

Desserts

Sharon's Low Fat Marshmallow Fudge (by Sharon and Dr. Jesse)

1 1/3 semi-sweet chocolate chips
1 1/3 miniature marshmallows
2/3 C fat free sweetened condensed milk
1 tsp vanilla
2 whole reduced fat graham crackes, broken into bite sized pieces

Line an 8 inch square pan with foil and spray with nonstick spray. In a saucepan over low heat, melt chocolate chips with milk. Stir in vanilla. Fold in marshmallows and cracker pieces. Pour into pan. Refrigerate 1 hour. Lift out of pan; remove foil and cut into 48 pieces.

Joanna's No Longer Secret Family Apple Bread (we waited a LONG time for this one!)

4 eggs
1tsp ground cloves
2 1/2 C brown sugar
1/2 tsp baking powder
1 1/4 C vegetable oil
3 C flour
1Tbs vanilla
3 C peeled & diced apples
2 tsp cinnamon
1 1/2 tsp salt
1 1/2 tsp baking soda

Pre-heat oven to 325'. Grease 2 9x5x3 pans. Beat eggs, sugar, oil, vanilla, cinnamon, salt, baking soda, cloves and baking powder together. Stir in flour. Batter will be thick! Beat one minute on low speed. Stir in apples to the batter. Pour into pans, filling each one 2/3 full. Bake 1 hour. Yum! One of our staff's favorite!

Dr. Deb's Peach Melba

3 (12 oz) bags frozen red raspberries
Vanilla ice cream
2 C sugar
Canned peach slices or sweet ripe ones
3 Tbs minute tapioca

For raspberry sauce, place thawed raspberries in blender on high speed (liquid). Strain our the seeds and put seedless raspberry puree in sauce pan. Add 2 C of sugar and 3 Tbs of tapioca to puree. Bring to boil on medium heat, stirring constantly until reaches full boil. Reduce heat, and

simmer for 5 minutes, stirring occasionally.(Add more sugar if too tart.) Remove from heat and cool. Store in fridge until ready to use. To serve, scoop ice cream into parfait glass. Build layers of ice cream, peaches and raspberry sauce. Serves 6.

Carolyn's Cheesecake Squares, a la Welch's!

1 roll refrigerated sugar cookies
8 oz. cream cheese
1 C sour cream
1 egg
3/4 C Welch's grape jam
1/2 tsp vanilla
1/4 C sugar

Pre-heat oven to 375'. Slice cookie roll into 1/4" thicknesses; place slices on ungreased 9x13 pan. Bake for 12-15 minutes or until light brown and puffy. Spread with jam. In large bowl, combine remaining ingredients until smooth. Pour over jam layer, spreading to edges. Bake again for 25-30 minutes or until inserted knife comes out clean. Let cool and cut into dessert squares. Serves 12.

Patti's Cream-Filled Strawberries (by Patti and Dr. Jesse)

18 large fresh strawberries
2 C reduced fat whipped topping
1 C fat-free milk
1/4 almond extract
1 (1 oz) pkg sugar free instant pudding

Wash and remove stems from berries. Cut a deep "x" in the top of each berry and spread apart. In small bowl whisk milk and pudding mix for 2 minutes. Fold in whipped topping and extract. Pipe or spoon about 5 teaspoons into each berry. Chill until ready to eat.