

HEALTHY FRUIT DESSERT RECIPES

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INSIDE



101 RECIPES FROM
COOKIES AND CAKE TO MUFFINS AND PIE

Liliya Borochov

Healthy Fruit Dessert Recipes

101 Recipes from Cookies and Cake to Muffins and Pie

By Liliya Borochoy

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INTRODUCTION



We are being bombarded nowadays with more and more products that claim to help us be healthy and fit, lose weight, shape our waist or improve our health. But the truth is there is nothing that works better than a healthy and balanced diet using fresh and healthy ingredients. Luckily, more and more people see this so if you are one of those people, congratulations! It is definitely not an easy step, but it is wise and shows that you are brave enough to go against the flow and eat healthy. And because we all have a sweet tooth and often feel guilty when eating desserts just because we believe they are far from being the healthiest things in the world, this book focuses on showing you that desserts can be healthy too, using nutritious ingredients, such as whole wheat flour, less sugar and fruits.

You will learn in this book the benefits of fruits and their uses in desserts. Keep reading and see for yourself how fruits can make amazing, delicious and rich desserts without being too sugary or fatty. Even though you will see that some of the recipes contain butter, keep in mind that butter has been around forever and our ancestor have been using it in their food for thousands of years. A small amount of butter is actually good for your health. Did you know that butter is rich in vitamin A, D and E? Did you know that it has selenium and lecithin which help keep our memory fit? In fact, butter is compulsory for kids as their brain needs that kind of fat to develop properly. The acids found in butter improve and help digestion and boost your immune system. Butter also has a perfect balance of omega-3 and omega-6 fats and despite what you may think or health, the cholesterol found in butter is good for your intestinal health, brain and nervous system, as long as it is being consumed with moderation.

My name is Liliya Borochoy. As a chemical and biotechnology engineer, I decided to do a big step and combine my two passions: baking and my professional knowledge towards health and from all the research and work I've done, this book emerged. I am also the mother of two girls and I learnt at an early age how important fruits are in their diet. And if you, like me, have fussy kids when it comes to eating their fruits, keep in mind that it may be easier to introduce them to various fruits through a dessert. They will accept it easier and learn to enjoy the taste of fruits and their amazing colors.

Fruits are a great source of natural sweeteners that your body can use for energy. They are light and easy to digest and their benefits absorb quickly into your blood due to the easy and fast digestion. Apart from this, they are rich in nutrients we don't find somewhere else, such as antioxidants, vitamins and fibers and they are also highly hydrating containing large amounts of water. And while the antioxidants and vitamins boost our immune system, the fibers improve digestion. And these are just a few general reasons why fruits are so good for you.

I know that when it comes to desserts, healthy and delicious may not always fit together. But this book will prove you that enjoying light, healthy desserts is possible. This cookbook contains 101 recipes and it is divided into 10 chapters, each chapter focusing on a different fruit. Whether you like berries or pears, peaches or apples, pineapple or mangoes, this cookbook has a bit of everything for everyone so go ahead and read it through and choose your favorite recipes, try them and enjoy a healthy and delicious dessert without feeling guilty about it. However, we are talking about desserts, so bare in mind that everything should be consumed with moderation. And this applies not only for dessert, but also for other foods and other things in your life. You can spoil yourself with a cake from time to time and not feel guilty about it if it's made with healthy, fresh ingredients and consumed with moderation.

All the 101 recipes in this book are fail-proof and easy to make. You will find anything from moist cakes to cupcakes, ice creams or sorbets, breads or tarts. And not only the recipes yield delicious desserts, but they are all suited for any occasion in your life, from a day-to-day dinner to a birthday party. I really hope you and your family enjoy every single of these recipes as they have been written with care for my readers!

Peaches



Peaches have always been part of a healthy, balanced diet, although I am sure that most of you neglect the benefits they have for our health. Did you know that they are a great source of beta-carotene, which is responsible for our healthy skin, immune system and vision? So if you are not a fan of carrots, peaches are the solution and may I add it tastes better too as they are juicier and easier to eat for kids. They are also great toxin cleansers due to their high content of fibers and potassium. Let's not forget the high amount of antioxidants and vitamins they have, which help our immune system and body work on their peaks.

Delicate and mild, peaches can easily turn into an amazing dessert, cooked the right way. They are juicy and silky so they are great for sweets that focus more on the fruit itself rather than the batter or the spices used. This chapter focuses on desserts that make the most out of this delicious fruit, incredible desserts that only use healthy ingredients, without sacrificing the taste and flavor.

Peach Streusel Cake



You will find 3 amazing layer in this cake: the first one is a fluffy vanilla sponge, followed by a layer of perfectly flavored peaches, topped with a crisp, buttery layer flavored with cinnamon. The final result is an incredible cake that can be served as breakfast, but it can also easily turn into an exquisite dessert topped with a dollop of light cream.

Yields: 1 9-inch round cake

Ingredients:

Streusel:

3/4 cup whole wheat flour

4 tablespoons sugar

4 tablespoons cold butter, cubed (2oz)

1 teaspoon cinnamon

Cake:

1 cup whole wheat flour

1/2 cup all purpose flour

1/2 cup sugar

1 1/2 teaspoons baking powder

1 egg

2 oz canola oil

1/2 cup low fat milk

1 teaspoon vanilla extract
1 pinch of salt
1 pound peaches, pitted and cut into cubes

Directions:

To make the streusel: In a bowl, rub together the flour with the sugar and cold butter until sandy. Set the bowl aside until you make the cake.

To make the cake: In a bowl, combine together the flours, then add the sugar, baking powder and a pinch of salt.

In a different bowl, cream the eggs with the sugar until pale in color. Add the oil and mix well then stir in the vanilla and milk. Incorporate the flour mixture you made earlier then spoon the batter into a small square pan greased with butter. Top with peach slices and cover with the streusel.

