuts, if desired
- Dash ground cinnamon

**1** In 2-quart saucepan, heat water and salt to boiling. Stir in barley; reduce heat. Cover; simmer 10 to 12 minutes or until tender. Cool completely, about 30 minutes.

**2** In medium bowl, mix yogurt and maple syrup. Gently stir in whipped topping. Stir in barley,  $\frac{1}{3}$  cup walnuts and  $\frac{1}{4}$  teaspoon cinnamon. Cover; refrigerate 2 hours. Stir in blueberries.

**3** Sprinkle pudding with additional walnuts and dash cinnamon before serving.

\*To toast walnuts, sprinkle in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until nuts are light brown.

1 SERVING: Calories 250 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 43g (Dietary Fiber 6g; Sugars 11g); Protein 5g % DAILY VALUE: Vitamin A 2%; Vitamin C 0%; Calcium 6%; Iron 6% EXCHANGES:  $1\frac{1}{2}$  Starch,  $1\frac{1}{2}$  Other Carbohydrate, 1 Fat CARBOHYDRATE CHOICES: 3

**Remember rice pudding?** Well, this is even better, with more texture and chewiness, plus the goodness of barley and fruit. Try raspberries or other fresh fruits in this creamy pudding.



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**Easy = ●** Prep time of 15 minutes or less  
**Low Fat = ●** 3g or less, except main dishes with 10g or less

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