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Photography by Levi Brown

WITH THESE DELICIOUS RECIPES.

RASPBERRYCHOCOLATE MERINGUE
To create swirls,
fold in a bit
of red food coloring,
leaving it streaky.

(recipe on page 85)



### FRUIT JUICE-**SWEETENED**

## Apple Pie Tassies

Prep: 40 minutes Bake: 15 minutes Yield: 30

- 30 frozen phyllo tartlet shells, thawed
- 1 cup apple cider
- 1 cinnamon stick
- Golden Delicious apples, peeled, cored and finely diced (about 31/2 cups)
- Tbsp. unsalted butter Pinch of salt
- cup dried cranberries, finely

1 Place a rack in middle of oven; preheat to 400°F. Line a baking sheet with parchment and place tartlet shells on it.

- 2 In a medium pan, bring cider and cinnamon stick to a boil over high heat. Boil until cider has reduced to 1/4 cup, about 7 minutes. Stir in apples, butter and salt. Continue boiling, stirring occasionally, until almost all liquid has evaporated and apples are tender, about 5 minutes. Discard cinnamon stick. Stir in cranberries.
- 3 Divide apple mixture among tartlet shells, using about 2 tsp. for each. (You may have some filling left over; cover and refrigerate. Use to top yogurt or oatmeal.) Bake until shells are golden brown and

### APPLE PIE TASSIES

>> These are best the

day they're made. But you can refrigerate them in an airtight container for up to 3 days. Reheat in a 350°F oven for 10 minutes.



Prep: 30 minutes Chill: 1 hour Freeze: 2 hours

Bake: 25 minutes per batch

Yield: About 45

- 2 cups whole-wheat pastry flour
- 1/2 cup sugar
- 1 tsp. salt
- 1 tsp. cinnamon
- Tbsp. (1 stick) cold unsalted butter, cut into pieces
- 1 large egg
- 1/2 cup plus 2 Tbsp. orange juice
- cup dried Mission figs, stemmed
- cup pitted Medjool dates
- 2 Tbsp. honey
- 1 In a food processor, pulse flour, sugar, salt and half of cinnamon until mixed. Pulse in butter until coarse crumbs form. Pulse in egg and 2 Tbsp. juice until dough forms a ball.
- 2 Divide dough in half; pat into 2 4½-inch-wide disks. Wrap disks in plastic wrap; chill for 1 hour.
- 3 In processor, puree figs, dates, honey and remaining juice and cinnamon until smooth paste forms. Transfer to a bowl; cover.
- 4 Unwrap 1 dough disk. Place between sheets of plastic wrap and roll out into an 8-by-10-inch rectangle, about 1/8 inch thick. Trim edges. Remove top sheet; spread half of filling over dough, leaving a 1/4-inch border. Starting with a short side, using plastic as an aid, roll up into a log. Wrap in plastic wrap and freeze until firm, at least 2 hours and up to 1 week. Repeat with remaining dough and filling.
- 5 Place racks in top and bottom thirds of oven; preheat to 350°F. Line 2 large baking sheets with parchment. With a serrated knife, cut 1 log into 1/3-inch-thick slices. Place on sheets, 1 inch apart. Bake, switching sheets halfway through, until golden brown, 20 to 25 minutes. Let cool for 2 minutes; transfer to wire racks to cool completely. Repeat with remaining log.

PER SERVING (1 cookie):

71 Calories, 2g Fat (1g Sat.), 10mg Chol., 1g Fiber, 1g Pro., 13g Carb., 54mg Sod., 7g Sugar, Omg Iron, 14mg Calcium

FIG-DATE SWIRLS >> Tip: Use Medjool dates-they're sweeter than other varieties.