Bake in the preheated oven at 375F for 20-30 minutes or until slightly golden brown on the edges and crisp on the surface.

Lemony Peach Cake

Being so delicate, peaches can take any other spice and balance the flavors perfectly. This particular recipe yields a rich, yet fragrant cake, moist and luscious.

Yields: 1 9-inch cake

Ingredients:

6oz butter, softened
6 tablespoons sugar
1 tablespoon lemon zest
3 large eggs
1 cup whole wheat flour
1/2 cup all purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon cinnamon
1 pinch nutmeg
1 1/4 cups low fat plain yogurt
4 peaches, pitted and sliced
1 pinch of salt

Directions:

In a bowl, cream the butter with the sugar until pale in color. Add the eggs, one after another, mixing well after each egg addition to fully incorporate it. Stir in the lemon zest and yogurt.

In a different bowl, whisk together the flours with the baking powder and soda, as well as a pinch of salt, cinnamon and nutmeg. Incorporate this into the butter mixture, gradually, in 3-4 additions. You can use a spatula for this step.

Grease a 9-inch round cake pan with butter and spoon the batter into the pan. Top with peach slices and bake in the preheated oven at 350F for 30-35 minutes. It should be golden brown and fragrant.

Peach Tart

Fresh, juicy, delicate peaches cover a fragrant frangipane tart, baked to perfection. This tart combined the sweetness of the peaches with the nutty, earthy flavor of the almonds, creating an unique, luscious tart.

Yields: 1 9-inch tart

Ingredients:

Crust:

1 cup whole wheat flour
1 tablespoon sugar
1 pinch of salt
4 tablespoons butter (2oz)
2 tablespoons cold water

Frangipane filling:

1/2 cup sugar
3 egg
1 cup almond meal
1 teaspoon almond extract
4 large peaches, pitted and sliced

Directions:

To make the crust: In a bowl, mix together the wheat flour with the sugar, salt and butter until sandy. Add the water and mix until the dough comes together nicely, but do not knead it. Wrap it in plastic wrap and refrigerate 30 minutes. Once the dough has chilled, transfer it on a well floured working surface and roll it into a round sheet, about 1/4-inch thick. Carefully place the dough sheet on the tart pan and slightly press it to the bottom and sides of the pan with your fingertips. Cut the edges of the dough to make sure they are smooth and set aside.

To make the filling: Cream the eggs with the sugar until pale in color and fluffy. Add the almond extract, followed by the almond meal. Spoon the filling into the crust and level it well with the back of the spoon.

Top the tart with peach slices and bake in the preheated oven at 350F for 30-40 minutes or until the peaches are tender and the edges of the tart are golden brown and crisp.

Peach Cobbler



Cobblers belong among that easy-to-make, easy-to-eat dessert category as they only take a few minutes to put together, but the end result exceeds any expectations as the cobbler is rich in flavors, juicy and yet crisp on the outside.

Yields: 4-6 servings

Ingredients:

- 2 pounds nectarines, pitted and sliced
- 2 tablespoons sugar
- 2 tablespoons coconut flour
- 1/2 teaspoon cinnamon
- 1 pinch nutmeg
- 1/2 teaspoon ground ginger
- 3/4 cup whole wheat flour
- 1/4 cup corn meal
- 2 tablespoons brown sugar
- 2/3 cup buttermilk
- 2 oz cold butter
- 1 pinch of salt

Directions:

Place the peach slices in a large bowl and stir in the sugar, coconut flour, cinnamon, nutmeg and ginger. Transfer this mixture into a deep dish baking pan and set aside.

To make the topping, mix the whole wheat flour with the corn meal, a pinch of salt and brown sugar then rub in the butter until the dough looks sandy. Stir in the buttermilk and mix until incorporated. Spoon the batter over the fruits, making sure there are a few holes left to allow the steams to come out while baking. Bake in the preheated oven at 350F for 30-40 minutes or until the fruits are soft and juicy and the crust is golden brown.

Peach Cheesecake

Being so delicate and flavorful, peaches make excellent topping for cheesecakes as their juice infuses the cheesecake, creating a luscious, exquisite dessert.

Yields: 1 10-inch cheesecake

Ingredients:

Cheesecake crust:

8 oz reduced-fat graham cracker

2 tablespoons milk

1oz melted butter

Filling:

3 eggs

8 oz fat free cream cheese

16 oz low fat plain yogurt

4 tablespoons sugar

2 teaspoons vanilla extract

4 tablespoons chocolate chips

1 pinch of salt

Peach syrup:

4 peaches, pitted and sliced

2 tablespoons honey

1/4 cup water

1 cinnamon stick

Directions:

To make the cheesecake crust: Pulse the graham cracker in a food processor until ground then add the milk and melted butter. Transfer the mixture into a 10-inch round cake pan and press it down on the bottom of the pan with your fingertips or the back of a spoon. Place the pan aside until needed.

To make the filling: Mix the cream cheese with the sugar, then add the yogurt, salt and vanilla. Fold in the chocolate chips and pour the cream cheese filling over the crust. Tap the pan on the countertop to even out the filling.

Bake in the preheated oven at 350F for 30-40 minutes. When done, remove from the oven and let it cool completely in the pan then transfer on a serving plate.

To make the peach syrup: Place the peaches in a small saucepan and pour in the

water. Add the honey and cinnamon stick and bring to a boil. Simmer on low heat for 5 minutes then remove from heat and let it cool before serving. Serve the cheesecake cut into slices, topped with peach syrup.

Peach Scones

Light, soft and tender, these scones make an excellent breakfast meal, topped with your favorite jam or eaten simple as they are, with a cup of tea or glass of warm milk.

