



Lighter Thanksgiving Desserts

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Thanksgiving is right around the corner. Are you looking for some new lighter dessert recipes? **Certified nutritionist, personal trainer and exercise physiologist, Franci Cohen**, shares with us some healthy recipes to celebrate this holiday season! The first one reminds me a bit of a crumb cake I use to make – but I didn't use sweet potatoes in mine.

Sweet potato and pumpkin crumb cake

Ingredients:

- 1 cup whole wheat flour

- 1 cup oat bran
- 2/3 cup agave
- 2 tsp. baking soda
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 2 cup oven roasted, mashed sweet potatoes
- 1 cup canned pumpkin purée
- 1 1/2 tsp. vanilla
- 4 eggs
- 1 1/4 cup buttermilk
- 2 T. oil
- 1 cup pitted chopped dates

For crumb topping:

- 1 1/2 cups old-fashioned rolled oats
 - 3/4 cup pecans, or almonds, chopped
 - 1/2 cup brown sugar
 - 1/3 cup whole-wheat flour
 - 1 tsp ground cinnamon
 - 5 tablespoons earth balance butter substitute
- (Mix all ingredients together to form coarse crumbs)

Directions:

- preheat oven to 350 degrees
 - combine all the dry ingredients in a small bowl.
 - In a separate large bowl, whisk together all the wet ingredients.
 - Pour the dry ingredients into the wet and mix just until combined.
 - add in the dates
 - pour into cake pan sprayed with non-stick cooking spray
 - sprinkle crumb topping over cake
 - bake for about 35-40 minutes or until toothpick placed in center comes out clean.
- The second recipe uses apples and cranberries – I bet this one taste great!



Apple cranberry rosettes

Ingredients:

- 4 honey crisp apples
- 1/2 cup fresh cranberries
- 1 lemon juice and zest
- 1 T sugar
- dash of cinnamon
- 2-4 T water
- low fat oat flour pie crust (can be purchased in health food stores)

Directions:

- core and thinly slice apples
- sauté cranberries, sugar, lemon juice and zest, cinnamon, and water in a saucepan until cranberries break open
- purée cranberry mixture in blender
- return to pan and add Apple slices
- cook on low heat until apples become soft and pliable (approximately 5-7 minutes)
- cut pie dough into strips (8"X1.5")
- remove apples from saucepan
- lay apples 1 by 1 on strip of dough, with skins of apples all facing the same direction
- roll up jelly roll style and place in cupcake liner in cupcake pan
- drizzle a bit of remaining cranberry purée on each apple rosette
- bake on 350 degrees for approximately 20 minutes, or until rosettes appear slightly brown/caramelized on top

Do you have any healthy holiday desserts? I would love it if you shared them with me.