

Healthy Dessert Competition

The Office of Human Resources held their 1st Annual Healthy Dessert Competition on September 11, 2015. The purpose of the event was to encourage and demonstrate to the staff that healthier dessert options do exist. "We wanted the team to create a dessert that was their favorite but with healthy modification" - Ronenia Jenkins.



Cranberry, granola & Greek yogurt parfait



Cream Cheese Cake



Carrot Cake

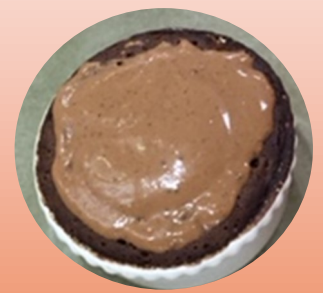


Key Lime Pie



Fruit and Yogurt Explosion

Chocolate Peanut Butter
Microwave Cake



The Office of Human Resources challenges your office to create a similar event. We picked three judges from the department and created score cards for the judges to vote based on the dessert ingredients, presentation and taste. Good Luck!

Recipes

Recipe #1: Cranberry, granola and Greek yogurt parfait

-Ingredients: (1) cup of fresh cranberries sliced or any fruit of your choice, (2) cups of nature valley granola and (2) cups of Greek Yogurt.

-Directions: combine all the ingredients, chill and eat

Recipe #2: Cheese Cake

-Ingredients: (2) bars of Low fat cream cheese, (1) Greek Yogurt container, (3) teaspoons of Vanilla extract, (3) tablespoons of liquid egg whites and (4) tablespoons of honey.

-Directions: Mix all the ingredients together. For the crust, grain granola in a blender until it is completely fine like salt. Place the granola in the pan with a few tablespoons of unsalted butter to make it hold. Add the filling and place the smaller pan in a larger pan with water. Bake for 45 minutes at 350 degrees. Let cool for an hour and place in refrigerator until you're ready to serve. Add fruits for topping.

Recipe #3: Carrot Cake

-Ingredients: whole wheat flour, organic carrots, sugar, eggs, baking powder, baking soda, raisins, chopped walnuts, cinnamon, nutmeg, cloves and salt for the cake. For the frosting, add reduced fat cream cheese, butter, confection sugar, crushed pineapple and vanilla extract.

-Directions: combine all the cake ingredients and place in a baking pan. Cook at 350 degrees for an hour and half. Combine all the frosting ingredients and add on the cake once it has cooled down.

Recipe #4: Key Lime Pie

Click on this link: <http://noshandnourish.com/content/absolute-best-and-healthiest-key-lime-pie>

Recipe #5: Fruit and Yogurt Explosion

-Ingredients: Greek low fat yogurt, (1) cup of pineapples, (4) cups of strawberries, (1) cup of peaches, (1/2) of banana, (2) tablespoons of brown sugar and (1) teaspoon of vanilla extract.

-Directions: blend all ingredients in a bowl and freeze until ready to serve.

Recipe #6: 130 Calorie Chocolate Peanut Butter Microwave Cake

-Ingredients: (2) tablespoons of powdered peanut butter, (1) tablespoon unsweetened cocoa powder, (1) tablespoon all-purpose flour, (1/2) tablespoon Splenda brown sugar, (3) tablespoons liquid egg whites and (1) tablespoon of water.

-Directions: Whist together all ingredients in a small mixing bowl until well combined. Transfer to a microwave-safe ramekin, mug or bowl. Microwave at 70% for 40 seconds or until the cake is cooked to your desired gooey-ness. Remember, microwave power levels very dramatically so keep an eye on it as to not over-cook the cake.