Yields: 2 dozen

Ingredients:

- 3/4 cup whole wheat flour
- 1/2 cup all purpose flour
- 2 teaspoons baking powder
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 cup peach cubes
- 2 tablespoons canola oil
- 1oz butter, melted
- 1 teaspoon vanilla extract
- 3/4 cup low fat yogurt
- 1/4 cup fat free milk
- 1 pinch of salt

Directions:

In a bowl, mix together the flours with the brown sugar, baking powder and soda, as well as a pinch of salt for taste and cinnamon for flavor.

In another bowl, whisk the yogurt with the milk, vanilla, butter and canola oil. Pour this mixture over the dry ingredients, together with the peach cubes and mix until it comes together, but do not knead or it will lose its consistency and texture.

Transfer the batter on a well floured surface and roll it very thick. With a small round cookie cutter, cut scones and arrange them all on a baking tray lined with parchment paper.

Bake in the preheated oven at 425F for 10-15 minutes or a bit more, depending on the oven. The scones should be fluffed up and golden brown.

Let them cool in the pan then store them in an airtight container or a paper bag. This way they won't absorb any moisture and remain crisp and flaky.

Peach and Ginger Muffins



Muffins are great for breakfast as you can simply grab them and have a meal on the go, but they are also very versatile as all it takes is a dollop of light cream and they turn into some delicious, moist and fragrant cupcakes.

Yields: 6-8 muffins

Ingredients:

- 1 large egg
- 1/2 cup fat free milk
- 4 tablespoons canola oil
- 3/4 cup whole wheat flour
- 1/2 cup all purpose white flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 pinch of salt
- 1 teaspoon ground ginger
- 2 peaches, pitted and thinly sliced

Directions:

In a bowl, whisk the egg with the milk and canola oil. Set aside.

In a different bowl, mix the two types of flour, sugar, salt, baking powder and soda, as well as the ground ginger. Pour in the wet ingredients you whisked earlier and give it a quick mix just until combined. Do not over mix the batter.

Line your muffin tin with muffin papers and spoon the muffin batter into each cup, filling them $\frac{3}{4}$. Top with a few peach slices.

Bake in the preheated oven at 400F for 15-20 minutes or until a skewer inserted in the middle of the cake comes out clean.

Let them cool in their cups before transferring on a serving plate.

Whole Wheat Buttermilk Pancakes with Peach Compote

Although the recipe uses whole wheat flour, these pancakes are fluffy, moist and fragrant. Not to mention how healthy they are and how delicious they turn to be when topped with that fragrant peach compote.

Yields: 6-8 servings

Ingredients:

Pancakes:

1 cup whole wheat flour
1/2 cup all purpose white flour
1/4 cup sugar
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1 1/2 cups buttermilk
2 tablespoons canola oil
2 eggs
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/4 teaspoon ground cloves
1 pinch of salt
2 tablespoons canola oil for frying

Peach Compote:

4 peaches, pitted and sliced
1/2 cup water
1/4 cup sugar
1 cinnamon stick
1 cardamom pod, crushed

Directions:

To make the pancakes: In a bowl, mix together both types of flour with the sugar, baking powder and baking soda, as well as a pinch of salt, cinnamon and ground cloves. In another bowl, whisk the buttermilk with the eggs, vanilla and canola oil then pour this mixture over the flour. Give it a good mix until just combined.

Heat a large frying pan over medium flame and brush the pan with oil. When the

pan is hot, drop spoonfuls of batter on the pan and fry the pancakes on one side until fluffy and bubbling. Quickly flip over and cook 1 more minute. Stack all the pancakes on a plate.

To make the compote: Place the peaches, sliced, in a saucepan then pour in the water and sugar. Add the cinnamon stick and cardamom pod and cook for 5 to 10 minutes until the fruits are just tender, but not mushy. Remove from heat and set aside to cool before use.

To serve the pancakes, top them with peach compote.

Peach Galette

Galette is the French term for a flat, round, crust cake, although its texture is more similar to a pie as it uses crisp dough as a base and fruits as a filling. The only difference from a pie is that it is not made in a pan, but it has a very rustic feel due to the way it's being wrapped.

Yields: 1 galette (9-inch)

Ingredients:

Whole wheat crust:

1 1/2 cup whole wheat flour

1 pinch of salt

4 oz butter

2-4 tablespoons cold water

1/4 teaspoon baking powder

Filling:

6 ripe peaches, pitted and sliced

1 tablespoon cornstarch

1/2 teaspoon cinnamon

1 pinch nutmeg

2 tablespoons sugar

Directions:

To make the crust: In a bowl, combine the whole wheat flour with the salt and baking powder. Mix in the cold butter, rubbing it until the flour looks sandy. Add the cold water, 2 tablespoons at first, and mix until the dough comes together. If needed, add 1 more tablespoon of water. Shape the dough into a ball (do not knead it) and wrap it in foil. Refrigerate for 30 minutes. Line the back of a large baking tray with baking paper. Transfer the dough on the tray, sprinkle some flour and roll it into a thin sheet, as round as possible. Set aside.

To make the filling: In a bowl, mix the peaches with the cornstarch, cinnamon, nutmeg and sugar.

Place the filling in the middle of the crust, spreading it slightly to the edges. Carefully lift up the edges and wrap them over the filling, leaving the middle exposed.

Bake in the preheated oven at 375F for 30-40 minutes or until golden brown on

the edges.

Serve when cold, drizzled with light cream or topped with a scoop of ice cream.

Peach Upside Down Cake

Upside down cakes make excellent dessert just because with a few moves you can turn a common sweet into an amazing, caramel flavored, moist cake. You can go even further and serve the cake warm with a scoop of vanilla ice cream, transforming it into an exquisite, luscious treat.

Yields: 1 9-inch cake

Ingredients:

- 1 cup brown sugar
- 4 oz butter
- 6 peaches, pitted and sliced
- 1 1/2 cup whole wheat flour
- 2/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cardamom
- 1 teaspoon cinnamon
- 1 pinch nutmeg
- 1 pinch salt
- 2 eggs
- 1/2 cup canola oil
- 1/2 cup buttermilk

Directions:

Melt the butter then pour it on the bottom of a 9-inch round cake pan. Sprinkle in the brown sugar then arrange the peach slices over the sugar, making sure they are packed together. Set the pan aside until you make the batter.

