Deborah®
Heart and Lung Center

Merry & Light DESSERTS











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Cranberry Chocolate Pudding

Sparkling cranberries make this chocolate dessert a special holiday treat. This recipe uses 2 kinds of sugar: Granulated sugar to soak the cranberries and raw sugar to decorate them with a frosty, snowy look.

8 oz dark chocolate chips

¼ tsp olive oil

12 oz light silken tofu

1 Tbsp vanilla extract

½ cup granulated sugar

½ cup water

¼ cup fresh cranberries

2 Tbsp raw sugar or
white sparkling sugar

½ cup fat-free whipped topping

In a microwave-safe bowl, combine chocolate chips and olive oil. Microwave on high for 20 seconds, stir, and continue at 10-second intervals until melted.

In a blender, purée tofu until creamy, scraping sides as needed. Add vanilla and purée until smooth. Add melted chocolate and purée until well blended, scraping sides as needed.

Spoon into 10 custard cups and chill, covered, for 4 hours or overnight.

In a small saucepan, combine the granulated sugar and water and cook, stirring, over medium-high heat until sugar dissolves. Bring to a simmer, remove from heat and transfer to a small bowl. Add the cranberries to the bowl and toss to coat completely. Cover and chill for 4 hours.

Drain cranberries in a colander. Place the raw sugar in a shallow dish. Roll cranberries in the raw sugar. Spread sugared cranberries in a single layer on a baking sheet and let stand at room temperature for 1 hour, or until dry.

Serve pudding topped with a dollop of whipped topping and sugared cranberries.

Yield: 10 servings | **Serving size:** ¼ cup

Nutrition Facts (per serving): Calories: 277; Fat: 16g; Saturated Fat: 6g; Cholesterol: 2mg; Sodium: 35mg; Carbohydrates: 31g; Fiber: 3g; Protein: 4g



Gluten Free Snickerdoodles

Made with almond flour and coconut flour, these gluten free cookies are a delicious treat. These healthy snickerdoodles are a gluten free dessert that everyone can enjoy.

¼ cup coconut oil

1 ½ cups blanched almond flour

1 tsp coconut flour

1 egg

¼ cup brown sugar

1 ½ tsp ground cinnamon

¼ tsp ground cardamom

¼ tsp ground nutmeg

¼ tsp salt

¼ tsp baking soda

1 Tbsp sugar

Melt coconut oil on low power in the microwave or in saucepan on low heat. In a medium bowl, combine almond flour, coconut flour, egg, brown sugar, coconut oil, ½ teaspoon of the cinnamon, the cardamom, nutmeg and salt. Stir well to combine. Add baking soda and stir well.

Chill dough, covered with plastic wrap, in refrigerator for at least 30 minutes.

Preheat oven to 350°F. Line a baking sheets with parchment paper.

On a small plate, combine sugar and the remaining 1 teaspoon cinnamon. Remove cookie dough from the refrigerator and roll tablespoonfuls into 1-inch balls. Roll cookie dough balls in cinnamon and sugar mixture to coat completely and place on baking sheet. Do not flatten.

Bake for 10 to 12 minutes. Remove from oven and let cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Yield: 24 servings | **Serving size:** 1 cookie

Nutrition Facts (per serving): Calories: 68; Fat: 5g; Saturated Fat: 1g; Cholesterol: 8mg; Sodium: 31mg; Carbohydrates: 3g; Fiber: 0; Protein: 1g



Santa Hat Brownies

Welcome the holiday season with this healthy dessert made with dark chocolate brownies, yogurt and fresh strawberries. The berry Santa hats make this the perfect treat for adults and little ones alike.

½ cup all-purpose flour

½ cup whole wheat flour

1 tsp baking powder

⅛ tsp salt

½ cup unsweetened cocoa powder

¼ cup dark chocolate chips

1 large egg

1 large egg white

1 tsp vanilla extract

1 cup low fat vanilla yogurt

¼ cup dark brown sugar

¾ cup granulated sugar

1 Tbsp canola oil

½ cup light whipped topping

32 fresh strawberries

Preheat oven to 350°F. Lightly coat 2 mini-muffin pans with cooking spray.

In a small bowl, combine flours, baking powder, salt, cocoa and chocolate chips.

In a large bowl, combine remaining ingredients except the whipped topping and the strawberries, and stir until well blended. Add the flour mixture and stir until just blended. Pour batter into muffin pans and bake for 15 minutes, or until a toothpick inserted in the center of a brownie comes out clean. Cool completely on a wire rack.

