



# Dessert Canyon

Rich-tasting, low-cal sweets, from a spa pastry chef,  
give your dinners happy endings

**F**or many people, a meal without dessert is like a sentence without a period. But what can you cook without blowing your diet? Laurie Erickson, pastry chef at the Canyon Ranch health resort in Lenox, Mass., shares some tricks for creating low-fat, high-flavor treats. "I use egg whites instead of whole eggs," she says. "It takes out half the fat. And fat-free cottage cheese puréed is a beautiful cream cheese substitute." To maintain texture in baked goods, Erickson recommends trading fat for an equivalent amount of puréed prunes, found in the baby section. Or try the easy solution: Make portions small, as with her cheesecake here. You get "just enough of the sweetness you want at the end of a meal," she says.



Making low-cal desserts "is the ultimate challenge," says Erickson.

## Fudge Brownies

Makes 16 brownies

- 2 oz. semi-sweet chocolate
- 2 tbsp. butter
- 1½ tbsp. canola oil
- 1 cup sugar
- ¼ cup unsweetened cocoa powder
- ½ cup plus 2 tbsp. all-purpose flour
- ½ tsp. baking powder
- Pinch salt
- 2 tbsp. unsweetened applesauce
- 2 large egg whites

- 1 Preheat oven to 325°. Coat 8" x 8" pan with cooking spray and set aside.
- 2 Combine chocolate, butter and oil in a medium saucepan over low heat; cook until chocolate is melted, stirring frequently. Remove from heat; cool slightly. Add sugar and cocoa to chocolate mixture, stirring well. Add flour and remaining ingredients, stirring just until smooth.
- 3 Pour batter into prepared pan. Bake at 325° for 30 minutes or until knife comes out clean when inserted in the middle of brownies.
- 4 Remove from oven. Cool in pan on rack. Cut into 2" x 2" squares.

**CALORIES 116** (30% from fat); **FAT 3.9g** (sat 1.5g, mono 1.4g, poly 0.5g); **PROTEIN 1.6g**; **CARB 19.4g**; **FIBER 0.7g**; **CHOL 4mg**; **IRON 0.4mg**; **SODIUM 39mg**; **CALCIUM 11mg**

## Pecan Phyllo Tart

Makes 8 servings

- ¼ cup maple syrup
- ¼ cup apple cider
- 3 tbsp. light corn syrup
- 1 large egg
- 1 large egg white
- ½ tsp. canola oil
- ¼ tsp. vanilla extract
- Pinch salt
- 8 14"x 9" sheets phyllo pastry
- 3 tbsp. canola oil
- 4 tbsp. chopped pecans
- 1 cup peeled and chopped apples

- 1 Preheat oven to 375°. Have ready 8 4-oz. round or oval ramekins.
- 2 Combine first 8 ingredients, stirring well; set aside.
- 3 Lay one sheet of phyllo on a work surface. (Keep remaining sheets covered with a damp towel to prevent



drying out.) Brush phyllo with about 1 tsp. canola oil. Fold into thirds lengthwise forming a rectangle. Then fold into thirds widthwise forming a 4" x 6" packet.

- 4 Gently press packet into a ramekin. Fold down the corners until level with the sides of the ramekin. Repeat process with remaining phyllo sheets.

- 5 Arrange ramekins in a deep baking pan. Sprinkle 2 tbsp. chopped apples in the center of each ramekin; top with 1½ tsp. pecans and 2 tbsp. maple syrup mixture.

- 6 Bake at 375° for 15 minutes or until filling is set.

**CALORIES 205** (44% from fat); **FAT 10g** (sat 1.1g, mono 5.6g, poly 2.7g); **PROTEIN 3g**; **CARB 26.6g**; **FIBER 1.1g**; **CHOL 26mg**; **IRON 1mg**; **SODIUM 137mg**; **CALCIUM 16mg**

## Pumpkin Cheesecake

Makes 16 servings

### Crust:

- ½ cup graham cracker crumbs
- 2 tbsp. unsweetened applesauce
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- Cooking spray

### Filling:

- 2 8-oz. packages Neufchatel cheese, softened
- ½ cup light brown sugar, lightly packed
- ½ cup honey
- 1 cup canned pumpkin
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 1 tsp. ground ginger

- 1 tsp. ground nutmeg
- ½ cup skim milk
- 6 large egg whites
- 2 large eggs

- 1 Preheat oven to 350°.
- 2 To prepare crust, combine first four ingredients. Firmly press mixture into most of the bottom of 10-inch spring-form pan coated with cooking spray.
- 3 Bake at 350° for 20 minutes or until golden brown. Remove from oven and cool slightly. Lower oven to 300°.
- 4 For filling, combine cheese, sugar and honey in large bowl; beat at medium speed with mixer just until combined.

Add pumpkin, vanilla, cinnamon, cloves, ginger, nutmeg, milk, egg white and eggs; beat at low speed until smooth.

- 5 Pour filling into prepared crust and bake at 300° for 1 hour or until center of cheesecake barely move when pan is touched. Turn oven off; leave cheesecake in oven for one additional hour. Remove from oven; run knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours. Cut into 16 slices.

**CALORIES 191** (39% from fat); **FAT 8.3g** (sat 4.7g, mono 2.2g, poly 0.3g); **PROTEIN 6.1g**; **CARB 24.1g**; **FIBER 1g**; **CHOL 48mg**; **IRON 1mg**; **SODIUM 206mg**; **CALCIUM 50mg**