To make the batter, sift together the whole wheat flour with the baking powder and soda, cardamom, cinnamon, nutmeg and salt. Add the sugar and mix well. In another bowl, whisk together the eggs with the oil and buttermilk. Pour the liquids over the flour mixture and give it a quick mix just until well combined.

Spoon the batter over the peaches in the pan and even it out with the back of a spoon.

Bake in the preheated oven at 350F for 30-40 minutes or until fragrant and golden brown.

When done, remove from the oven and let it cool in the pan 10 minutes. Cover the pan with a large serving plate then quickly turn the cake over and lift the pan. In this way, the bottom of the cake becomes its top.
Serve warm or cold, drizzled with fresh cream or topped with vanilla ice cream.

Bananas

Creamy, fragrant and filling, bananas are available all year around so they make a great choice to have in a dessert as after baking their flavor only enhances, creating fragrant, scrumptious sweets to satisfy your cravings.

One of the great things about them is not just the amazing taste, but also the numerous health benefits they have. They are known to have a high content of potassium which helps your brain function at a normal level and protects it from strokes. They also contain iron to strengthen your blood and improve anemia symptoms. Apart from these benefits, they also improve digestion as they act as a probiotic, but also as an anti-acid and they are believed to elevate mood and control blood pressure and temperature in cases of fever. Not to mention that they are so filling that they are a snack themselves, eaten raw.

From simple smoothies to cakes, bananas will impress you with their strong flavor and ability to adapt to any aroma you like, from vanilla to the rich chocolate. This chapter contains some of the most delicious sweets with bananas and every single recipe is fail-proof and uses healthy ingredients so the end result is just as tasty as you want it.



Banana Peanut Butter Bars

Peanut butter and banana is a classic combination loved by many, so these bars seem like a great idea to have on hand when you feel for a snack as they are easy to make and delicious.

Yields: 1 6-inch square pan

Ingredients:

- 1/2 cup vegetable oil
- 1 cup brown sugar
- 3 eggs
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 3 ripe bananas, mashed
- 1 teaspoon cinnamon
- 2/3 cup plain yogurt
- 1/4 cup white chocolate chips
- 1/4 cup dark chocolate chips
- 1/4 cup walnuts, chopped
- 1 1/2 cups peanut butter
- 1 cup dark chocolate chips, melted
- 1 pinch of salt

Directions:

In a bowl, mix together the oil and sugar with a pinch of salt. Add the eggs, one at a time, mixing well until the sugar starts to dissolve. Stir in the flour mixed with cinnamon and baking powder, followed by the mashed bananas and plain yogurt. When the dough is well mixed, fold in the white chocolate and dark chocolate chips, as well as the chopped pecans.

Slightly grease and flour a 6-inch square pan then spoon the batter into pan, leveling slightly with the back of your spoon. Bake in the preheated oven at 375F for 30-40 minutes or until slightly golden brown on the edges and surface.

When done, remove the cake from the oven and let it cool completely in the pan. Using a spatula, evenly spread the peanut butter on top then cover with melted

chocolate. Place the pan in the fridge for 1 hour then cut into small bars. Store them in an airtight container in the fridge until serving.

Banana Yogurt Cake



Healthy and fragrant, this cake makes an excellent breakfast as it is filling and nutritious, but it also satisfies your sweet cravings, without making you feel guilty about it.

Yields: 1 10-inch round cake

Ingredients:

- 1 1/2 cups whole wheat flour
- 2/3 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 4 large ripe bananas, mashed
- 1 cup low-fat plain yogurt
- 2 large eggs
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1/3 cup walnuts, chopped

1 pinch of salt

Directions:

In a bowl, whisk together the whole wheat flour with a pinch of salt, baking powder and baking soda, as well as cinnamon and chopped walnuts.

In a different bowl, combine the pureed bananas with the eggs, yogurt, oil and vanilla extract. Pour this mixture over the flour and give it a good mix until just well combined.

Grease a 10-inch round cake pan with vegetable oil or butter and flour it slightly.

Pour the batter into the pan and level it with a spatula.

Bake in the preheated oven at 350F for 30-40 minutes or until spongy and slightly golden brown and fragrant.

Serve once it's chilled, simply sprinkled with powdered sugar on top.

Chocolate Banana Cake

Chocolate and bananas is a classic combination and it works for a reason. The bananas mellow down the natural bitterness of the chocolate, while the chocolate emphasizes the natural sweetness and aroma of the bananas, creating a moist and delicious cake, rich and scrumptious.

Yields: 1 9-inch round cake

Ingredients:

Cake:

2 ripe bananas, mashed
1 1/2 cups whole wheat flour
1/3 cup cocoa powder
1/2 cup sugar
1 1/2 teaspoons baking powder
1 pinch of salt
1 egg
1/4 cup vegetable oil
1 egg
1/3 cup milk
4 tablespoons plain yogurt
1 teaspoon vanilla extract

Glaze:

5 oz dark chocolate, chopped
5 oz heavy cream

Directions:

To make the cake: In a bowl, mix the mashed bananas with the egg, oil, plain yogurt, vanilla and milk. In a different bowl, combine the whole wheat flour with the cocoa powder, sugar, baking powder and salt. Incorporate it into the banana mixture and mix until just well combined. Spoon the batter into a greased 9-inch round cake pan and bake in the preheated oven at 350F for 30-40 minutes or until a skewer inserted in the center of the cake comes out clean. When done, remove from the oven and let it cool in the pan then transfer on a serving plate.