On a cutting board, with a sharp knife, cut the stem sides of the strawberries so they are flat.

Remove brownies from muffin pans and arrange them on a flat surface. With a spoon, spread a rim of whipped topping around the top of each brownie. On each brownie, place a strawberry, flat side down, on top of whipped topping. Drop a small dollop of whipped topping on the pointy tip of each strawberry.

Yield: 32 servings | **Serving size:** 1 brownie

Nutrition Facts (per serving): Calories: 69; Fat: 2g; Saturated Fat: 0; Cholesterol: 6mg; Sodium: 16mg; Carbohydrates: 11g; Fiber: 0; Protein: 2g



Gingerbread Protein Balls

Enjoy the flavors of freshly baked gingerbread cookies without having to turn on the oven! With their blend of warm spices, your taste buds will be embraced in a flavorful nutrient-packed hug.

Protein Balls

½ cup unsalted roasted almonds

½ cup unsweetened shredded coconut

4 Medjool dates, *pitted*

70 grams plant-based vanilla protein powder

1 Tbsp unsulphured molasses

1 tsp vanilla extract

1 tsp ground cinnamon

1 tsp ground ginger

¼ tsp ground nutmeg

¼ tsp Kosher salt

⅛ tsp allspice

⅛ tsp ground cloves

5 Tbsp water

Chocolate Drizzle

¼ cup vegan white chocolate chips

½ tsp olive oil

½ tsp ground cinnamon

¼ cup chopped crystallized ginger, *for garnish*

Protein Balls

Add the almonds, coconut and dates to the bowl of a food processor. Manually pulse until coarsely chopped.

Add the remaining ingredients, except the water, to the food processor and manually pulse until just combined. Add the water, one tablespoon at a time, until the mixture becomes thick and sticky.

Line a large rimmed baking sheet with wax or parchment paper. Roll the dough into 1-inch balls and place on the prepared baking sheet. Place in the freezer while preparing the chocolate drizzle.

Chocolate Drizzle

In a microwave-safe dish, combine the chocolate chips and olive oil and microwave for 15-second increments, stirring after each cycle, until smooth and melted. Add the cinnamon and stir until well combined. Pour the melted chocolate into a zip-top plastic bag or pastry bag. Cut a small corner off of the bag and drizzle over each bite. Top each truffle with a large piece of crystallized ginger. Return to the freezer for at least 30 minutes before serving. Store in an airtight container in the refrigerator for up to 1 week.

Yield: 15 servings | **Serving size:** 1 protein ball

Nutrition Facts (per serving): Calories: 110; Fat: 5g; Saturated Fat: 2g; Cholesterol: 0; Sodium: 90mg; Carbohydrates: 11g; Fiber: 2g; Protein: 5g



Chocolate Hazelnut Cookies

With only 8 ingredients, these Chocolate Hazelnut Cookies nare naturally vegan and gluten-free and have delicious flavor. Perfect for a holiday cookie swap, these moist, nutty treats store well for up to 1 week.

2 Tbsp ground flaxseed

8 Tbsp water

1 cup pitted dates

1 tsp vanilla extract

⅔ cup chopped hazelnuts

2 cups ground toasted hazelnuts

⅛ tsp salt

¼ cup cacao powder

Preheat the oven to 350° and line a baking sheet with parchment paper.

In a small bowl, combine the flaxseed and 6 tablespoons of the water. Let sit for 5 minutes to thicken.

In a food processor, combine the dates, vanilla, the remaining 2 tablespoons water and the flax mixture and grind to a paste. Set aside.

Spread the chopped hazelnuts in a single layer onto a baking sheet.

In a large mixing bowl, combine the ground hazelnuts, date paste, salt, and cacao powder and mix until a thick paste is formed. Roll the dough into 20 balls and arrange on top of the nuts on the baking sheet. Press each dough ball into the chopped hazelnuts to coat.

Transfer the cookies to the parchment-lined baking sheet. Bake for 10 minutes.

Remove from the oven and let the cookies cool for 10 minutes on the baking sheet. Transfer with a spatula to a wire rack to cool completely. Serve when completely cooled. Cookies keep in an air-tight container for up to 1 week.

Yield: 20 servings | **Serving size:** 1 cookie

Nutrition Facts (per serving): Calories: 126; Fat: 9g; Saturated Fat: 0; Cholesterol: 0; Sodium: 15mg; Carbohydrates: 10g; Fiber: 2g; Protein: 2g



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