### whole-grain Gingerbread Sparkles

Prep: 40 minutes Chill: 2 hours Bake: 12 minutes per batch Yield: About 85

- 2 cups white whole-wheat flour
- 2 tsp. cinnamon
- 2 tsp. ground ginger
- 1/4 tsp. ground all spice
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 cup packed dark brown sugar
- 1 large egg
- 1/4 cup unsweetened applesauce
- 1/4 cup molasses
- 2 Tbsp. sparkling sugar

In a bowl, whisk flour, cinnamon, ginger, allspice, baking soda and salt. In a large bowl, using an electric mixer on medium-high speed, beat brown sugar and egg until smooth and light, about 5 minutes. Add applesauce and molasses and beat for 3 minutes more. Scrape down sides of bowl. On low speed, gradually beat in flour mixture until just incorporated. Transfer to a clean bowl, cover and

refrigerate until firm, at least 2 hours and up to overnight.

- 2 Place racks in top and bottom thirds of oven; preheat to 350°F. Line 4 large baking sheets with parchment.
- **3** Using a 1-inch cookie scoop, drop dough on baking sheets, 2 inches apart. (Keep remaining dough refrigerated.) Sprinkle tops with sparkling sugar. Bake, switching sheets halfway through, until just set, about 12 minutes. Let cool completely on sheets on wire racks. Slide a small spatula underneath each cookie to lift cleanly off parchment. Repeat with remaining dough and sparkling sugar.

PER SERVING (2 cookies): 51 Calories, Og Fat (Og Sat), 4mg Chol., 1g Fiber, Og Pro., 11g Carb., 48mg Sod., 7g Sugar, 0mg Iron, 14mg Calcium GINGERBREAD SPARKLES
Enjoy all season:
Store in airtight containers
for up to 1 week at
room temperature or
up to 1 month in freezer.



### MOCHA-NUT FUDGE FLATS ⋗ Swap pure vanilla extr**ac** for the coffee if you prefer a chocolate flavor rather than mocha.

## LOW IN SAT. FAT PB&J Thumbprints

Prep: 45 minutes Bake: 12 minutes per batch Yield: About 8 dozen

- 11/2 cups white whole-wheat flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- cups chunky peanut butter, not natural or old-fashioned
- 1 cup packed dark brown
- 1 large egg
- 1 tsp. vanilla extract
- cup seedless strawberry jam, stirred to loosen
- 1 Place racks in top and bottom thirds of oven; preheat to 350°F. Line 2 large baking sheets with parchment.
- 2 In a bowl, whisk flour, baking soda and salt. In a large bowl, using an electric mixer on low speed, beat peanut butter, sugar, egg. 1/4 cup water and vanilla until combined. Increase speed to medium and beat until mixture is well-blended and light, about 3 minutes. On low speed, gradually beat in flour mixture until just incorporated.
- 3 Pinch off a heaping teaspoonful of dough and roll into a 1-inch ball. Place on a baking sheet. Repeat, covering both sheets, spacing dough balls 1 inch apart. With end of a wooden spoon handle, make an indentation in center of each ball. Fill each indentation with 1/4 teaspoon jam.
- 4 Bake, switching sheets halfway through, until lightly browned, about 12 minutes. Let cool on sheets on wire racks for 2 minutes, then transfer to wire racks to cool completely. Repeat with remaining dough and jam.

PER SERVING (1 cookie): 44 Calories, 2g Fat (0g Sat.), 2mg Chol., 1g Fiber, 1g Pro., 5g Carb., 46mg Sod., 4g Sugar, Omg Iron, 5mg Calcium



# Mocha-Nut Fudge Flats

Prep: 15 minutes Bake: 10 minutes per batch Yield: About 24

- cup hazelnuts, skins removed
- 1/2 cup confectioners' sugar
- cup unsweetened cocoa powder Pinch of salt
- large egg white
- Tbsp. strong brewed coffee, cooled
- 1 Place racks in top and bottom thirds of oven; preheat to 350°F. Line 2 large baking sheets with parchment and mist with cooking spray.
- 2 On a rimmed baking sheet, toast nuts, stirring halfway through, until golden brown, 8 to 10 minutes. Transfer to a bowl to cool. When cool enough to handle, chop finely.
- 3 Sift confectioners' sugar. cocoa and salt into a bowl. Stir in egg white and coffee until just smooth. Do not overmix.
- 4 Drop teaspoonfuls of dough on lined baking sheets, 2 inches apart. Sprinkle with nuts. Bake, switching sheets halfway through, until puffed and tops are set, about 10 minutes. Let cool completely on sheets on wire racks.

