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EAT WELL, CARE WELL. NUTRIENT DENSE DESSERTS

“Let them eat cake” ...What if there was a way to make the cake or dessert more nutritious while keeping the delicious taste. This month we will explore ways to add more fiber, protein and other nutrients to desserts while cutting down on added sugar and saturated fat.

Here is a list of foods that you can substitute for butter or oil in baked goods. There are many recipes and blogs you can research for additional tips.

- **Apple sauce** <https://www.motts.com/recipes>
- **Beans**, pureed. Cannellini beans work great in cakes and muffins. Black beans are perfect for anything chocolate.
 - https://bushbeans.com/en_US/recipes-inspiration
- **Avocado** <https://www.californiaavocado.com/recipes>
- **Greek yogurt** (search for recipes by brand)
- **Pumpkin puree**
<https://www.verybestbaking.com/recipes/find/libbys>
- **Prune puree** <https://www.sunsweet.com/recipes/>
- **Banana**, mashed
- **Cottage cheese** <https://daisybrand.com/dessert-recipes>

WEEKLY CHALLENGES

VISIT THE WEBSITES
PROVIDED AND TRY A
FEW RECIPES

REDUCE THE SUGAR
BY 1/3 IN RECIPES

HALF OF A MASHED
BANANA = 1 EGG

ADD DRIED OR FRESH
FRUIT TO DESSERTS

DID YOU KNOW...

There is ~820
calories in ½
cup of butter!

Red Velvet Cupcakes

Servings: 24

Prep Time: 10 min

Cook Time: 15 min

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May 2020

Ingredients

- 1 can Cannellini beans, drained and rinsed
- 1 pkg red velvet cake mix
- 1 large egg
- ½ cup applesauce

Instructions

1. In small food processor, add beans and puree until smooth.
2. Mix cake mix, pureed beans, egg and applesauce on low speed until moistened, about 30 seconds.
3. Beat on medium speed for 2 minutes.
4. Fill cupcake lined tins about 2/3 full of batter.
5. Bake at 350 degrees F for 12-15 minutes or until toothpick comes out clean.
6. Cool completely before frosting or top with fruit or a little powdered sugar.

Notes

The beans add fiber, protein and potassium. The applesauce replaces the butter or oil, so there are fewer calories from saturated fats.



Image by Hugo Londoño from Pixabay

Recipe adapted from Bush Beans.com