



Fit & Flavorful  
Angel Food Cake



Recipe by Alton Brown from the Food Network

Calories: 93	Protein: 4g	Carbohydrates: 20g	Total Fat: 0g
Saturated Fat: 0g		Unsaturated Fat: 0g	Trans Fat: 0g
Cholesterol: 0mg		Sodium: 75mg	Fiber: 0g
		Exchange (2 sweets)	
		<b>Yield: 24 servings</b>	

### Ingredients

- 1  $\frac{3}{4}$  c. sugar
- 1 c. cake flour, sifted
- $\frac{1}{3}$  c. warm water
- 1  $\frac{1}{2}$  tsp. cream of tartar
- $\frac{1}{4}$  tsp. salt
- 12 egg whites (the closer to room temperature the better)
- 1 tsp. orange extract, or extract of your choice

### Preparation

Preheat oven to 350 degrees F.

In a food processor spin sugar about 2 minutes until it is superfine. Sift half of the sugar with the salt the cake flour, setting the remaining sugar aside.

In a large bowl, use a balloon whisk to thoroughly combine egg whites, water, orange extract, and cream of tartar. After 2 minutes, switch to a hand mixer. Slowly sift the reserved sugar, beating continuously at medium speed. Once you have achieved medium peaks, sift enough of the flour mixture in to dust the top of the foam. Using a spatula fold in gently. Continue until all of the flour mixture is incorporated.

Carefully spoon mixture into an ungreased tube pan. Bake for 35 minutes before checking for doneness with a wooden skewer. (When inserted halfway between the inner and outer wall, the skewer should come out dry).

Cool upside down on cooling rack for at least an hour before removing from pan.

Serve with fresh berries or other favorite fruit.



Fit & Flavorful  
Apple Crisp  
*Recipe by Executive Chef Mark Beland*



Calories: 147    Protein: 2.5g    Carbohydrates: 29.8g    Total Fat: 2.4g  
Saturated Fat: 0.2g    Unsaturated Fat: 0.5g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 3.9mg    Fiber: 4.6g

**Yield: 6 servings**

Mayo Clinic Pyramid Servings: 2 fruit, 0.5 carbohydrate

**Ingredients**

Filling:

3 Tbsp. corn starch  
1 c. apple juice (no sugar added)  
1 Tbs. ground cinnamon  
1 tsp. ground nutmeg  
1 Tbsp. vanilla extract  
3 apples of your choice, diced or sliced

Crisp:

½ c. uncooked rolled oats  
2 Tbsp. brown sugar  
2 Tbsp. apple sauce (no sugar added)  
¼ c. flax meal

**Preparation**

Filling: Shake or whisk corn starch into apple juice completely, add remaining ingredients, cook on low for 2-6 hours.

Crisp: Mix together until just clumping, (should be lumpy). Spread on baking sheet and bake at 400 degrees for 8-12 minutes, or until golden brown. Cool completely and use to top apple crisp. (Mayo also store in air-tight container for later use).



### Dehydrating Basics

- Heat - high enough to force out moisture; Dry air-to absorb the released moisture
- Air movement - to carry the moisture away
- Natural drying, outdoors, requires warm days of 90 degrees F (32 degrees C) or more, low humidity, and control of insects.
- Oven drying or using a food dehydrator are alternatives for small quantities of food. The energy cost of operating an oven is high, however, compared to the cost of operating an electric food dehydrator.

### Food Preparation

1. Wash and scrub the fruit thoroughly. A drop of detergent in the wash water helps loosen dirt. For an even higher margin of safety, use dilute chlorine bleach solution. (Use 1 Tbs. household bleach in a gal. of cool water.) Rinse the fruit well with clean water.
2. Wash your hands thoroughly using soap and warm water for at least 20 seconds before starting the cutting and juicing, and frequently during these steps as well.
3. Wash your knives, boards, utensils, and juice making equipment thoroughly using soap and warm water. Use the dilute chlorine bleach solution for another disinfecting step. Rinse well with clean water. Make sure the containers you are putting the fresh juice into are really clean. Best is to sterilize them like you were making jams or jellies.
4. After peeling /coring/slicing dip apple slices in salted water (2% NaCl) before further treatment to prevent browning due to contact of tissues with oxygen from air.
5. Dipping is an alternative to blanching used to prevent apples from turning brown. Lemon juice, ascorbic acid, or commercial products containing ascorbic or citric acid may be used for dipping. For instance, dipping sliced fruit pieces in 1 teaspoon of ascorbic acid crystals per cup of water or directly in lemon juice for three to five minutes will prevent browning.

### Drying Methods

#### *Drying Natural Sun Drying*

Dry in the sun by placing slices of food on a clean tray with sides and covering with cheesecloth or fine netting. If possible, place a small fan near the drying tray. Turn food once a day. Dry until the food has lost most of its moisture (apple fruits will be chewy). This method takes 36-48 hours. This is not recommended in cloudy or humid weather. The temp. should reach 90°F by noon and the humidity should be less than 60%.

#### *Oven Drying*

Dry food in an oven that can be maintained at 140°F or lowest setting. Leave door ajar 2-3 in. Place a fan in front of the oven to blow air across the open door. Spread the food in a single layer on racks or cookie sheet. Check fruit often. Turn slices over. This method will take 6-12 hours.

### Dried Apple Fruit Care Tips

- All sun-dried fruits and vegetables must be pasteurized to destroy insects. Place dried food evenly in shallow trays no more than 1 inch in depth. Fruits should be heated at 160F for 15 minutes.
- Dried fruits must be conditioned prior to storage. Conditioning is the process of evenly distributing moisture present in the dried fruit to prevent mold growth.
- Condition dried fruit by placing in a plastic or glass container, sealing and storing for 7 to 10 days. The dried fruit in the containers should be shaken daily to distribute moisture. If condensation occurs, place the fruit in the oven or dehydrator for more drying and repeat the conditioning process.
- Cool dried food should be placed in a closed container that has been washed and dried before storing. Home canning jars are good containers for storing dried foods.
- Store in a cool, dry, dark place.

Dried foods should be used within 3 to 6 months as they will lose their flavor and color to some extent during storage.



Fit & Flavorful  
Apple Dumplings  
*Recipe by Executive Chef Mark Beland*



Calories: 155    Protein: 3g    Carbohydrates: 35g    Total Fat: 2g  
Saturated Fat: 1g    Unsaturated Fat: 1g    Trans Fat: 0g  
Cholesterol: 40mg    Sodium: 13mg    Fiber: 5g

**Yield: 8 servings**

Mayo Clinic Pyramid Servings: 1 fruit, ½ sweet, 1 carbohydrate

**Ingredients**

Dough

1 Tbsp. cold butter  
1 tsp. honey  
1 c. whole wheat flour  
2 Tbsp. buckwheat flour  
2 Tbsp. rolled oats  
2 Tbsp. brandy or apple liquor

Apples

6 Granny smith apples, thinly sliced  
1 tsp. nutmeg  
2 Tbsp. honey  
Zest of one lemon  
Mix above ingredients together

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**Preparation**

Combine butter, honey and grains in food processor, pulse a few times until looks like fine meal. Add brandy and pulse a few more times until starts to form ball. Remove and wrap tightly in plastic, refrigerate for two hours. Roll out with extra flour to ¼ inch thickness.

To make: Roll out dough to ¼ inch, cut in 5 inch circles. Use a muffin tin, lay a circle of dough over a lightly sprayed cup. Push in gently, fill with apple mixture. Fold over sides and pinch at top to seal. Bake at 350 degrees for 30 minutes, until golden brown.



Fit & Flavorful  
Apricot and Almond Torta  
*Recipe by Executive Chef Mark Beland*



Calories: 120    Protein: 3g    Carbohydrates: 18g    Total Fat: 5g  
Saturated Fat: 0.5g    Unsaturated Fat: 4.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 1mg    Fiber: 3g

**Yield:** 6 servings (dessert)

Mayo Clinic Exchange: ½ fruit, 1 fat, ½ carbohydrate

**Ingredients**

1 tsp. olive oil  
1 lb. apricots, halved with pits removed  
½ c. almonds, chopped  
2 Tbs. oats  
1 tsp. anise seed  
2 Tbs. honey

**Preparation**

Brush olive oil in 9 in glass pie plate. Chop apricots and place in plate. Sprinkle almonds, oats, and anise over top. Drizzle with honey. Bake at 350 for 25 min, until almond topping is golden and apricots are bubbling up.