To make the glaze: Pour the cream in a saucepan and bring to the boiling point. Remove from heat and stir in the chocolate. Whisk until all the chocolate has

melted and the glaze looks smooth, creamy and glossy. Pour it slightly warm over the cake and refrigerate for 1 hour before serving.

Banana Cupcakes

Cupcakes make excellent dessert just because they are easy to grab and eat, without the hassle of using a spoon or a fork. They are perfect for parties and if you follow this recipe you can even make them a bit healthier than other options.

Yields: 12-16 cupcakes

Ingredients:

- 1 2/3 cups mashed bananas
- 1 tablespoon lemon juice
- 1 1/2 cups all purpose flour
- 1 1/2 cups whole wheat flour
- 1 pinch of salt
- 1 teaspoon baking powder
- 6 oz butter
- 3 eggs
- 1 3/4 cup sugar
- 1 teaspoon vanilla extract
- 1 1/2 cups buttermilk
- 1/2 cup dark chocolate chips
- 2 cups heavy cream

Directions:

In a bowl, mix the mashed bananas with the lemon juice and vanilla. Place the bowl aside.

In another bowl, cream the butter with the sugar until pale in color. Mix in the eggs, one at a time. Combine the flours with a pinch of salt and baking powder then incorporate it into the butter mixture, alternating it with buttermilk. Once they are both fully mixed in, fold in the mashed bananas, followed by the chocolate chips.

Line a muffin tin with muffin paper and spoon the batter into each muffin cup, filling them 3/4. Bake in the preheated oven at 350F for 15-20 minutes. When done, remove from the oven and let them cool on a wire rack.

To decorate them , whip the cream and pipe it on top of each cupcake with a pastry bag fitted with your favorite nozzle.

Banana Tart

Bananas and cream make this pie one of the best desserts you will ever have. It is easy to make, but just as delicious, rich and incredibly fragrant.

Yields: 1 9-inch round pie

Ingredients:

8 oz graham cracker

4 oz applesauce

2 oz melted butter

1 teaspoon vanilla extract

1 cup heavy cream

4 ripe bananas, sliced

Chocolate shavings

Directions:

To make the crust: Put the crackers in a food processor and pulse until ground. Add the vanilla and melted butter, then the applesauce and pulse to combine. Transfer this dough on a 9-inch tart pan and press it on the bottom and sides of the pan with your fingertips. Bake the crust in the preheated oven at 375F for 10 minutes. When done, remove from the oven and let it cool to room temperature.

Top the crust with banana slices then cover with whipped cream. Decorate with chocolate shavings.

Banana and Caramel Cheesecake



The cheesecake itself is low-fat, but then it is topped with these amazing, delicious, fragrant caramelized bananas, turning a simple cheesecake into an work of art.

Yields: 1 9-inch round cheesecake

Ingredients:

Crust:

10 oz graham cracker

4 oz butter, melted

2 oz low fat milk

Filling:

10 oz low-fat cream cheese

10 oz low-fat yogurt

2/3 cup sugar

2 teaspoons vanilla extract

3 eggs

2 tablespoons cornstarch

Topping:

2 ripe, but firm bananas, sliced

4 tablespoons brown sugar
2 tablespoons butter

Directions:

To make the crust: Place the crackers in a food processor and pulse until ground. Mix in the melted butter and milk then transfer it into a 9-inch round pan. Press this dough on the bottom and sides of the pan with your fingertips and refrigerate until you finish the filling.

To make the filling: Mix the cream cheese with the sugar in a bowl until fluffy. Add the yogurt, eggs, vanilla and cornstarch then pour the mixture over the crust in the pan. Bake in the preheated oven at 350F for 40-50 minutes or until slightly golden brown on the edges. It may still look wobbly in the center, but that's how it is supposed to look like. Remove from the oven and let it cool in the pan.

To make the filling: Melt the butter in a heavy saucepan then stir in the brown sugar and mix until melted. Add the banana slices and cook them for a few minutes until just tender, but not pureed.

To finish the cheesecake, transfer it from the pan on a large serving plate and top it with caramelized bananas. Refrigerate at least 1 hour before serving to allow the flavors to come together.

Banana Cookies

Fragrant and chunky, these cookies are an excellent and healthy treat that combine the sweetness of the bananas with the bitterness of the chocolate chips.

Yields: 2-3 dozen

Ingredients:

- 1 cup all purpose white flour
- 2/3 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 5 oz butter, room temperature
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 ripe banana, mashed
- 1 cup rolled oats
- 1/2 cup dark chocolate chips
- 1/2 cup walnuts, chopped
- 1/4 cup raisins
- 1 pinch of salt

Directions:

In a bowl, cream the butter with the sugar and salt until pale in color and fluffy. Add the egg and mix well, then stir in the flours, baking soda and baking powder, as well as the mashed bananas mixed with vanilla. Fold in the rolled oats, chocolate chips, walnuts and raisins.

Line a baking tray with parchment paper and drop spoonfuls of batter on the tray. Bake in the preheated oven at 375F for 10-15 minutes or just until the edges are slightly golden brown.

Let them cool in the pan then transfer them in an airtight container or cookie box to store.

Banana Bread

Sweet breads are an excellent way not to waste fruits, such as bananas, but also an excellent way to start your day as you can simply toast a slice of bread and spread it with butter and you are good to go.

Yields: 1 loaf

Ingredients:

- 1 cup all purpose white flour
- 2/3 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 pinch of salt
- 2 eggs
- 1 cup sugar
- 1/4 cup vegetable oil
- 3 bananas, mashed
- 4 tablespoons plain yogurt
- 1 teaspoon vanilla extract
- 1 cup walnuts, toasted and chopped
- 1/2 cup raisins, soaked

Directions:

In a bowl, whisk the eggs with the sugar, then add the oil, bananas, yogurt and vanilla extract. Stir in the flours, cinnamon, baking powder and a pinch of salt. Mix well then fold in the walnuts and raisins. Spoon the final batter into a loaf pan lined with baking paper. Bake in the preheated oven at 350F for 30-40 minutes or until a skewer inserted in the middle of the cake comes out clean. When done, remove from the oven and let it cool in the pan then transfer on a serving plate and sprinkle with powdered sugar.

