

December 2014

In the Kitchen with Julie

Mocha Meringues

1 tsp. vanilla extract
1 tsp. instant coffee granules
3 egg whites, at room temperature
¼ tsp. cream of tartar
¾ cup sugar
3 T. unsweetened cocoa powder
½ cup mini chocolate chips

1. Heat oven to 250 degrees. Line 2 large baking sheets with nonstick foil. Stir together vanilla and instant coffee in a small bowl. Set aside.
2. Beat egg whites and cream of tartar in large bowl on medium speed until frothy. Increase speed to medium-high, add sugar, 1 T. at a time, and beat until stiff, glossy peaks form and whites have tripled in volume, about 5 minutes.
3. Sift cocoa powder over beaten egg-white mixture. Carefully fold in cocoa powder until evenly distributed. Fold in vanilla-coffee mixture and mini chocolate chips. Transfer egg-white mixture to a large re-sealable plastic bag. Snip off a large corner and pipe meringue by heaping tablespoonfuls onto prepared baking sheets. Bake at 250 degrees for 1 hour.
4. Turn off oven; tilt oven door open. Let meringues stand in oven for 30 minutes.
5. Remove meringues from oven. With a thin metal spatula, carefully lift cookies off baking sheets.

Per cookie: 18 calories, 1 g fat, 1 g protein, 2 g carbs, 1 gram fiber, 5 mg sodium, 0 mg cholesterol

Creamy Sugar Free Egg Nog

½ cup Egg beaters
1 cup unsweetened almond milk (or low fat milk/milk substitute of choice)
2 Tablespoon sugar free instant vanilla pudding mix
¼ tsp. pumpkin pie spice
¼ tsp. cinnamon
½ tsp rum extract
3-4 packets stevia or to taste OR sweetener of choice, to taste

Blend all ingredients together until they are well combined. Refrigerate 30 minutes or more to chill and allow to thicken. Serve immediately or store in the fridge for up to 7 days.

Per 1 cup serving: 72 calories, 1 gram carbs, 7grams protein

Banana Pudding Parfait

8 ginger snap cookies, crushed
7 medium ripe bananas, sliced thin
1 cup nonfat milk
1 (1-oz.) box instant sugar free, fat-free vanilla pudding
1 ½ cup low-fat vanilla yogurt
1 tsp. vanilla extract
1 cup fat-free frozen whipped topping, thawed
10 8-oz parfait cups
¼ tsp. cinnamon for garnish

In a large bowl, whisk together the milk and pudding mix, blend well (about 2 minutes). Next, add yogurt and vanilla extract; blend until smooth. Stir the thawed whipped topping into the mixture. Line the bottom of the parfait cups with a teaspoon of crumbled ginger snaps. Layer 6 banana slices on top of the cookies; then 2 tablespoons of the yogurt mixture on top. Repeat with another layer of the ginger snaps, bananas and yogurt mixture. Top with cinnamon or crushed cookie for garnish. Cover and chill in refrigerator.

Per 8-oz parfait: 169 calories, 35 grams carbs