

## Old Fashioned Applesauce Cake

**8 Servings**

### You'll Need -

1 cup all purpose flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
2 teaspoons cinnamon  
½ teaspoon ginger  
½ cup reduced calorie margarine  
1/4 cup molasses  
½ cup egg substitute  
1 teaspoon vanilla  
1 cup SPLENDA Granular  
½ cup unsweetened applesauce

### Take Out -

measuring cups  
measuring spoons  
8x8" metal cake pan  
nonstick cooking spray  
small bowl  
spoon  
large mixing bowl  
electric mixer  
knife

1. Preheat oven to 350° F. Spray an 8x8" metal cake pan with vegetable cooking spray.
2. In a small bowl, stir together flour, baking soda, baking powder, cinnamon, and ginger. Set aside.
3. In a large mixing bowl, beat margarine and molasses with an electric mixer on high speed for approximately 1 minute.
4. Add egg substitute and vanilla and blend on high speed for 30 seconds. Mixture will be very liquid.
5. Add SPLENDA Granular and beat on medium speed until very smooth, approximately 1 ½ minutes.
6. Add flour mixture and applesauce and beat on low speed until mixed, approximately 45 seconds.
7. Spread batter evenly into prepared pan and bake for 30 minutes at 350° F.

Calories 170      Sodium 310 milligrams      Carbohydrates 24 grams  
Protein 4 grams      Fat 6 grams      Exchanges 1 ½ starch, 1 fat

Source: [www.splenda.com](http://www.splenda.com)

**Points to Remember about the Old Fashioned Applesauce Cake:**

- 1. Applesauce adds flavor, sweetness, and moistness to this modified fat and reduced sugar cake.**
- 2. Splenda stays sweet in cooking and baking. Molasses provides not only sweetness but also contributes to similar, texture, volume, browning and tenderness of baked products.**
- 3. Egg substitute reduces the amount of cholesterol in the cake while adding volume and structure.**
- 4. Low sodium baking powder can be substituted for the regular baking powder to lower the sodium level.**

## Rice Pudding

**6 Servings**

**You'll Need -**

**½ cup egg substitute  
2 cups fat-free milk  
½ cup SPLENDA Granular  
½ cup dark raisins  
1 ½ cup cooked white rice  
1 teaspoon vanilla extract  
½ teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ground nutmeg**

**Take Out -**

**measuring spoons  
measuring cups  
large bowl  
electric mixer  
10x6" glass-baking dish  
knife**

- 1. Preheat oven to 325° F. In a large bowl, combine egg substitute, milk, SPLENDA Granular, raisins, cooked rice, vanilla and salt. Mix well.**
- 2. Add cinnamon and nutmeg.**
- 3. Pour into a 10x6" glass-baking dish. Bake for 25 minutes. Sprinkle with cinnamon and stir.**
- 4. Continue baking for an additional 40 minutes or until knife inserted halfway between edge and center comes out clean.**

**Calories 170      Sodium 300 milligrams      Carbohydrate 30 grams  
Protein 9 grams      Fat 2 grams      Exchanges 2 starch**

**Source:**

**Points to Remember about the Rice Pudding Recipe:**

- 1. Splenda works well in baking products because it does not lose its sweetness at high temperatures.**
- 2. Cinnamon and nutmeg also give the sensation of sweetness to the recipe.**
- 3. Use of the egg substitute reduces the cholesterol in this pudding recipe.**

## Gingerbread Cookies

**Makes 4 ½ dozen (2-inch cookies)**

**You'll Need -**

6 cups all purpose flour  
1 teaspoon baking soda  
½ teaspoon baking powder  
4 teaspoons ground ginger  
4 teaspoons cinnamon  
1 ½ teaspoon ground cloves  
1 cup unsalted butter, softened  
1 cup SPLENDA Granular  
1 teaspoon salt  
2 eggs  
1 cup molasses  
3 tablespoons water

**Take Out -**

measuring cups  
measuring spoons  
2 large mixing bowls  
electric mixer  
spoon  
knife  
rolling pin  
cookie sheet

1. Blend together flour, baking soda, baking powder, and spices in a large mixing bowl.
2. Cream butter, SPLENDA Granular and salt together in a large mixing bowl. Add eggs one at a time, beating well after each addition. Add the molasses and water. Stir well. Add the flour mixture and stir until well blended. Refrigerate dough 1-2 hours before rolling out and cutting into shapes.
3. Preheat oven to 350° F. Roll cookie dough out slightly less than 1/4 inch. Cut into desired shapes. Bake in preheated oven 8-10 minutes or until lightly browned on the bottom.