Whole Grain Banana Pancakes



Breakfast is the most important meal of the day so it is important to make the morning meal as healthy and nutritious as possible. These pancakes use whole grains so they are packed with fibers and the nutrients you need to keep you going until lunch.

Yields: 10-12 pancakes

Ingredients:

- 1 cup whole wheat flour
- 1/2 cup all purpose white flour
- 4 tablespoons flax seed, ground
- 2 tablespoons brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 pinch of salt
- 2 cups low-fat buttermilk
- 2 eggs
- 2 ripe bananas, mashed

Directions:

In a bowl, whisk the flours with the ground flax seeds, sugar, baking powder, baking soda and a pinch of salt. In another bowl, mix the buttermilk with the eggs and bananas then pour this mixture over the flour. Give it a quick mix just until well combined.

Heat a large frying pan over medium flame and slightly brush it with vegetable oil. Drop spoonfuls of batter into the hot pan. Cook it 3-4 minutes on both sides until fluffy and golden brown.

Repeat until you run out of batter. Stack the pancakes in a plate. Serve them with your favorite toppings.

Banana Oatmeal Muffins

These healthy muffins make an excellent snack or morning meal next to a glass of milk or a cup of warm tea. They are easy to make and packed with fibers and lovely flavors to make your morning better.

Yields: 10-12 muffins

Ingredients:

- 2 cups rolled oats
- 1 cup low-fat plain yogurt
- 2 eggs
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 ripe bananas, mashed
- 1 teaspoon vanilla extract

Directions:

Place the rolled oats, yogurt, eggs, sugar, baking soda, baking powder, bananas and vanilla in a food processor or blender. Pulse until smooth and well blended. Grease your muffin tin and flour it then spoon the batter into each muffin cup, filling them only 3/4. Bake in the preheated oven at 375F for 20-25 minutes. When done, remove the tin from the oven and let the muffins cool down in the tin.

Apples



You have all heard the saying "an apple a day keeps the doctor away", but how

many of you actually take it seriously?! The saying is true if we look at all the benefits we get just by simply eating at least an apple each day. Their advantage is that they are well tolerated by any type of body and system, therefore you can eat them even as a baby, not to mention as a grown-up.

Apples are packed with fibers that improve your digestion and reduce intestinal disorder. In fact, an average size apple has about 4g fibers, which is almost all you need for an entire day. They are also rich in antioxidants, which are disease-fighting compounds that help prevent damage to your cells. Studies have shown that eating at least an apple each day lowers the risk of respiratory diseases, such as asthma, it lubricates the lungs and increases body fluids.

Apart from all the benefits you can get by eating them raw, they also make excellent desserts as once baked they turn very tender, soft and silky, creating amazing desserts without much hassle. The recipes found in this chapter will prove you that even the simplest things like an apple can create an exquisite dessert in very little time. All the recipes are delicious, fragrant and flavorful, perfect to end a meal on a high note or as a snack.

Apple Cinnamon Crepes



Crepes are sometimes believed to be the same with pancakes, but the difference is that crepes are flat and they are filled and rolled with anything you like, from jam to Nutella. This particular recipe uses a delicious, fragrant apple filling.

Yields: 10-15 crepes

Ingredients:

- 3 eggs
- 1 cup whole wheat flour
- 1 cup low-fat milk
- 3/4 cup water
- 1 teaspoon sugar
- 1 teaspoon vanilla extract
- oil for cooking
- 4 apples, peeled, cored and cubed
- 1/4 cup brown sugar
- 2 tablespoons butter

Directions:

To make the crepes, mix the eggs with the milk, water, sugar and vanilla then incorporate the whole wheat flour. Mix well and let the batter rest for 30

minutes.

Heat a large frying pan and brush it with a thin layer of oil. Pour a few tablespoons of batter into the pan and move the pan around to coat the bottom with a thin layer of batter. Cook for 1-2 minutes on each side, being careful not to burn it as it is very thin. Stack the crepes on a plate.

To make the filling, melt the butter in a frying pan and stir in the brown sugar. Cook until melted then add the cubed apples and keep cooking for 5-10 minutes or until the apples are tender and coated in caramel. Remove from heat and let it cool before use.

To finish the crepes, simply spread some filling on each one then roll it tight. Serve with a drizzle of cream if you like.

Mini Apple Galettes

Apples have a rather earthy flavor, especially combined with cinnamon, but when cooked they turn into this creamy, rich dessert that makes these galettes really special.

Yields: 4-6 mini galettes (5-inch diameter)

Ingredients:

Crust:

1/2 cup all purpose white flour

1/2 cup whole wheat flour

1 tablespoon sugar

1 pinch of salt

3oz cold butter, cubed

2-4 tablespoons cold water

Filling:

4 apples, peeled, cored and sliced

2 tablespoons lemon juice

1/2 cup raisins

2 tablespoons sugar

1 teaspoon cinnamon

1/2 teaspoon ground ginger

1 pinch nutmeg

Directions:

To make the crust: In a bowl, combine the flours with the sugar and salt then rub in the cold butter until the dough looks sandy. Add the water, tablespoon by tablespoon and mix the dough just until it comes together. Wrap it in foil and refrigerate for 1 hour.

After 1 hour, divide the dough into 4 equal portions and roll each into a small round sheet. Transfer all on baking trays lined with parchment paper. Set aside.

To make the filling: In a bowl, mix the apples with the lemon juice, raisins, sugar and spices.

Add a few tablespoons of filling in the center of each galette then carefully lift the edges up and wrap them over the filling, leaving the center exposed.