PER SERVING (2 cookies): 43 Calories, 2g Fat (0g Sat.), Omg Chol., 1g Fiber, 1g Pro., 7g Carb., 17mg Sod., 5g Sugar, Omg Iron, 6mg Calcium

### **NO CHOLESTEROL**

# Raspberry-Chocolate Meringues

Prep: 30 minutes Bake: 1 hour 40 minutes Yield: About 54

- large egg whites, at room temperature
- tsp. cream of tartar Pinch of salt
- cup sugai
- tsp. raspberry extract
- oz. bittersweet chocolate, chopped
- 1 Preheat oven to 200°F. Line a baking sheet with parchment.
- 2 Using an electric mixer on medium speed, beat egg whites, cream of tartar and salt until soft peaks form, about 2 minutes. Gradually beat in sugar until mixture is glossy with stiff peaks, about 3 minutes. Fold in extract.
- 3 Spoon meringue into a pastry bag fitted with a star tip. Pipe into 1½-inch stars on sheet, ½ inch apart.
- 4 Bake until firm and crisp but not browned, 1 hour 30 minutes to 1 hour 40 minutes. Slide parchment, with meringues, off sheet onto a wire rack. Let cool completely before removing meringues from parchment.
- 5 Set a small bowl over a pan of simmering water. Place two-thirds of chocolate in bowl and melt, stirring occasionally. Remove bowl; stir in remaining chocolate until melted.

6 Line a baking sheet with parchment. Dip bottom of 1 meringue in chocolate, wipe off excess against side of bowl and transfer to sheet. Let stand until set. Repeat.

PER SERVING (2 meringues): 27 Calories, 1g Fat (1g Sat.), Omg Chol., 0g Fiber, 0g Pro., 4g Čarb., 9mg Sod., 4g Sugar, Omg Iron, Omg Calcium

(pictured on page 81)

#### LOW SUGAR

### Cardamom-Pistachia Biscotti

Prep: 30 minutes Bake: 45 minutes Yield: About 90

- cup whole-wheat pastry
- 3/4 cup all-purpose flour
- 1/2 tsp. baking soda
- 1/4 tsp. ground cardamom
- 1/4 tsp. salt
- large eggs
- 1/2 cup sugar
- 11/4 cups roasted unsalted pistachios in shells, shelled (about ½ cup)
- 1 Place a rack in middle of oven: preheat to 350°F. Line 2 large baking sheets with parchment.
- 2 In a small bowl, whisk flours, baking soda, cardamom and salt. In a large bowl, using an electric mixer on medium-high speed, beat eggs and sugar until pale and thick, about 5 minutes. On low speed, gradually beat in flour mixture until just incorporated. Fold in nuts.
- 3 Divide dough in half and shape into 2 logs, each 12 inches long and 1½ inches wide. Place on a baking sheet, 3 inches apart. Bake until firm and golden, about 25 minutes. Reduce oven to 300°F. Place racks in top and bottom thirds of oven. Let baked logs cool for 10 minutes. Transfer 1 log to a cutting board. Cut with a serrated knife on a slight diagonal into 1/4-inch slices. Repeat with second log.
- 4 Lay slices on baking sheets. Bake, flipping slices and switching sheets halfway through, until crisp and dry, about 18 minutes. Transfer to wire racks to cool completely.

PER SERVING (1 biscotti): 23 Calories, 1g Fat (0g Sat.), 4mg Chol., 0g Fiber, 1g Pro., 3g Carb., 15mg Sod., 1g Sugar, Omg Iron, 3mg Calcium