**Serving size: 1 cookie**

Calories 100      Sodium 75 milligrams      Carbohydrate 16 grams  
Protein 2 grams      Fat 3.5 grams      Exchanges per serving: 1 starch, 1 fat

**Source:** [www.Splenda.com](http://www.Splenda.com)

**Points to Remember about the Gingerbread Cookies Recipe:**

1. **Splenda is a brand name for the nonnutritive sweetener, sucralose. It is made from sugar, but is not absorbed and therefore does not affect blood glucose levels. Splenda does not lose its sweetness in baking as is the case with some sweeteners.**
2. **Recipes that use ginger, cinnamon, and cloves give a sweet flavor without adding sugar.**
3. **Egg substitute can be used in place of the eggs to lower the cholesterol in this recipe.**
4. **Molasses not only provides sweetness and a distinct flavor, but also aids in browning, texture, and volume in the cookies.**

## Lemon Raspberry Bars

Makes 16 Bars

### You'll Need -

#### Crust

3/4 cup SPLENDA Granular  
3/4 cup flour  
1/4 cup light butter  
Pinch of salt

2 tablespoons flour  
1 1/4 cups SPLENDA Granular  
1/2 cup egg substitute  
1/2 cup half and half  
1/2 cup fresh lemon juice  
1 tablespoon grated fresh lemon peel  
1/4 cup reduced sugar raspberry preserves

### Take Out -

measuring cups  
measuring spoons  
8x8 baking pan  
nonstick cooking spray  
medium mixing bowl  
electric mixer  
knife  
spoon

1. Preheat oven to 350° F. Spray an 8x8 inch-baking pan generously with butter flavored nonstick spray. Set aside.
2. Mix together flour, SPLENDA Granular and salt in a medium sized mixing bowl. Cut in light butter until the mixture is crumbly, like a streusel topping. Do not over mix. Press dough into prepared baking pan. Bake in preheated oven 15-20 minutes or until lightly browned.
3. Place SPLENDA Granular and flour in a medium sized mixing bowl. Stir well. Add egg substitute and half-and-half. Stir until blended. Slowly add lemon juice while stirring constantly. Add lemon peel.
4. Stir raspberry preserves until they loosen up. Spread evenly over warm crust.
5. Gently pour lemon mixture over preserves. Bake in preheated oven 20-25 minutes or until set. Remove from oven and allow to cool before placing in refrigerator.
6. Chill in refrigerator 2 hours before serving.

Calories 70      Sodium 45 milligrams      Carbohydrate 10 grams  
Protein 2 grams      Fat 2.5 grams      Exchanges: 1 Starch

Source: [www.splenda.com](http://www.splenda.com)

**Points to Remember about the Lemon Raspberry Bars Recipe:**

1. The combination of raspberry preserves and lemon gives these reduced sugar, low-fat bars an excellent flavor.
2. Splenda is used to lower the sugar and carbohydrate in these bars. Splenda is a brand name for the nonnutritive sweetener, sucralose. It is made from sugar, but is not absorbed and therefore does not affect blood glucose levels. Splenda does not lose its sweetness in baking as is the case with some sweeteners.
3. Egg substitute reduces the amount of cholesterol in the bars while adding volume and structure.
4. Light butter reduces the amount of fat in the bars.
5. Each bar counts as 1 starch or carbohydrate serving with only 2.5 grams of fat.