Bake in the preheated oven at 375F for 20-30 minutes or until golden brown and

the apples are tender.

Serve them warm with a scoop of ice cream or chilled, with a dollop of whipped cream.

Apple Pie

Apple pie is a classic, but you simply can't not love it with its moist, juicy filling and crunchy, flaky crust, baked to perfection.

Yields: 1 10-inch apple pie

Ingredients:

Crust:

1 1/2 cup low-fat cottage cheese

1 egg

2/3 cup sugar

1 1/2 teaspoons baking powder

1 teaspoon lemon juice

2oz butter, softened

1 cup all purpose flour

1 cup whole wheat flour

Filling:

6 large apples, peeled, cored and cubed

2 tablespoons cornstarch

2 tablespoons sugar

1 tablespoon lemon juice

1 teaspoon cinnamon

1 pinch nutmeg

Directions:

To make the crust: Mix all the ingredients together in a bowl until the dough just comes together. Do not over mix it or knead it for too long. Wrap it in foil and refrigerate it for 1 hour. After 1 hour, divide the dough in half. Take 1 half and roll it into a thin round sheet then carefully transfer it into a deep dish baking pan greased with butter. Set aside the pan then roll out the other part of dough.

To make the filling: Mix the apples with the sugar, cornstarch, lemon juice and spices in a bowl then spoon it into the pan over the crust. Cover with the other dough sheet and seal the edges slightly. Using a fork or a knife, make some holes on top of the pie to allow the steams to come out.

Bake in the preheated oven at 350F for 40-50 minutes or until fluffed and crisp on the outside, while juicy and creamy on the inside.

Let the pie cool completely before slicing into it.

Apple and Blueberry Cobbler

Cobblers are incredibly easy to make, but they resemble a pie being juicy, with a crisp topping and highly flavorful as the fruits fruit filling is simple, focusing on the fruits themselves, rather than on spices or batter.

Yields: 1 9x13-inch pan

Ingredients:

- 1 cup whole wheat flour
- 3/4 cup all purpose white flour
- 1 pinch of salt
- 2 tablespoons brown sugar
- 3oz butter
- 1 cup milk
- 2 pounds blueberries
- 4 apples, peeled, cored and cubed
- 1 teaspoon cinnamon
- 2 tablespoons cornstarch
- 2 tablespoons sugar
- 1 teaspoon ground ginger

Directions:

Cut the fruits and put them in a bowl. Sprinkle in the sugar, ginger, cinnamon and cornstarch. Toss to evenly coat them then transfer them in a deep dish baking pan.

To make the batter, combine the flours with the salt, brown sugar and cold butter. Rub the butter into the flour until sandy then pour in the milk and mix well. Spoon the batter over the fruits in the pan. It doesn't have to be even so do not bother with spreading evenly over the fruits, simply drop spoonfuls of batter on top.

Bake in the preheated oven at 350F for 30-40 minutes or until the fruits are tender and the top is golden brown and crisp.

Apple Cinnamon Cake



Easy to make, but moist and flavorful, this cake will impress you with how fluffy it is. Plus, it only has ingredients that you can have in your pantry at any time of the year, therefore you can make it whenever you feel like something sweet.

Yields: 1 9-inch round cake

Ingredients:

3/4 cup sugar

3 eggs

1/2 cup all purpose white flour

1/2 cup whole wheat flour

1/2 cup olive oil

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon vanilla extract

4 apples, peeled, cored and sliced

1 pinch of salt

Directions:

In a bowl, mix the eggs with the sugar until frothy then add the olive oil. In another bowl, sift together the flours with the baking powder and soda and a pinch of salt. Incorporate the flour into the egg mixture and add the vanilla extract. Spoon the batter into a 9-inch round cake pan and top with apple slices.

Bake in the preheated oven at 350F for 30-40 minutes.

When done, remove from the oven and let it cool in the pan slightly then transfer on a serving plate and dust with plenty of powdered sugar.

Apple Streusel Cake

Having a crunchy topping, this cake surprises you not only with its flavors, but also with how moist and delicious is, the topping creating an interesting contrast with the fluffy, spongy base.

Yields: 1 10-inch round cake

Ingredients:

Cake:

4 apples, peeled, cored and sliced
1 tablespoon lemon juice
1 cup sugar
3oz butter, softened
3 eggs
2 tablespoons vegetable oil
1 cup Greek yogurt
1 cup all purpose white flour
1 1/2 cup whole wheat flour
1 1/2 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
1 pinch nutmeg
1 pinch salt
1/2 teaspoon ground cloves
1/2 cup chopped walnuts

Streusel:

2 tablespoons brown sugar
2 tablespoons rolled oats
4 tablespoons butter, cold
1/4 cup whole wheat flour

Directions:

To make the cake: In a bowl, cream the butter with the sugar until fluffy and pale in color. Add the 3 eggs, one at a time and mix well until combined before adding the other. Add the vegetable oil then incorporate the flours sifted with the baking powder, baking soda and spices, as well as a pinch of salt. Mix well to

combine then spoon the batter in a 10-inch round cake pan. Arrange the apple slices on top and set aside.

To make the streusel: In a bowl, combine the brown sugar with the oats and flour then rub in the cold butter until sandy. Sprinkle the streusel over the cake in the pan.

Bake in the preheated oven at 350F for 40-50 minutes or until golden brown and crisp.

Caramel Apple Cake

Apples and caramel make an excellent combination due to the fact that both of them have an earthy flavor and a creamy texture. This cake is drizzled with plenty of caramel saucy to make it even more juicy than it already is.

