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EAT WELL, AGE WELL.

HEALTHY HOLIDAY NUTRIENT DENSE DESSERTS

As we are approaching the holiday season, the challenge to keep our diets balanced and healthy becomes increasingly difficult. There has been research that has shown the average person gains approximately 1 pound each holiday season. That same research states that people may not lose this added weight and over the years, the pounds can add up. Holiday meals and desserts are an integral part of our holiday traditions, so how can we make these dishes healthier? There are various ways to tweak our recipes to make them nutrient dense, in ways where the taste remains unchanged! Some examples are using whole wheat flour instead of white flour, egg whites instead of eggs, and skim milk instead of whole milk. You could also add additional ingredients to your current recipes that would increase the nutrients in your desserts. For example, adding pureed beans in place of half the shortening in your brownies is a great way to make them nutrient dense without affecting the flavor. In pie crusts, you can also use ground up graham crackers and a couple tablespoons of low-fat milk as an alternative to butter, which saves you calories and added fats. Therefore, by reviewing your recipes for the holiday season, there are small changes that could be made that will make your favorite dish more diet-friendly! There are also many tasty dessert recipes out there that are good for you, and taste great as well! Happy Holidays!

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WEEKLY CHALLENGES

**REPLACE WHITE
FLOUR WITH WHOLE
WHEAT FLOUR**

**FIND A NEW
HEALTHY RECIPE TO
MAKE FOR THE
HOLIDAY SEASON**

**REPLACE EGGS WITH
EGG WHITES IN
RECIPES**

**TRY ONE OF OUR
DESSERT RECIPES!**

DID YOU KNOW?

**FOR BAKED GOODS,
YOU CAN USE HALF
THE BUTTER, OIL, OR
SHORTENING AND
REPLACE THE OTHER
HALF WITH
APPLESAUCE
WITHOUT CHANGING
THE TASTE**

Whipped Sweet Potatoes with Pecan Crumble Topping

This recipe is brought to you from: <http://www.todaysdietitian.com/newarchives/110310p44.shtml#nineteen>

INGREDIENTS:

- 4 sweet potatoes
- 1 ½ cups plain yogurt, fat-free, Greek style
- ½ tsp vanilla
- 1 tsp Kosher salt
- Cooking spray (butter flavor)
- ½ cup oats, whole
- ¼ cup pecans, toasted, chopped
- 2 TBSP butter, chilled, chopped
- 2 TBSP brown sugar
- ½ tsp cinnamon, ground
- 1/8 tsp nutmeg, ground

Nutrient Analysis:

Calories: **200**

Total fat: **6 g**

Sat Fat: **2 g**

Trans fat: **0 g**

Cholesterol: **10 mg**

Sodium: **290 mg**

Carbohydrate: **30 g**

Fiber: **4 g**

Sugar: **10 g**

Protein: **8 g**

DIRECTIONS:

1. Preheat oven to 350°F.
2. Wash sweet potatoes, pat dry, and place in oven on a bottom rack.
3. Prepare crumble topping by placing all ingredients in a bowl. Using a fork or the back of a spoon, mash ingredients together until all are well incorporated and hold together in small clusters. Reserve.
4. Bake potatoes for approximately 40 to 60 minutes until soft to the touch when pinched. Roasting will allow the sugar in the potato to caramelize naturally. Remove potatoes from the oven and allow to cool before removing skins.
5. Place warm sweet potatoes flesh in a mixing bowl. Add yogurt, vanilla, and salt.
6. Whip using wire whip attachment on medium speed for about 1 minute. Scrape sides down and turn to high and whip for about 30 seconds until all of the yogurt is incorporated in potatoes.
7. Prepare glass or ceramic baking dish by covering surface with cooking spray. Scoop potato mixture into prepared baking dish. Sprinkle crumble evenly across top of potatoes. Lightly spray with cooking spray. Place in hot oven at 350°F for about 40 to 50 minutes to heat potatoes. The topping should be lightly browned. Remove pan from oven and serve.



Source: Pixabay. Ela Haney (Photographer)