## **Chocolate Mousse**

**6 Servings**

**You'll Need -**

3 oz. unsweetened chocolate  
1 cup low fat milk  
1/4 cup egg substitute  
1/2 cup SPLENDA Granular  
1 teaspoon corn starch  
2 tablespoons Grand Marnier  
1/2 cup heavy cream  
3 cups sliced strawberries

**Take Out -**

medium sauce pan  
small mixing bowl  
measuring cups  
measuring spoons  
spoon  
knife  
blender or food processor  
electric mixer or hand mixer  
wine glasses

1. Place chocolate and milk in a medium size saucepan. Heat over medium heat until chocolate melts.
2. Stir together egg substitute, SPLENDA, corn starch and Grand Marnier in a small mixing bowl. Add to chocolate mixture. Stir constantly. Heat over medium heat while stirring constantly until mixture begins to thicken (approx. 3-4 minutes). Remove from heat, pour into the bowl of a blender or food processor. Blend or process briefly (10-20 seconds) to make a more creamy texture. Pour into mixing bowl and cover.
3. Refrigerate chocolate mixture approximately 2-3 hours or until cool. Whip cream and fold into chocolate. Refrigerate overnight to set. Will keep refrigerated for 3 days.
4. To serve layer strawberries and mousse in 6 all purpose wine glasses.

Calories 220      Sodium 50 milligrams      Carbohydrate 18 grams  
Protein 4 grams      Fat 15 grams      Exchanges per serving: 1 starch, 3 fat

Source: [www.splenda.com](http://www.splenda.com)

**Points to Remember about the Chocolate Mousse Recipe:**

- 1. This is a lower-fat, lower cholesterol, and lower carbohydrate version of chocolate mousse.**
- 2. Whipping cream gives it richness and a smooth texture -  $\frac{1}{2}$  cup in whole recipe provides only slightly more than 1 tablespoon whipping cream per serving.**
- 3. It makes a great presentation for dinner guests.**

## **Old Fashioned Apple Pie**

## 8 Servings

## You'll Need -

**9-inch double pie crust  
7 cups baking apples, thin-sliced,  
cored, peeled (about 7 medium)  
1 cup SPLENDA Granular  
3 tablespoons cornstarch  
3/4 teaspoons cinnamon  
1/4 teaspoon nutmeg  
1/8 teaspoon salt**

## **Take Out -**

**measuring cups  
measuring spoons  
knife  
9-inch pie pan  
large mixing bowl  
small mixing bowl  
large spoon**

1. Prepare or purchase a double pie crust and set one crust into a 9-inch pie pan.
  2. Preheat oven to 425° F.
  3. Place sliced apples into a large bowl and set aside.
  4. Combine SPLENDA Granular, cornstarch, cinnamon, nutmeg, and salt in a small bowl.
  5. Sprinkle the mixture over apples and toss.
  6. Spoon apple mixture into piecrust.
  7. Place the second crust over the filling.
  8. Seal edges, trim and flute. Make small openings in the top crust following your preferred pattern.
  9. Bake in 425° oven until the top crust is golden brown (40-50 minutes). Serve warm or chilled.

Source: [www.splenda.com](http://www.splenda.com)

**Points to Remember about the Old Fashioned Apple Pie Recipe:**

- 1. For the best apple pie, choose apples with great flavor that don't turn to mush when you cook them. Examples include Jonathan, Jonagold, Granny Smith, Rome Beauty, Fuji & Braeburn.**
- 2. A sugar substitute works well in fruit pie because sugar is used primarily for the sweet taste.**
- 3. Splenda Granular measures the same as sugar in a recipe. Splenda is stable at high temperatures, so is suitable for baking.**
- 4. Keep in mind that although no sugar is used in the recipe, a slice of apple pie still contains carbohydrate from apples, and the crust. A serving of this apple pie will have less effect on blood glucose than a serving of regular apple pie.**

## Reduced Fat Pumpkin Pie

**8 Servings**

**You'll Need -**

1 (15 oz.) can pumpkin puree  
3/4 cup SPLENDA Granular  
2 tablespoons corn starch  
1/2 teaspoon cinnamon  
1 1/2 teaspoons pumpkin pie spice  
1/8 teaspoon salt  
1/2 cup fat free half-and-half  
1/2 cup egg substitute  
3 tablespoons heavy cream  
1 tablespoon vanilla  
Prepared pie crust