Fit & Flavorful  
Strawberry Balsamic Sorbet  
*Recipe from Executive Chef Tim Cockram*



Calories: 83    Protein: 1.0g    Carbohydrates: 18.8g    Total Fat: 0.3g  
Saturated Fat: 0.0g    Trans Fat: 0.0g  
Cholesterol: 0.0mg    Sodium: 10.1mg    Fiber: 2.3g

**Yield: Approx. 5 servings (1/2 cup per serving)**

MC Healthy Weight Pyramid serving: 1 ½ fruit

**Ingredients**

¾ cup balsamic vinegar  
4 cups strawberries, hulled and halved,  
plus 5 berries, coarsely chopped  
1 tablespoon dark honey

**Creative Additions**

*2 tablespoons basil, chiffonade*

**Preparation**

In a small nonaluminum saucepan, bring the vinegar to a simmer over medium-low heat. Cook until reduced by half, about 5 minutes. Remove from the heat and let cool. Place the halved strawberries in a blender or food processor. Process until very smooth. Pass the puree through a fine-mesh sieve placed over a bowl, pressing firmly on the solids with a rubber spatula or the back of a wooden spoon to extract all the juice. Discard the solids. Add the balsamic reduction and the honey to the puree and stir to combine. Cover and refrigerate until cold. Freeze the strawberry mixture in an ice-cream maker according to the manufacturer's instructions. Store in the freezer until ready to serve for up to 2 days. Spoon into individual bowls and garnish with the chopped strawberries and basil. Enjoy!

**Technique:** Reduction sauces add a lot of great flavor.

**Taste:** Simplicity is the best when fruit is in season at its peak of ripeness.

**Try:** Basil gives it a nice balance.

**Tip:** The sorbet is high in Vitamin C, a vitamin that supports normal growth and development and also helps your body absorb iron.





Fit & Flavorful  
Barley Pudding

*Recipe by Executive Chef Mark Beland*



Calories: 165    Protein: 4.5g    Carbohydrates: 37.2g    Total Fat: 0.5g  
Saturated Fat: 0.1g    Unsaturated Fat: 0.4g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 35.4mg    Fiber: 5.7g

**Yield: 6 servings**

Mayo Clinic Pyramid Servings: 2 carbohydrate, ½ sweet

**Ingredients**

- 2 c. water
- 1 c. pearled barley
- 1 c. fat-free soy milk
- 3 Tbsp. dark honey
- 3 Tbsp. dried fruit, such as raisins
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 1 tsp. ginger

**Preparation**

Bring water to boil. Add barley and reduce to simmer. Cover and cook for 40-50 minutes, until most liquid is absorbed. Add soy milk and cook for additional 15-20 minutes until all liquid is gone. Add honey, fruit and spices and mix thoroughly. Can be enjoyed warm or cold



Fit & Flavorful  
Berrymisu



*Recipe from Executive Chef Tim Cockram*

Calories: 155    Protein: 5.4g    Carbohydrates: 21.7g    Total Fat: 5.8g  
Saturated Fat: 2.7g  
Cholesterol: 53.6mg    Sodium: 83.9mg    Trans Fat: 0g  
Fiber: 1.3g

**Yield: 6 servings**

Mayo Clinic Exchange: 2 sweets

**Ingredients**

½ c. part skim ricotta cheese, (4 ounces)  
2 Tbsp. Confectioners' sugar  
½ tsp. vanilla extract  
1/8 tsp. ground cinnamon  
12 ladyfingers, (about 1 ¾ ounces)  
4 Tbsp. brewed espresso or strong coffee, divided  
½ c. mixed berries, rinsed  
3 oz. dark chocolate bar, 65% cocoa or greater, melted  
1 Tbsp. toasted almonds sliced

**Preparation**

Combine ricotta, sugar, vanilla and cinnamon in a medium bowl.

Place 6 ladyfingers in a 9 x 5 (or similar size) loaf pan. Drizzle with 2 tablespoons espresso (or coffee). Spread the ricotta mixture over the ladyfingers. Press the berries into the ricotta mixture. Place another layer of ladyfingers over the berries and drizzle with the remaining 2 tablespoons espresso (or coffee). Drizzle with melted chocolate and sprinkle with almonds. Refrigerate until the chocolate is set, about 30 minutes.



Fit & Flavorful  
Caramelized Grapefruit with  
Frozen Yogurt and Spiced Walnuts  
*Recipe from Executive Chef Tim Cockram*



Calories: 225    Protein: 6.1g    Carbohydrates: 40.1g    Total Fat: 5.9g  
Saturated Fat: 0.6g    Unsaturated Fat: 5.3g    Trans Fat: 0g  
Cholesterol: 5.0mg    Sodium: 75.6mg    Fiber: 3.3g

**Yield: 4 servings**

Mayo Clinic Exchange: 1 fruit, ½ protein dairy, 1 fat, 1 sweet

**Ingredients**

2 c. nonfat frozen yogurt  
1 oz. walnut (14 halves)  
1 tsp cinnamon  
½ tsp. vanilla extract  
1 tsp. olive oil  
2 grapefruits  
1 ½ tbsp. honey

**Preparation**

Clean grates. Preheat grill on medium-high (375-425 degrees). Place the nuts in a small zip lock bag or sealable container. Then add the cinnamon, vanilla and walnuts. Shake until well coated. Place on a small pan on the indirect heat side of your grill for 5-7 minutes. Walnuts should be fragrant and slightly browned or toasted when done. Cut the segments around the outside to loosen the grapefruit segments. Then rub the open side of the grapefruits with honey. Oil grates. Place open side of the grapefruit down on grill and cook until nicely caramelized, about 2-3 minutes. Remove from grill and serve immediately with frozen yogurt, top with nuts.



Fit & Flavorful  
Carrot Cake with Cream Cheese Frosting - Revised  
*Recipe by Executive Chef Mark Beland*



Calories: 142	Protein: 7g	Carbohydrates: 28g	Total Fat: 2g
Saturated Fat: 0g		Unsaturated Fat: 2g	Trans Fat: 0g
Cholesterol: 2mg		Sodium: 143mg	Fiber: 3g

**Yield: 16 slices**

Mayo Clinic Exchange: 1 sweet, 1 carbohydrate

**Ingredients**

Cake

2 c. whole wheat pastry flour  
 ½ c. granulated sugar  
 1 c. Splenda  
 8 egg whites  
 1 c. unsweetened applesauce  
 2 tsp. ground cinnamon  
 2 tsp. baking powder, low sodium  
 2 c. grated carrots  
 ¼ c. walnuts, toasted and chopped

Icing

½ c. powdered sugar  
 8 oz. fat-free cream cheese  
 1 tsp. vanilla extract  
 ½ Tbsp. water

**Preparation**

Preheat oven to 350 degrees. Mix sugar and oil in a large bowl. Beat in egg whites. Add combined dry ingredients and carrots; mix well. Lightly coat a tube pan (angel food cake pan) with light cooking spray. Place batter in pan and bake for 55 minutes or until cake tester comes out clean. Remove cake from pan and cool slightly. To prepare icing, mix all ingredients and beat until smooth. Drizzle icing over cake and sprinkle with toasted walnuts.

***Original recipe nutrition content per serving (serving size = 8)***

Calories: 893  
 Total fat: 33 grams  
 Saturated fat: 14 grams  
 Trans fat: 0 grams  
 Cholesterol: 149 mg  
 Sodium: 843  
 Carbohydrates: 142 grams  
 Fiber: 3 grams  
 Protein: 11 grams



Fit & Flavorful  
Chocolate and Fruit Pizza  
*Recipe from Executive Chef Tim Cockram*



Calories: 225    Protein: 5.0g    Carbohydrates: 35.1g    Total Fat: 7.7g  
Saturated Fat: 1.8g    Unsaturated Fat: 5.9    Trans Fat: 0g  
Cholesterol: 0.8mg    Sodium: 185.5mg    Fiber: 3.0g

**Yield: 8 servings**

Mayo Clinic Exchange: 1 sweet, 1 carbohydrate, 1 fat, ½ fruit

**Ingredients**

**Crust:**

¾ c. whole wheat pastry flour  
½ c. all purpose flour  
2 tsp. baking powder  
½ c. low fat cottage cheese  
¼ c. sugar  
3 Tbsp. canola oil  
3 Tbsp. milk, divided  
1 ½ tsp. vanilla extract  
Cornmeal for dusting  
2 ½ tsp. Sugar, divided

**Toppings:**

½ c. raspberries  
1 c. diced pineapple  
1 kiwi fruit, peeled and diced  
¼ c. sliced strawberries  
1 – 2 oz. block dark chocolate  
(72-86%)

**Preparation**

To prepare crust: Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a small bowl. Puree cottage cheese in a food processor. Add sugar, oil, 2 tablespoons milk and vanilla. Process until smooth. Add the dry ingredients and pulse 4 to 5 times, just until the dough clumps together. Turn out onto a lightly floured work surface and press the dough into a ball. Knead several times, but do not overwork. Dust with flour, wrap in plastic wrap and refrigerate for at least 15 minutes. Meanwhile, prepare toppings.

