

Idealthful Holiday Desserts

Baked Apples

- 1/3 cup raisins
- 1/2 cup apple juice
- 3 Tbsp. chopped almonds (or walnuts)
- 1/4 cup water
- 1 Tbsp. wheat germ
- 2 Tbsp. dark honey
- 1 Tbsp. firmly packed brown sugar
- 2 tsp. canola oil
- 1/2 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 6 small unpeeled Golden Delicious apples (about 1.75 lbs)

Directions

Preheat the oven to 350 degrees. In a small bowl, toss together the dry ingredients: raisins, chopped nuts, wheat germ, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Core each apple, stopping 3/4 inch from the bottom. Divide the raisin mixture evenly among the apples, pressing the mixture gently into each cavity.

Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan snugly with aluminum foil.

Bake until the apples are tender when pierced with a knife, 50 to 60 minutes. Serve warm or at room temperature with pan juices drizzled over apples. 6 servings.

Source: www.ediets.com

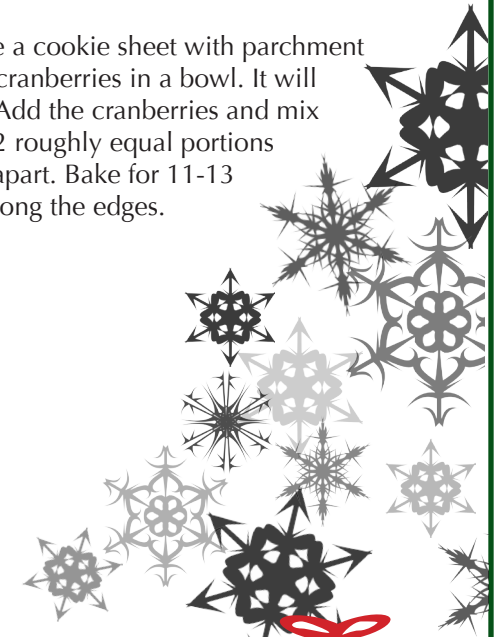
Almond Butter Cranberry Cookies

- 1/2 cup almond butter
- 1/2 tsp. grated orange zest
- 1 Tbsp. oat bran or ground oatmeal
- 1/4 tsp. vanilla extract
- 1 Tbsp ground flax seeds (or oat bran/ground oatmeal)
- A few drops of almond extract
- 3 Tbsp. sugar
- 1/4 tsp. baking soda
- 1/2 tsp unsulphured molasses
- 2 Tbsp. dried cranberries or cherries
- 1 egg white (2 tablespoons)

Directions

Preheat the oven to 350 degrees F. Line a cookie sheet with parchment or silicone. Mix everything except the cranberries in a bowl. It will be a very sticky mass - like thick glue. Add the cranberries and mix lightly. Take a tablespoon and spoon 12 roughly equal portions on to the cookie sheet about 2 inches apart. Bake for 11-13 minutes until the cookies are golden along the edges.

Source: <http://jugalbandi.info/>



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Dark Chocolate Orange Cake

- 3/4 cup powdered sugar
- 1 Tbsp. hot water
- 3 large eggs
- Dash of salt
- 2 Tbsp. cornstarch
- 2 ounces bittersweet chocolate, chopped
- 3 Tbsp. unsweetened cocoa
- Powdered sugar (optional)
- 2 Tbsp. fresh orange juice
- Orange rind strips (optional)
- 1 Tbsp. Triple Sec (orange-flavored liqueur)

Directions

Preheat oven to 350°. Coat an 8-inch springform pan with cooking spray; line bottom of pan with parchment or wax paper. Wrap outside of pan with aluminum foil.

Place 3/4 cup sugar and eggs in a bowl; beat with a mixer at high speed 7 minutes.

Combine cornstarch and cocoa in a small bowl; set aside. Place juice, liqueur, water, salt, and chocolate in a small glass bowl; microwave at high 1 minute or until almost melted, stirring every 20 seconds until smooth. Add cornstarch mixture; whisk until smooth.

Gently stir one-fourth of egg mixture into chocolate mixture; gently fold into remaining egg mixture. Scrape batter into prepared pan. Place pan in a 13 x 9-inch baking pan; add hot water to larger pan to a depth of 1 inch. Bake at 350° for 20 minutes or until top is set. Remove cake pan from water; cool 5 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula; cool to room temperature. Cover and chill at least 4 hours or overnight. Garnish with powdered sugar and rind just before serving, if desired. 6 servings (serving size: 1 slice)

Source: www.cookinglight.com

Swedish Apple-Cranberry Pie

- 1 egg
- 1/2 tsp cinnamon
- 1/2 cup sugar
- 1/4 tsp vanilla
- 1/2 cup whole wheat flour (regular or pastry)
- 3 small or 2 large apples, chopped
- 1 tsp baking powder
- 1/2 cup dried cranberries
- 1/4 tsp salt
- 1 cup chopped walnuts or pecans

Directions

Preheat oven to 350°F (180°C or gas mark 4). Spray a 10" (25 cm) diameter pie pan with cooking spray.

In a large bowl, beat egg thoroughly with a fork, until it forms a ribbon.

Add everything else except apples and nuts, and mix thoroughly with a large spoon.

Add apples and nuts, and mix as well as you can with a large spoon.

You'll wonder if you've done something wrong, as it's a very lumpy mix—not even qualifying for the word "batter." But keep working, and mix as best you can. After 4-5 minutes of vigorous mixing, suddenly it all hangs together.

Toss it all in the pie plate and bake for 30 minutes. 6 servings.

Source: www.wholegrainscouncil.org

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