**Take Out -**

measuring cups  
measuring spoons  
electric mixer  
medium mixing bowl  
knife

1. Preheat oven to 400° F.
2. Blend pumpkin puree, SPLENDA Granular, cornstarch, spices, and salt in a medium bowl. Mix until all ingredients are well blended. Add remaining ingredients and mix well.
3. Pour into prepared piecrust. Bake in preheated 400° F oven for 35-40 minutes or until set in the center and the crust is golden brown.

Calories 150      Sodium 180 milligrams      Carbohydrate 18 grams  
Protein 4 grams      Fat 7 grams      Exchanges per serving: 1 carbohydrate, 1 fat

Source: [www.splenda.com](http://www.splenda.com)

**Points to Remember about the Reduced Fat Pumpkin Pie Recipe:**

- 1. Pumpkin is an excellent source of nutrients including beta carotene, an important antioxidant that may reduce the risk of cancer, heart disease & other diseases.**
- 2. This recipe reduces the fat by using fat-free half-and-half and reduces the cholesterol by using egg substitutes. A small amount of cornstarch is added to thicken it.**
- 3. Sugar is replaced by Splenda Granular, which reduces the carbohydrate in Splenda Granular, which measures the same as a cup of sugar. Splenda works well in baking because it is not affected by high temperatures.**

## Lime Cheesecake

16 servings

### You'll Need -

#### Crust:

1 1/4 cup graham cracker crumbs  
1/4 cup SPLENDA Granular  
3 tablespoons butter, melted

### Take Out -

measuring cups  
measuring spoons  
10" spring form pan  
electric mixer  
knife

Mix ingredients together, and press into a 10" spring form pan.

#### Filling:

1 lb. regular cream cheese  
1 lb. fat-free cream cheese  
1 1/4 cup SPLENDA Granular  
1 1/2 tablespoon lime juice  
pinch of salt  
4 large eggs

1. Preheat oven to 350° F.
2. Beat cream cheese and SPLENDA Granular until well mixed and smooth. Add lime juice and a pinch of salt, beat until smooth. Add eggs 1 at a time, beating well after each addition.
3. Pour filling over crust and bake 50-60 minutes or until slightly firm to the touch. Let cool 15-20 minutes before placing in the refrigerator. Refrigerate 4-6 hours before serving.

Calories 200      Sodium 90 milligrams      Carbohydrate 11 grams  
Protein 8 grams      Fat 14 grams      Exchanges per serving:  
1 starch, 2 1/2 fats

Source: [www.splenda.com](http://www.splenda.com)

## **Points to Remember about the Lime Cheesecake Recipe**

- 1. This cheesecake recipe has less fat, less saturated fat, and less sugar/carbohydrate than traditional cheesecake.**
- 2. Sugar is totally replaced by Splenda in this recipe. Splenda is made from sugar, but is not absorbed and therefore does not affect blood glucose levels. Splenda does not lose its sweetness in baking as is the case with some sweeteners.**
- 3. This recipe reduces the fat by using part fat-free cream cheese and part regular cream cheese.**

## Oatmeal Raisin Cookies

3 Dozen Cookies

<u>You'll Need -</u>	<u>Take Out -</u>
1 1/2 cups all-purpose flour	measuring cups
1 teaspoon baking soda	measuring spoons
1 teaspoon cinnamon	medium mixing bowl
1 cup butter or margarine, softened	electric mixer
1 cup SPLENDA Sugar Blend for Baking	spoon
1 tablespoon molasses	fork
2 large eggs	cookie sheet
1 1/2 teaspoons vanilla extract	knife
3 cups old-fashioned oats, uncooked	
1 cup raisins	

1. Preheat oven to 350° F.
2. Stir together flour, soda, and cinnamon. Set aside.
3. Beat butter and SPLENDA Sugar Blend for Baking at medium speed with an electric mixer until fluffy. Add eggs, molasses and vanilla, beating until blended. Gradually add flour mixture, beating at low speed until blended.
4. Stir in oats and raisins.
5. Drop dough by rounded tablespoons onto lightly greased baking sheets.
6. Bake 10-12 minutes or until lightly browned. Cool slightly on baking sheets. Remove to wire racks; cool completely.