Position oven rack at lowest level; preheat to 400F. Coat a 12-inch pizza pan or large baking sheet with cooking spray. Sprinkle with cornmeal, shaking off excess. On a lightly floured work surface, roll the dough into a 12-inch circle about ¼ inch thick. Roll the dough back over a rolling pin and transfer to the prepared pizza pan or baking sheet. Finish the edges by turning them under. To glaze the border, brush it very lightly with a little milk and sprinkle with ½ teaspoon of the sugar. Spread the crust with raspberries, pineapple, kiwi and strawberries on top. Sprinkle with 2 teaspoons sugar. Bake until the crust is golden and crisp, about 20 minutes. Grate the chocolate over the hot pie; let stand until melted. Cut the pie into wedges; serve warm or at room temperature.



Fit & Flavorful  
Chocolate Crepes with Fresh Fruit  
*Recipe from Executive Chef Nick Weimer*



Calories: 107    Protein: 3.7g    Carbohydrates: 16.2g    Total Fat: 3.8g  
Saturated Fat: 1.3g    Unsaturated Fat: 2.5g    Trans Fat: 0g  
Cholesterol: 1.3mg    Sodium: 26.4mg    Fiber: 3.0g

**Yield: 8 – 10 crepes**

Mayo Clinic Exchange: 1 fruit, ½ fat, ¼ sweet

**Ingredients**

2 large egg whites  
1 T. canola oil  
½ cup wheat pastry flour  
¾ cup 1% milk  
1 tsp. vanilla  
2 T. cocoa powder  
1 T. dark honey or molasses  
4 to 5 cups fresh fruit, chopped or sliced  
1 oz. dark chocolate

**Preparation**

Mix all ingredients except fruit in a bowl or blender and mix thoroughly, but briefly. Let rest for 30 minutes. Spray a preheated cast iron skillet with cooking spray and drop 1.5 oz batter in pan. Swirl to coat bottom of pan and cook until edges crisp and start to turn up. Flip and brown on other side. Remove from pan and allow to cool, then stack with parchment paper or plastic wrap between layers. Fill each crepe with ½ cup of fresh fruit and shave dark chocolate over the crepe.



Fit & Flavorful  
Chocolate Dipped Candied Fruit Peel  
*Recipe from Executive Chef Mark Beland*



Calories: 59    Protein: .6g    Carbohydrates: 10.5g    Total Fat: 2.3g  
Saturated Fat: 1.3g    Unsaturated Fat: 1g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 5mg    Fiber: 1.1g

(Mayo Clinic Pyramid Servings: 1 sweet)

**Yield: 1 serving is approximately 4 peels dipped**

**Ingredients**

Peel of lime, lemon and orange  
1 cup water  
½ cup turbinado sugar  
½ bar dark chocolate (60-80% Cacao)

**Preparation**

Cut peels of lime, lemon and orange.  
With inside of peel exposed, scrape white rind off with spoon.  
Bring water with turbinado sugar to a boil, add fruit peel and reduce to simmer.  
Let simmer for one hour.  
Drain any remaining liquid, toss peel lightly with crushed turbinado sugar.  
Let dry on wire rack overnight.  
Melt chocolate over double boiler.  
Dip peels, place on parchment paper and let set for one hour.



Fit & Flavorful  
Corn Pudding

*Recipe from Executive Chef Nick Weimer*



Calories: 193    Protein: 6.0g    Carbohydrates: 41.4g    Total Fat: 1.2g  
Saturated Fat: 0.2g    Unsaturated Fat: 1.0g    Trans Fat: 0g  
Cholesterol: 1.8mg    Sodium: 53.9mg    Fiber: 2.9g

**Yield: 8 servings**

Mayo Clinic Exchange: 1 ½ carbohydrates, ½ fruit, ¼ protein/dairy, ¼ sweet

**Ingredients**

3 cups water  
3 cups milk (skim or 1%)  
2 cups coarse corn meal (polenta)  
¼ cup maple syrup  
¼ tsp. cinnamon  
1/8 tsp. nutmeg  
1/8 tsp. clove  
1/8 tsp. ginger  
½ cup dry currants

**Preparation**

In a saucepan, bring water and milk to a boil. Add corn meal and stir to remove clumps. Bring back to a boil, then turn down to low and cover, stirring occasionally for 10-15 minutes. Shut off heat and stir in remaining ingredients and allow to rest for 10-15 minutes. Stir and enjoy.



Fit & Flavorful  
Dark Chocolate Truffles with Strawberry Syrup  
*Recipe from Executive Chef Tim Cockram*



Calories: 43    Protein: 1.7g    Carbohydrates: 02g    Total Fat: 2.2g  
Saturated Fat: 1.3g    Sodium: 25mg    Trans Fat: 0g  
Cholesterol: 1mg    Fiber: 2g

**Yield: 16 servings**

Mayo Clinic Exchange: 1 sweet

**Ingredients**

Truffle:

3 oz. bar, 82% chocolate  
¼ c. soy milk  
½ c. fat free sour cream  
¼ c. honey  
1 oz. dark cocoa powder

Syrup:

½ c. balsamic vinegar, reduced to 2 oz.  
12 oz. fresh strawberries, washed,  
stemmed and sliced

**Preparation**

Truffle:

Chop  $\frac{3}{4}$  chocolate and put in a bowl.

Simmer soy milk, sour cream and sugar until it begins to boil.

Pour the cream mix over the chocolate and gently stir with a wooden spoon until smooth.

Chill until set, about 1 hour.

Form truffles by scooping the cooled chocolate mix and shaping into balls. Place formed balls in the freezer to set, about 20 minutes.

Melt the rest of the chocolate over hot water.

Using gloves, coat each ball with a thin layer of melted chocolate. Roll in cocoa powder to coat.

Syrup:

Toss strawberries with syrup and serve with truffles.



Fit & Flavorful  
Decadent Chocolate Cake  
*Recipe from Chef Tim Cockram, CEC*



Calories: 162    Protein: 3.7g    Carbohydrates: 26.5g    Total Fat: 6.2g  
Saturated Fat: 3.7g    Trans Fat: 0.1g  
Cholesterol: 5.9mg    Sodium: 168.6mg    Fiber: 2.5g

**Yield: Approx. 12 servings (serving size, one piece)**

Mayo Clinic Healthy Weight Pyramid serving: 1 carbohydrate, 1 fat, 1 sweet

**Cake Batter**

1 ¼ c. whole wheat pastry flour	1 ½ tsp. vanilla
1 tsp. baking soda	½ c. plain fat free Greek yogurt
¼ tsp. kosher salt	½ c. boiling water
2 tsp. Chia seeds	2 Tbsp. Godiva chocolate bar
2 Tbsp. water	
2 oz. unsweetened dark chocolate	
2 Tbsp. butter, unsalted, softened	
2 Tbsp. yam, roasted and mashed	
¼ c. brown sugar, lightly packed	
¼ c. apple sauce, unsweetened	
¼ c. honey	

**Toppings:**

12 oz. strawberries, sliced thin

***Creative addition:***

*2 tsp. Cinnamon*

**Preparation**

Preheat oven to 375 degrees. Spray (or wipe with oil) a 9-inch round cake pan and flour lightly. Sift the flour, baking soda and salt together into a bowl and set aside. In a small bowl, mix the chia seeds with water and set aside to gel. Slowly melt the unsweetened dark chocolate and then allow it to cool slightly. Be careful not to allow it to harden. In a large bowl, beat the softened butter with the yams, sugar, applesauce and honey for two minutes. Add the chia gel and beat for an additional two minutes. Beat in the vanilla and then the cooled chocolate. Gradually stir in half the flour mixture and then half the Greek yogurt into the butter/yam/sugar/applesauce/honey/chia mixture. Repeat with the remaining flour mixture and then the remaining Greek yogurt. Slowly and carefully stir in the boiling water. Pour the batter into the prepared pan. Bake for about 20 minutes – do not over bake this cake! Test with toothpick – it will come out wet – but not gooey. Cool on a rack for 20 minutes. Remove from pan, cut into 12 pieces. Melt chocolate bar, drizzle over cake. Place on plates and garnish with fresh berries.

**Technique:** Substituting the yams for butter helps lower the fat!

**Taste:** Fresh berries naturally add to the sweetness.

**Try:** The cinnamon creates a nice depth of flavor.

**Tip:** Chia seeds are an excellent source of dietary fiber and omega-3 fatty acids.



Fit & Flavorful  
Fresh Fruit Pave with Balsamic Reduction  
*Recipe from Executive Chef Nick Weimer*



Calories: 138    Protein: 1.9g    Carbohydrates: 17.0g    Total Fat: 6.7g  
Saturated Fat: 3.5g    Unsaturated Fat: 3.2g    Trans Fat: 0g  
Cholesterol: 18.0mg    Sodium: 19.0mg    Fiber: 1.2g

**Yield: 4 servings**

Mayo Clinic Exchange: 1 fruit, ½ protein, ½ fat

**Ingredients**

¾ cup balsamic vinegar  
2 cups fresh fruit (any variety except berries)  
1 Tbsp. Fruit Pectin  
¼ cup mascarpone cheese

**Preparation**

Thinly slice fruit and layer in a small rectangular pan (a bread pan works well). Cover with parchment and weight down gently. Place balsamic in a small saucepan and simmer until it coats the back of a spoon, cool. Drizzle balsamic reduction on bottom of plate. Cut fruit into rectangles and place in center. Serve with a single quenelle of mascarpone cheese.



Fit & Flavorful  
Frozen Yogurt Profiteroles with Dark Chocolate  
*Recipe from Executive Chef Mark Beland*



Calories: 137    Protein: 4.7g    Carbohydrates: 21.6g    Total Fat: 4.3g  
Saturated Fat: 2.5g    Unsaturated Fat: 1.8g    Trans Fat: 0g  
Cholesterol: 8.8mg    Sodium: 88.7mg    Fiber: 4.7g  
(Mayo Clinic Pyramid Servings: 1 sweet, 1 fat and ½ fruit)

**Yield: 24 servings approximately 2 Profiteroles and ½ cup berries**

**Ingredients**

1 cup water	3 pints fat free vanilla frozen yogurt
½ cup (1 stick) unsalted butter or oil	2 bars dark chocolate (60-80% Cacao)
1 tbsp. sugar	12 cups berries
¼ tsp. salt	
1 cup plus 2 tbsp. bread flour	
4 large eggs or 1 cup egg substitute	

**Preparation**

Preheat oven to 425°. Line baking sheet with parchment paper. Set aside.  
In heavy bottomed 1-quart saucepan, combine the water, butter, sugar and salt. Bring to a rolling boil. Remove from heat and add flour, all at once, to the pan and stir vigorously to incorporate the flour into the liquid. Return the pan to the stove. Over medium-low heat, continue to cook and stir the dough. Do this until the dough pulls away from the sides of the pan and forms a ball. Remove dough from saucepan, and place in electric mixer fitted with a paddle attachment. Mix dough on low speed until cooled to about 140°, which is still quite warm to the touch, but cool enough to prevent the eggs from cooking if added to the dough. Raise the speed of the mixer to medium, add 1 of the eggs to the dough and mix until completely incorporated. Continue adding remaining eggs, 1 at a time, waiting until each egg is incorporated before adding the next egg. Immediately transfer the dough to a piping bag with a medium, round tip. Pipe out gum drop sized dough and cut off with knife. Leave inch of space around dough and continue piping all dough. Bake for 12 minutes or until golden brown in a 475° oven. Reduce oven temp to 375° and continue to bake until profiteroles are dried out (about 22 minutes longer). Remove from oven and using tip of paring knife, cut a small slit in the side of each, near the bottom. Place the éclairs back in the oven, propping door open so éclairs can dry out as they cool.

Gently cut the profiteroles in half with a serrated knife. Using a spoon, scoop balls of frozen yogurt slightly smaller than the profiterole. Place frozen yogurt balls inside profiteroles. Melt chocolate in double boiler, remove and roll filled profiteroles to coat. Keep frozen. Serve with fresh raspberries.



Fit & Flavorful  
Fresh Berry Trifle  
*Recipe by Executive Chef Nick Weimer*



Calories: 104    Protein: 4.6g    Carbohydrates: 18.8g    Total Fat: 1.3g  
Saturated Fat: 0.6g    Unsaturated Fat: 0.7g    Trans Fat: 0g  
Cholesterol: 3.7mg    Sodium: 149.8mg    Fiber: 2.6g

**Yield: approx. 4 servings**

Mayo Clinic Pyramid Servings: ¼ dairy, ½ fruit, ½ sweet

**Ingredients**

1 ½ cups fresh berries  
1 cup low fat yogurt  
1 cup angel food cake, cubed  
1 t. pure vanilla  
1 sprig fresh mint

**Preparation**

Mix vanilla into yogurt. Layer angel food cake, berries and yogurt into 4 champagne or martini glasses. Garnish with fresh mint.



Fit & Flavorful  
Fruit and Nut Bar  
*Recipe from Chef Mark Beland*



Calories: 66    Protein: 2 gm    Carbohydrates: 12gm    Total Fat: 1gm  
Saturated Fat: 0gm    Unsaturated Fat: 1gm    Trans Fat: 0gm  
Cholesterol: 0mg    Sodium: 3mg    Fiber: 1.5gm  
(Exchange: 1/2 carbohydrate, 1/2 fruit)  
**Yield: 10 servings**

**Ingredients**

1/2 c. quinoa flour	1/2 c. oats
1/4 c. flax meal	1/4 c. wheat germ
1/4 c. chopped almonds	1/4 c. dried apricots
1/4 c. chopped dried figs	1/4 c. chopped dried pineapple
1/4 c. buckwheat honey	2 TBS. corn starch

**Preparation**

Combine all ingredients, mix well. Spread evenly .5 inch thick over parchment lined sheet pan. Bake @ 300 for 20 min. Cool completely and cut.



Fit & Flavorful  
Fruit Cake

*Recipe from Executive Chef Nick Weimer*



Calories: 203    Protein: 4.3g    Carbohydrates: 37.3g    Total Fat: 5.0g  
Saturated Fat: 0.6g    Unsaturated Fat: 4.4    Trans Fat: 0g  
Cholesterol: 15.5mg    Sodium: 98.7mg    Fiber: 4.6g

**Yield: 12 slices**

Mayo Clinic Exchange: 2 fruits, ½ carbohydrate, 1 fat

**Ingredients**

2 cups assorted dried fruit	¼ cup milled flax
¼ cup sugar	1 cup whole wheat pastry flour
½ cup unsweetened applesauce	1 egg
½ cup crushed pineapple	½ cup crushed/chopped walnuts
Zest and juice of 1 medium orange	½ tsp. baking soda
Zest and juice of 1 lemon	½ tsp. baking powder
½ cup apple juice	2 T. real vanilla
½ cup oat flour	

**Preparation**

In a medium bowl, mix dried fruit, applesauce, pineapple, vanilla, zest and juice of orange and lemon, and apple juice (all liquid ingredients). Let soak for 15-20 minutes. In a large bowl, mix sugar, oat flour, milled flax, pastry flour, baking soda and baking powder. Pour liquid ingredients into dry ingredient bowl and stir to combine. Add egg and walnuts and stir to combine. Pour into a parchment lined loaf pan and bake for 1 hour or until toothpick inserted in center comes out clean. Let rest 30 minutes before removing from pan.