Serving size: 1 cookie

Calories 130      Sodium 90 milligrams      Carbohydrate 18 grams

Protein 2 grams      Fat 6 grams      Exchanges per serving: 1 starch, 1 fat

Source: [www.splenda.com](http://www.splenda.com)

## **Points to Remember about the Oatmeal Raisin Cookies Recipe**

- 1. These delicious cookies provide the taste of old fashioned oatmeal raisin cookies with less sugar and carbohydrate.**
- 2. Splenda Sugar Blend for Baking is a combination of sugar and the nonnutritive sweetener, sucralose. Therefore, it will have less effect on blood glucose levels in individuals with diabetes compared to regular sugar.**
- 3. Egg substitute can be used in place of the eggs to reduce the amount of cholesterol in the cookies.**
- 4. Stick margarine (trans fat-free) can be used in place of the butter to reduce the amount of saturated fat. Reduced-fat or soft margarine may not yield as good a result.**

## Apple and Pear Crisp

**8 Servings**

**You'll Need -**

**Topping**

**½ cup flour  
2 tablespoons dark brown sugar  
1/4 cup SPLENDA Granular  
1/4 teaspoon cinnamon  
1 pinch nutmeg  
4 tablespoons cold, unsalted butter,  
cut into pieces**

**Take Out -**

**measuring cups  
measuring spoons  
2 quart baking dish  
spoon  
knife  
medium mixing bowl  
electric mixer  
non-stick cooking spray**

**Filling**

**4 large Macintosh or other tart apples  
3 ripe Bartlett or Anjou pears  
2 tablespoons SPLENDA Granular  
3 tablespoons apple juice concentrate**

1. Preheat the oven to 400° F. Lightly spray a deep 2 to 2 ½ quart baking dish. Set aside.
2. Prepare topping. Pour flour, brown sugar, SPLENDA Granular, cinnamon and nutmeg into a medium mixing bowl. Stir well. Add butter and mix with an electric mixer, using the paddle attachment, until the topping is crumbly or sandy in texture. Set aside.
3. Prepare pie filling. Peel, core and thickly slice the apples and pears. Place them in the buttered baking dish. The fruit should be at least 2 ½ inches deep in the pan. Add more fruit, if necessary. Add SPLENDA Granular and apple juice concentrate. Toss until coated. Cover with the topping.
4. Bake in the preheated oven 40-50 minutes or until fruit is tender and the topping has browned.

**Serving suggestion:** Serve warm with low fat vanilla frozen yogurt.

<b>Calories 190</b>	<b>Sodium 0 milligrams</b>	<b>Carbohydrate 35 grams</b>
<b>Protein 1 gram</b>	<b>Fat 6 grams</b>	<b>Exchanges per serving: 1 starch,</b>
		<b>1 fruit, 1 fat</b>

**Source:** [www.splenda.com](http://www.splenda.com)

**Points to Remember about the Apple and Pear Crisp Recipe:**

1. This Apple and Pear Crisp recipe is delicious, yet low in fat and sugar.
2. The sugar substitute works well in a fruit crisp because sugar is primarily used for the sweet taste.
3. Splenda is a brand name for the nonnutritive sweetener, sucralose. It is made from sugar, but is not absorbed and therefore does not affect blood glucose levels. Splenda does not lose its sweetness in baking as is the case with some sweeteners.
4. Although most of the sugar is replaced in this recipe, keep in mind that apples, pears, and apple juice concentrate all contain carbohydrate. So, a serving still must be counted in your meal plan as 2 carbohydrate servings, or 1 fruit and 1 starch.

**Publication # FDNS-E-DB-8**

**Reviewed by Connie Crawley July 2013**

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization  
Committed to a Diverse Work Force**