Fit & Flavorful  
Fruit Kabob  
*Recipe by Executive Chef Mark Beland*



Calories: 75    Protein: 1g    Carbohydrates: 20g    Total Fat: 0g  
Saturated Fat: 0g    Unsaturated Fat: 0g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 2mg    Fiber: 2g

**Yield: 6 servings**

Mayo Clinic Pyramid Servings: 1 fruit

**Ingredients**

2 c. green grapes  
2 c. strawberries, capped  
2 c. pineapple, diced  
Bamboo skewers

**Preparation**

Skewer fruit chunks alternating varieties. Serve as is or can be presented stuck in melon.



Fit & Flavorful  
Fruit Popsicle  
*Recipe from Chef Richard Johnson*



Calories: 73    Protein: 0gm    Carbohydrates: 18gm    Total Fat: 0gm  
Saturated Fat: 0gm    Monounsaturated Fat: 0gm    Polyunsaturated Fat: 0gm  
Cholesterol: 0mg    Sodium: 1mg    Fiber: 0gm  
(Mayo Clinic Pyramid Servings 1 fruit)

**Yield: servings 12**

**Ingredients**

$\frac{3}{4}$  cup raspberries  
 $\frac{3}{4}$  cup blackberries  
1  $\frac{1}{4}$  cups passion fruit or pineapple  
juice  
 $\frac{1}{4}$  cup sugar

**Preparation**

Combine the raspberries, blackberries, passion fruit or pineapple juice, and sugar in a blender and puree until smooth.

Strain the mixture into a glass measuring cup, pressing with a rubber spatula to extract as much liquid as possible. Pour the mixture into the popsicle molds. Snap the lids on the molds into place and insert a wooden popsicle stick through the opening in each lid.

Freeze overnight. (These can be made in advance and stored in the freezer.)

To unmold, unsnap the lid and gently squeeze the bottom and sides of the mold with one hand, while pulling the stick with the other. If the pops don't come out easily, run the molds under warm water for 5 seconds and then remove the pops.



Fit & Flavorful  
Granola Stuffed Apple Halves  
*Recipe from Executive Chef Nick Weimer*



Calories: 148    Protein: 2.3g    Carbohydrates: 34.2g    Total Fat: 1.4g  
Saturated Fat: 0.3g    Unsaturated Fat: 1.1g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 3.8mg    Fiber: 4.2g

**Yield: 4 servings**

Mayo Clinic Exchange: 1 fruit,  $\frac{3}{4}$  carbohydrate,  $\frac{1}{2}$  sweet

**Ingredients**

2 Cortland apples, halved and cored  
 $\frac{3}{4}$  cup rolled oats  
 $\frac{1}{4}$  tsp. clove  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{2}$  tsp. cinnamon  
1 Tbsp. molasses  
1 Tbsp. honey  
 $\frac{1}{4}$  cup assorted fruit  
(apricots, raisins, cherries, etc.)

**Preparation**

Mix all ingredients except apples in a mixing bowl. Form into 4 balls and press into center of each apple half. Bake at 350 degrees for 25-30 minutes or until apples soften.





Fit & Flavorful  
Grilled Fruit Kabobs  
*Recipe by Executive Chef Mark Beland*



Calories: 110    Protein: 1g    Carbohydrates: 30g    Total Fat: 0.5g  
Saturated Fat: 0 g    Unsaturated Fat: 0.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 3mg    Fiber: 3g

**Yield: 4**

Mayo Clinic Exchange: 2 fruit

**Ingredients**

2 Tbsp. orange juice  
1 Tbsp. honey  
1 tsp. balsamic vinegar  
1 tsp. ground mace  
½ pineapple  
1 mango  
½ pint strawberries  
1 peach

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**Preparation**

Combine juice, honey, vinegar and mace to make glaze. Cut fruit into 1 inch cubes, skewer on bamboo sticks. Grill on hot part of grill, glaze each side of fruit as it grills until kabob caramelizes to golden brown.



Fit & Flavorful  
Grilled Peaches



*Recipe from Executive Chef Nick Weimer*

Calories: 91      Protein: 1.4g      Carbohydrates: 18.8g      Total Fat: 0.4g  
Saturated Fat: 0.0g      Unsaturated Fat: 0.4g      Trans Fat: 0g  
Cholesterol: 0.0mg      Sodium: 0.3mg      Fiber: 2.3g

**Yield: 4 servings (2 peach halves)**

Mayo Clinic Exchange: 1 fruit, 1/3 sweet

**Ingredients**

4 peaches, peeled, halved and pitted  
¼ tsp. ground cinnamon  
1 Tbsp. honey  
1 oz. Cointreau or other citrus flavored liquid

**Preparation**

Place cinnamon, honey and Cointreau in a bowl and mix. Drizzle over peach halves to cover. Grill at high heat for 2-3 minutes until well marked. Allow to rest for 5 minutes.



Fit & Flavorful  
 Honey Rye Crepes with Grilled Banana  
*Recipe from Executive Chef Mark Beland*



Calories: 122    Protein: 4.1g    Carbohydrates: 17.7g    Total Fat: 2.7g  
 Saturated Fat: .3g    Unsaturated Fat: 2.4g    Trans Fat: 0g  
 Cholesterol: .4mg    Sodium: 130.7mg    Fiber: 2.1g  
 (Mayo Clinic Pyramid Servings: ½ fat, 1 sweet and ½ fruit)

**Yield: 8-10 (Crepes)**

**Serving 1 crepe**

**Crepe Ingredients**

¾ cup rye flour	½ tsp. baking soda
¼ cup whole wheat flour	2 tbsp. Canola oil
½ cup low fat buttermilk	1 tbsp. dark honey
4 large egg whites	1 tsp. vanilla extract
1 tsp. baking powder	½ cup of water

**Banana Ingredients for 2 crepes**

Bananas	1 oz. dark rum (optional)
1 tsp. molasses	

**Preparation**

Crepe

Mix all together to form loose batter, should be somewhat runny.  
 Let rest for one hour.  
 In a hot cast iron skillet season lightly with cooking spray and add 2 oz. batter  
 Swirl in pan to get thin layer all over  
 Cook until edges start to dry and pull away and many small bubbles form over  
 crepe, then flip, continue to cook for 1 minute  
 Remove from pan, stack on sheet pan with parchment between layers

Banana

In hot cast iron skillet, spray lightly with cooking spray, place banana that has  
 been split down the middle  
 Grill 1-2 minutes per side until crusty and brown. Add dark rum and molasses  
 Place in middle of crepe and roll



## Fit & Flavorful Mango Pudding

*Recipe by Executive Chef Mark Beland*



Calories: 108    Protein: 4g    Carbohydrates: 24g    Total Fat: 0g  
Saturated Fat: 0g    Unsaturated Fat: 0g    Trans Fat: 0g  
Cholesterol: 1mg    Sodium: 58mg    Fiber: 1.5g

**Yield: 4 servings (Dessert =  $\frac{3}{4}$  cup)**

Mayo Clinic Exchange:  $\frac{1}{2}$  fruit, 1 sweet

### **Ingredients**

2 c. mango, diced  
1 Tbsp. corn starch  
2 Tbsp. brown sugar  
 $\frac{1}{4}$  c. egg beaters  
1 c. skim milk  
 $\frac{1}{2}$  tsp. vanilla extract

### **Preparation**

Puree mango with milk, vanilla, sugar and starch. Bring gently to boil, remove from heat and add very slowly to egg in mixing bowl. When all combined, return to pot and heat until thickens. Remove from heat, and pour into individual serving dishes. Refrigerate for 2-3 hours, until completely set.





Fit & Flavorful  
Multigrain Indulgence  
*Recipe by Executive Chef Mark Beland*



Calories: 150    Protein: 3g    Carbohydrates: 22g    Total Fat: 6.5g  
Saturated Fat: 1g    Unsaturated Fat: 5.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 109mg    Fiber: 2.5g

**Yield: 16**

Mayo Clinic Exchange: 1 fat, 1 sweet, ½ carbohydrate

**Ingredients**

1-3/4 c. rolled oats  
1/4 c. ground flaxseed  
1/4 c. almonds  
1/2 c. whole wheat flour  
1/2 tsp. baking soda  
1/2 tsp. kosher salt  
1/2 c. dried fruit  
1/4 c. Eggbeaters  
1/4 c. brown sugar  
1/4 c. honey  
1/4 c. canola oil  
1/3 c. dark chocolate chips (60% cocoa)

**Preparation**

Preheat oven to 325. Lightly grease an 8x8 baking dish. Using a food processor, pulse 1 cup of oats until it becomes a fine flour. Remove the oat flour to a medium bowl and add the white whole wheat flour, salt and baking soda. Whisk to combine thoroughly and set aside. Place the almonds in the food processor and pulse until it becomes a fine meal. Do not allow it to paste up. Remove and set aside. Place the dried fruit in the food processor. Pulse until it becomes finely minced and nearly a paste. Set aside. In another medium size bowl, combine honey, sugar and oil and beat to combine. Add the egg and beat until well combined. Beat in the flax meal, almond meal, dried fruit and remaining 1 cup of rolled oats. Gradually beat in the flour mixture. The mixture will become thick so it will take some muscle to mix in the chocolate chips by hand, but you can do it. Transfer the mix into your prepared baking dish. To prevent sticking, use some parchment paper, or lightly greased hands, to level the top of the mixture into the dish.

Bake at 325 for 25 minutes. Allow to cool before slicing.



Fit & Flavorful  
Orange Dream  
*Recipe from The New Mayo Clinic Cookbook*



Calories: 105    Protein: 4gm    Carbohydrates: 20gm    Total Fat: 1g  
Saturated Fat: <1gm    Unsaturated Fat: <1gm    Trans Fat: 1 gm  
Cholesterol: 0.0mg    Sodium: 56 mg    Fiber: 0g  
**Yield: 4 servings**

**Ingredients**

1 ½ cups (12 fl oz) fresh orange juice, chilled  
1 cup (8 fl oz) vanilla soy milk, chilled  
1/3 cup silken or soft tofu  
1 tablespoon dark honey  
1 teaspoon grated orange zest  
½ teaspoon vanilla extract  
5 ice cubes  
4 peeled orange segments

**Preparation**

In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla, and ice cubes. Blend until smooth and frothy, about 30 seconds.

Pour into tall, chilled glasses and garnish each glass with an orange segment.



Fit & Flavorful  
Pay de Queso  
*Recipe from Mayo Clinic Cookbook*



Calories: 119    Protein: 4gm    Carbohydrates: 26gm    Total Fat:<1gm  
Saturated Fat: 0gm    Monounsaturated Fat: 0gm    Polyunsaturated Fat: 0gm  
Cholesterol: 9mg    Sodium: 125mg    Fiber: 2gm  
(Mayo Clinic Pyramid Servings: 1 sweet & 1 fruit)

**Yield: 12 servings**

**Ingredients**

**Filling:**

15 ounces of fat free ricotta cheese	¼ cup dried figs
4 tablespoons of turbinado sugar	½ cup dried apricots
1 teaspoon grated cinnamon stick	1 box of flan mix
½ teaspoon grated nutmeg	
½ teaspoon cardamom	
½ fluid cup of soy milk	
¼ cup dates	

**Topping:**

2 mangos sliced thin
¼ cup of turbinado sugar

**Preparation**

Peel and thinly slice mango. Heat ¼ Cup of Turbinado sugar in a saucepan until it dissolves and begins to brown. Pour syrup into the bottom of pie pan or custard cups. Arrange mango slices over syrup.

Chop dates, figs and apricots. Combine cheese, sugar and soy milk with spices in a sauce pan. Add flan mix and heat to boiling. Remove from heat and stir in dried fruit, pour into pie pan over mango. Chill to set, about four hours.

To serve, invert pie pan onto a serving plate, rub the base of the pie pan with a cloth soaked in hot water to loosen custard from the mold.



Fit & Flavorful  
Pumpkin Gooney Cake  
*Recipe by Executive Chef Mark Beland*



Calories: 105    Protein: 2g    Carbohydrates: 17g    Total Fat: 3g  
Saturated Fat: 1g    Unsaturated Fat: 2g    Trans Fat: 0g  
Cholesterol: 4mg    Sodium: 118mg    Fiber: 1g

**Yield: 30 pieces**

Mayo Clinic Exchange: 1 sweet, ½ carbohydrate

**Ingredients (modified recipe)**

Cake

1 c. all purpose flour  
1 c. whole wheat pastry flour  
½ c. sugar  
½ c. brown sugar  
4 tsp. baking powder  
¼ c. applesauce  
4 Tbsp. canola oil  
4 egg whites  
1 c. skim milk  
1 tsp. vanilla extract

Frosting

1 – 4 oz. pkg. cream cheese  
1 – 15 oz. can pumpkin  
1 tsp. vanilla  
1 c. powdered sugar  
1 tsp. cinnamon  
1 tsp. nutmeg

**Preparation**

Preheat oven to 350 degrees.

For Cake: Mix flours. Add sugars, baking powder and mix. Add oil and applesauce; mix. Add 4 egg whites, 1 cup skim milk, and 1 tsp. vanilla extract. Put mixture into the bottom of a lightly greased 9x13 baking pan. Bake for 20 minutes. Make sure not to over bake – the center should be a little gooey.

For Frosting: In a large bowl, beat the cream cheese, pumpkin, vanilla, powdered sugar, cinnamon and nutmeg until smooth. Spread the pumpkin frosting over the cake.



## Fit & Flavorful Quinoa Pudding

*Recipe by Executive Chef Mark Beland*



Calories: 155    Protein: 8g    Carbohydrates: 29g    Total Fat: 1.5g  
Saturated Fat: 0g    Unsaturated Fat: 0g    Trans Fat: 0g  
Cholesterol: 1.5mg    Sodium: 62mg    Fiber: 2g

### **Yield: 8 servings**

Mayo Clinic Exchange: 1 carbohydrate and 1 sweet

### **Ingredients**

1 c. quinoa  
1 ½ c. ripe banana  
½ tsp. nutmeg  
¼ c. brown sugar  
2 ½ c. skim milk  
1 tsp. vanilla  
4 egg whites

### **Preparation**

Rinse Quinoa in cold water until water runs off clear. Lay rinsed quinoa out on parchment lined sheet pan and toast in oven at 350 degrees for 10-15 minutes, stirring every few minutes to brown evenly. When cooled, run in blender until forms fine flour. Add skim milk and bananas to blender and puree together. Pour contents in heavy sauce pan and gently bring just to boil. Remove from heat. In separate bowl mix eggs, sugar, vanilla and nutmeg until smooth. Very slowly drizzle hot milk mixture into egg mixture while constantly mixing. Slowly start pouring faster until all is mixed together. Return to sauce pan and bring back to boil. Pour into serving dishes and chill.



Fit & Flavorful  
Quinoa “pudding” with cocoa  
*Recipe from Executive Chef Nick Weimer*



Calories: 213    Protein: 6.6g    Carbohydrates: 33.0g    Total Fat: 7.6g  
Saturated Fat: 2.5g    Unsaturated Fat: 5.1g    Trans Fat: 0g  
Cholesterol: 0.8mg    Sodium: 20.9mg    Fiber: 5.2g

**Yield: 4 servings**

Mayo Clinic Exchange: 1 carbohydrate, 1 fruit, 1 fat, 1/3 sweet

**Ingredients**

1 ½ cups cooked Quinoa  
¼ cup assorted nuts  
1/3 cup assorted dried fruit  
½ cup assorted berries  
2 Tbsp. shredded, unsweetened coconut  
1/3 cup plain or vanilla low fat yogurt  
2 Tbsp. cocoa powder

**Preparation**

Place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful  
Rhubarb Crepe  
*Recipe from Executive Chef Richard Johnson*



Calories:124    Protein:6 gm    Carbohydrates:22 gm    Total Fat:2 gm  
Saturated Fat:1 gm    Monounsaturated Fat: trace    Polyunsaturated Fat: trace  
Cholesterol: 5mg    Sodium:68 mg    Fiber: 2gm  
(Mayo Clinic Pyramid Servings:1 sweet, 1 vegetable, ¼ dairy)

**Yield: servings 4**

**Ingredients**

*Crepes:*

½ cup whole wheat pastry flour  
  
1 egg white  
¼ cup fat free (skim) milk  
1 ½ teaspoons turbinado sugar  
1 ½ teaspoon melted butter

*Rhubarb Filling:*

1 ½ cups rhubarb, washed & sliced 1” sections  
1 ½ tablespoon soy milk

½ teaspoons ground cinnamon  
½ teaspoons ground ginger

*Topping:*

½ cup fat free plain yogurt

**Preparation**

Crepes: Combine all ingredients, mix until smooth. Heat a non-stick skillet over medium heat. Add about 2 oz (1/4 cup) of batter, tilting skillet to distribute batter as thinly as possible. Cook until bottom of crepe is golden. Turn and brown the other side. Remove each crepe to a plate, layering each crepe with plastic wrap. Note: crepes may be made 1 day ahead and refrigerated.

Rhubarb Filling: Add sugar and soy milk to a hot skillet, stir to dissolve sugar. Add rhubarb, cinnamon and ginger and cook until all liquid is absorbed.

Assemble: Fill each crepe with rhubarb filling, roll into a cigar shape. Top with two tablespoons of yogurt.



Fit & Flavorful  
Spiced Carrot Raisin Bread  
*Recipe by Executive Chef Mark Beland*



Calories: 130    Protein: 3g    Carbohydrates: 22g    Total Fat: 4g  
Saturated Fat: 0.5g    Unsaturated Fat: 3.5g    Trans Fat: 0g  
Cholesterol: 24mg    Sodium: 150mg    Fiber: 2.5g

**Yield: 18**

Mayo Clinic Exchange: 1 fat, 1 sweet, ½ vegetable

**Ingredients**

Dry Ingredients

1-1/2 c. whole wheat pastry flour  
1/2 tsp. baking soda  
1-1/2 tsp. baking powder  
1/2 tsp. salt  
3 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 tsp. cloves  
1/4 tsp. paprika or cayenne  
1 Tbsp. grated lemon zest  
1/4 c. ground flax seed

Wet Ingredients

1/4 c. honey  
2 eggs  
1/2 c. brown sugar  
1/2 c. apple sauce  
1/4 c. olive oil  
3/4 tsp. almond extract  
2/3 c. raisins  
2 c. shredded, drained, and fluffed  
carrots (about 4 carrots)

**Preparation**

Preheat oven to 375. Sift or whisk thoroughly the flour, baking soda, baking powder, and spices in a large bowl. In a separate bowl, mix eggs, sugar, honey, baby food, olive oil, and almond extract thoroughly. Add the carrots and raisins. Mix the wet ingredients into the dry ingredients just until combined, being careful not to over-mix. Pour batter into a greased loaf pan and bake at 375 for 45 minutes to one hour, until tester inserted into center comes out clean.



Fit & Flavorful  
Spiced Fruit and Yogurt Salad  
*Recipe from Executive Chef Nick Weimer*



Calories: 74    Protein: 3.4g    Carbohydrates: 13.8g    Total Fat: 1.0g  
Saturated Fat: 0.6g    Unsaturated Fat: 0.4g    Trans Fat: 0g  
Cholesterol: 3.1mg    Sodium: 43.0mg    Fiber: 1.3g

**Yield: 4 servings**

Mayo Clinic Exchange:  $\frac{3}{4}$  fruit,  $\frac{1}{4}$  protein/dairy

**Ingredients**

2 cups assorted berries and fruit  
1 cup low fat vanilla yogurt  
 $\frac{1}{2}$  tsp. nutmeg  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. clove

**Preparation**

Place all ingredients in a bowl and toss to combine. Serve.



Fit & Flavorful  
Spiced Melon Salad  
*Recipe from Executive Chef Nick Weimer*



Calories: 61    Protein: 1.7g    Carbohydrates: 11.9g    Total Fat: 0.6g  
Saturated Fat: 0.3g    Unsaturated Fat: 0.3g    Trans Fat: 0g  
Cholesterol: 1.8mg    Sodium: 31.6mg    Fiber: 0.8g

**Yield: 4 servings**

Mayo Clinic Exchange:  $\frac{3}{4}$  fruit,  $\frac{1}{4}$  dairy

**Ingredients**

2 cups assorted melon, diced  
1/2 cup plain or vanilla low fat or fat free yogurt  
1/4 tsp. nutmeg  
1/4 tsp. mace  
1/8 tsp. clove  
1/8 tsp. cinnamon  
Zest and juice of  $\frac{1}{2}$  orange

**Preparation**

Place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful  
Spiced Pumpkin Custard  
*Recipe from Executive Chef Tim Cockram*



Calories: 137    Protein: 3.2g    Carbohydrates: 27.8g    Total Fat: 2.1g  
Saturated Fat: 0.5g    Unsaturated Fat: 1.6g    Trans Fat: 0.0g  
Cholesterol: 4.2mg    Sodium: 45.4mg    Fiber: 1.9g

**Yield: 8 servings (1/2 cup per serving)**

Mayo Clinic Exchange: 1 sweet, 1/2 protein/dairy

**Ingredients**

1 1/2 cups 1% milk  
3/4 cup water  
1/4 cup flaxseed, ground  
1/2 cup maple syrup (see preparation)  
3/4 cup canned unseasoned pumpkin puree  
1 tsp. cinnamon, ground  
1/2 tsp. nutmeg, ground  
1/4 tsp. orange zest  
1/4 cup fat free ricotta  
2 Tbsp. maple syrup  
1/4 cup crystallized ginger, chopped

**Preparation**

Preheat oven to 325 degrees. Put a kettle of water on to heat for the water bath. Line a roasting pan with a folded kitchen towel. Heat milk over low heat in a small saucepan until barely steaming but not boiling. In a large bowl whisk water and ground flax seed to form paste. Next, add 1/2 cup of maple syrup until smooth. Gently whisk in the warm milk. Add pumpkin puree, cinnamon, nutmeg and orange zest; whisk until blended. Divide the mixture among eight 4 ounce custard cups. Skim foam from the surface. Place custard cups in the prepared roasting pan. Pour enough boiling water into the pan to come halfway up the sides of the custard cups. Place the pan in the oven and bake, uncovered, until custards are just set but still quiver in the center when shaken, 45 to 50 minutes. Transfer custards to a wire rack and let cool for 45 minutes. Cover and refrigerate for at least 1 hour, or until chilled. Mix the ricotta and 2 Tablespoons of maple syrup until light and fluffy. To serve, top each dish with a dollop of the ricotta syrup mixture and a sprinkling of crystallized ginger.

**Ingredient note:** If you can find it, use Grade B dark amber syrup to get the best maple flavor. **Make ahead tip:** Prepare through step 4. Cover and refrigerate for up to 2 days.



Fit & Flavorful  
Squash and Sweet Potato Pie  
*Recipe from Chef Mark Beland*



Calories: 236    Protein: 4.9g    Carbohydrates: 36.5g    Total Fat: 8.7g  
Saturated Fat: 2.1g    Unsaturated Fat: 6.6g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 159.6mg    Fiber: 2.2g  
(Mayo Clinic Pyramid Servings: 1 fat , 2 carbohydrate, ½ sweet)

**Yield: 8 servings**

**Ingredients**

1 butternut squash peeled, seeded,      1 tsp. fresh grated ginger root  
    cooked and pureed  
1 sweet potato peeled, cooked, pureed    1 tsp. orange zest  
½ cup silken tofu                                1/5 cup dark honey  
½ cup soy milk                                    1 frozen pre-made 9" pie shell  
¼ cup egg whites  
¼ cup rye flour  
½ tsp. ea. clove, cinnamon, nutmeg,  
    vanilla

**Preparation**

Process squash and sweet potato. Whip together all ingredients until very smooth and combined. Pour into pie shell on sheet pan, bake at 300 ° for 45-55 minutes or until internal temp of 180 °





Fit & Flavorful  
Tropical Fruit Snow Cone  
*Recipe by Executive Chef Mark Beland*



Calories: 126    Protein: 1g    Carbohydrates: 35g    Total Fat: 0.5g  
Saturated Fat: 0g    Unsaturated Fat: 0.5g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 4mg    Fiber: 4g

**Yield: 2 (Dessert)**

Mayo Clinic Exchange: fruit

**Ingredients**

- 4 c. ice cubes
- 1 lime, juiced
- ¼ c. blueberries
- 1 mango, diced
- 1 c. pineapple chunks

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**Preparation**

Put all ingredients in blender until smooth, scoop out and into bowl or cone.



Fit & Flavorful  
Tuxedo Strawberries  
*Recipe by Executive Chef Mark Beland*



Calories: 98    Protein: 1.3gm    Carbohydrates: 13.9gm    Total Fat: 4.8gm  
Saturated Fat: 2.8gm    Unsaturated Fat: 2gm  
Cholesterol: 2.1mg    Sodium: 4.5mg    Fiber: 2.3gm  
(Mayo Clinic Pyramid Servings: ½ fruit, 1 sweet)

**Yield: 2 servings**

**Ingredients**

4 large long stem strawberries  
1 oz. dark chocolate (60% cacao)  
1 oz. white chocolate

**Preparation**

Melt dark chocolate and white chocolate in separate containers using a double boiler and medium heat. Dip strawberries up to cap in dark chocolate. Allow to cool and harden on a sheet of wax paper. Using a toothpick or skewer, “draw” a tuxedo shirt pattern on the strawberry with the melted white chocolate. Allow to cool and harden completely on a sheet of wax paper. Using a toothpick or skewer, “draw” a bow tie and buttons on the shirt with the melted dark chocolate.

Allow to cool and harden completely before serving.

Note: analysis is for the use of only ¾ oz. dark chocolate and ¼ oz. of white for the 2 servings.



Fit & Flavorful  
Warm Chocolate Pudding  
*Recipe from Executive Chef Tim Cockram*



Calories: 157    Protein: 5.0g    Carbohydrates: 35.1g    Total Fat: 1.8g  
Saturated Fat: 0.8g    Trans Fat: 0.0g  
Cholesterol: 1.8mg    Sodium: 90.8mg    Fiber: 3.2g

**Yield: Approx. 6 servings (1/2 cup per serving)**

MC Healthy Weight Pyramid serving: 1/2 protein/dairy and 1 sweet

**Ingredients**

1 tablespoon ground flaxseeds  
3 tablespoons water (Espresso)  
2 1/4 cups skim milk, divided  
2/3 cup sugar, divided  
1/8 teaspoon salt  
2/3 cup unsweetened cocoa  
1 teaspoon vanilla extract  
2 tablespoons cornstarch

**Creative Additions**

1/2 tsp. lime zest  
2 teaspoon Cinnamon

**Preparation**

Lightly beat flaxseeds with warm Espresso with a fork in a medium bowl.  
Combine 1 1/2 cups milk, 1/3 cup sugar and salt in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.

Meanwhile, whisk the remaining 1/3 cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining 3/4 cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat. Whisk about 1 cup of the hot cocoa mixture into the beaten flax. Return the flax mixture to the pan and cook over medium low heat, whisking constantly, until steaming and thickened, about 2 minutes. **(Do not boil)** Whisk in vanilla. Add lime zest and/or cinnamon if desired. Serve warm – enjoy!

**Technique:** By using flax instead of egg, we are using good fats!

**Taste:** The lime zest and cinnamon add a unique twist to the dish.

**Try:** You could use soy milk and create a vegan dessert.

**Tip:** Cocoa contains antioxidant compounds that may help prevent heart disease.



Fit & Flavorful  
**Warm Chocolate Souffles**  
*Recipe by Mayo Clinic Cookbook*



Calories: 183    Protein: 6 gm    Carbohydrates: 30gm    Total Fat: 6g  
 Saturated Fat: 0g    Unsaturated Fat: 3    Trans Fat: 0g  
 Cholesterol: 7g    Sodium: 107    Fiber: 4g

**Yield: 6(Dessert)**

Mayo Clinic Exchange: 1 Protein/Dairy, 1 fruit

**Ingredients**

½ cup (1 1/2 oz/45 g) unsweetened cocoa powder	1/8 teaspoon salt
6 tablespoons of (3 fl oz/90 ml) hot water	¾ cup (6 fl oz/180 ml) 1-percent low-fat milk
1 tablespoon unsalted butter	¾ cup (6 fl oz/180 ml) 1-percent low-fat milk
1 tablespoon canola oil	4 egg whites
3 tablespoons all-purpose (plain) flour	3 tablespoons granulated sugar
1 tablespoon ground hazelnuts (filberts) or almonds	1 teaspoon confectioners' (icing) sugar
¼ teaspoon ground cinnamon	1 cup (4oz/125 g) raspberries
3 tablespoons firmly packed dark brown sugar	
2 tablespoons honey	

**Preparation**

Preheat the oven to 375 F. Lightly coat six 10cup (8 fl oz/250 ml) individual souffle dishes or ramekins with cooking spray, or coat a 6 cup (48-fl oz/1.5 -l) souffle dish with the spray.

In a small bowl, combine the cocoa and hot water, stirring until smooth. Set aside.

In a small, heavy saucepan over medium heat, melt the butter. Add the canola oil and stir to combine. Add the flour, ground hazelnuts, and cinnamon and cook for 1 minute, stirring constantly with a whisk.

Stir in the brown sugar, honey and salt. Gradually add the milk and cook, stirring constantly, until thickened, about 3 minutes. Remove from the heat and stir into the cocoa mixture. Let cool slightly.

In a large spotlessly clean bowl, using an electric mixer on high speed, beat the egg whites until foamy. Add the granulated sugar, 1 tablespoon at a time, and beat until stiff peaks form. Using a rubber spatula, gently fold one-third of the egg whites into the cocoa mixture, mixing only until no white streaks remain.

Gently scoop the cocoa-egg white mixture into the prepared dishes (or dish). Bake until the souffle rise above the rim and is set in the center, 15-20 minutes for individual souffles or 40-45 minutes for the large soufflé. Using a fine-mesh sieve, dust the top with the confectioners' sugar. Serve immediately, garnish with the raspberries.



Fit & Flavorful  
Whole Wheat Chocolate Chip Cookies  
*Recipe by Executive Chef Mark Beland*



Calories: 130    Protein: 1.5g    Carbohydrates: 17g    Total Fat: 6g  
Saturated Fat: 3.5g    Unsaturated Fat: 2.5g    Trans Fat: 0g  
Cholesterol: 10mg    Sodium: 52mg    Fiber: 1.5g

**Yield: 24**

Mayo Clinic Exchange: 1 fat, 1 sweet

**Ingredients**

1/2 c. unsalted butter, softened    2/3 c. dark chocolate chips, 60% cocoa  
1/2 c. brown sugar, packed    1 (1.5) dark chocolate (60% cocoa or  
1/2 c. sugar    better) bar, grated  
1/4 c. Eggbeaters  
1/2 tsp. vanilla  
1 c. whole wheat flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
1/4 tsp. baking soda  
1-1/4 c. old-fashioned rolled oats

**Preparation**

Preheat oven to 375. Place oats in a food processor and process until it turns into a powder. In a medium bowl, whisk together the powdered oats, flour, salt, baking powder and baking soda. In a large bowl, cream together butter and both sugars for 3 minutes on medium speed. Beat in eggs and vanilla. Gradually beat in dry ingredients. Stir in grated chocolate, then add chocolate chips.

Roll or scoop dough into 2-inch sized balls and place 2 inches apart on ungreased cookie sheet. Bake for 12 minutes. Cool 2 minutes on baking sheet before transferring to a cooling rack.

Makes 25 cookies. The scooped dough freezes well and bakes up as delicious as fresh. Add 1-2 minutes to bake time for frozen dough.



Fit & Flavorful  
Yam Brulee  
*Recipe by Executive Chef Mark Beland*



Calories: 117    Protein: 5g    Carbohydrates: 22g    Total Fat: 1g  
Saturated Fat: 0g    Unsaturated Fat: 1g    Trans Fat: 0g  
Cholesterol: 35mg    Sodium: 73mg    Fiber: 2g

**Yield: 6**

Mayo Clinic Exchange: 1 sweet, ½ carbohydrate

**Ingredients**

2 Yams, cooked and peeled  
6 oz. light soy milk  
1 whole egg, 2 egg whites  
¼ tsp. nutmeg  
¼ c. brown sugar + 1/8 cup (topping)  
½ tsp. vanilla extract  
¼ tsp. cinnamon

**Preparation**

Place all ingredients in food processor, blend until smooth. Pour in 4 inch ceramic ramekins or other oven proof dish. Place dishes in pan of water, place pan in oven at 350 degrees for one hour. After baking, the produce should be lightly brown, and still jiggle in the middle. Cool in refrigerator until set.

For service, spread 1/8 cup brown sugar single layer over pan to dry. When dry, sprinkle evenly over top of Brulee. Use torch or broiler in oven to caramelize sugar on top.