Yields: 1 9-inch round cake

Ingredients:

Cake:

2 apples, peeled, cored and sliced
2 tablespoons brown sugar
1 teaspoon vanilla extract
2 1/2 cups almond meal
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 cup honey
1/2 cup vegetable oil
1 egg yolks
4 egg whites
1 pinch of salt

Caramel sauce:

1 cup sugar
2/3 cup heavy cream

Directions:

To make the cake: In a bowl, mix the egg yolks with the honey, vegetable oil and vanilla extract. Add the almond flour, baking soda, cinnamon and a pinch of salt. In another bowl, clean from any grease, whip the egg whites until stiff peaks form. Gently fold in the egg whites into the almond batter. Take a 9-inch round cake pan and sprinkle the brown sugar on the bottom. Arrange the apple slices over the sugar then spoon in the batter.

Bake in the preheated oven at 350F for 30-40 minutes. When done, remove from the oven, let it cool down for 10 minutes then flip the pan over a serving plate. Carefully lift the pan so the cake is revealed.

To make the sauce: Mix the sugar in a heavy saucepan. When the sugar is melted and smooth, but not burnt, pour in the cream. Mix well and keep on heat just

until it comes together and looks smooth. Remove from heat and let it cool before serving.

Serve a slice of cake with plenty of sauce.

Apple Upside-Down Cake

Upside down cakes make an excellent dessert just because they are easy to make, but moist, creamy and flavorful. Apples are the perfect fruits for this kind of cakes as they turn soft after baking, but still hold their shape, they are creamy and flavorful and they are also easy to find all year around.

Yields: 1 9-inch round cake

Ingredients:

3oz butter
1 cup all purpose flour
3/4 cup whole wheat flour
1 teaspoon cinnamon
3/4 teaspoon baking soda
1/2 teaspoon baking powder
3/4 cup light molasses
1 egg
1 teaspoon fresh grated ginger
1/4 cup sugar
1/2 cup low fat sour cream
1/3 cup low fat milk
4 apples, peeled, cored and sliced

Directions:

In a bowl, combine the flours with a pinch of salt, cinnamon, baking soda and baking powder. In another bowl, beat together the egg, molasses, ginger and half of the sugar, then add the sour cream and milk. Incorporate this mixture into the flour and mix well.

Take a 9-inch round cake pan and sprinkle the remaining sugar on the bottom. Arrange the apple slices over the sugar then spoon in the batter you just made. Bake in the preheated oven at 350F for 30-40 minutes or until a skewer inserted in the middle of the cake comes out clean. Remove the pan from the oven and let it cool down for a few minutes then turn the pan over a serving plate to flip the cake upside-down. Carefully lift the pan to reveal the cake. Let it cool completely before serving.

Raisin Baked Apples



Baked apples are so easy to make, yet so delicious and juicy, as well as fragrant. This particular recipe uses raisins to stuff the apples, turning them into an exquisite dessert, especially if you serve them with a scoop of ice cream and a drizzle of fresh cream.

Yields: 4 servings

Ingredients:

4 large apples

1/2 cup raisins

1/4 cup dried cranberries

1 teaspoon cinnamon

4 tablespoons brown sugar

Directions:

Take each apple and scoop out the core, without peeling it or breaking it. It has to keep its shape. Arrange the apples in a deep dish baking pan and set aside.

In a bowl, combine the raisins with the cranberries, cinnamon and sugar. Evenly spread the filling between each apple.

Bake in the preheated oven at 350F for 30 minutes or until the apples are soft and fragrant.

Serve them warm or cold topped with a dollop of cream or a scoop of ice cream.

Apple Cinnamon Cups

These turnovers have the same flavor as a pie, except that they come in a smaller shape and are easier to just grab and eat. They are also very versatile as you can adapt the recipe and use any apples you like or any spices you think might work.

Yields: 10-12

Ingredients:

6 phyllo dough sheets
6 apples, peeled, cored and diced
1/4 cup raisins
4 tablespoons sugar
1 teaspoon cinnamon
1/4 teaspoon ground cloves

Directions:

Grease a muffin pan with butter and set aside.

In a bowl, mix the cubed apples with the raisins, sugar, cinnamon and ground cloves.

Flour your working surface well then roll out the phyllo sheets. Take 3 sheets and layer them together. Cut them into 6-8 smaller squares then arrange the layered squares in your muffin tin. Put 2-3 tablespoons of apple filling in each muffin cup. Fold the dough over the filling.

Bake in the preheated oven at 400F for 5 minutes then lower the heat at 350F and bake 10-15 more minutes.

Plums



Fleshy and succulent, plums come in different sizes and colors, but they are all

just as delicious, although each one has a different aroma. They are pretty common fruits, especially during summer and fall, so you might as well take advantage of that and consume them as they have some health benefits that can't be ignored.

Plums are rich in vitamin C and antioxidants which protect your cells from damage, but they also increase absorption of iron into your body. In addition to this, vitamin C also boosts your immune system, especially in the cold and flu season.

Apart from vitamin C, plums are able to provide you with vitamin A, beta-carotene and potassium. But one of the most noticeable benefits they have is that they are rich in fibers and that helps you have a better digestion and absorb nutrients from your food better. It also reduces intestinal distress.

Being so fleshy and juicy, they make excellent dessert, not to mention their beautiful color. Everything about them is appealing when it comes to use them in your sweets so do not neglect them when you see them at the market next time. You will not regret it!

Plum Olive Oil Cake



Olive oil has a distinctive taste, but it works great in this cake as the plums mellow it down. The final cake is healthy, filling, packed with flavors and fibers, great as a dessert, but even better as breakfast or snack.

Yields: 1 10-inch round cake

Ingredients:

- 1 cup all purpose flour
- 1/2 cup whole wheat flour
- 1/2 cup cornmeal
- 1 pinch salt
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup fat-free yogurt
- 1/2 cup extra virgin olive oil
- 1/2 cup sugar
- 2 eggs
- 1 teaspoon lemon zest
- 6 large plums, pitted and sliced

Directions:

In a bowl, combine the flours with the cornmeal, a pinch of salt, cinnamon, baking soda and baking powder. In a separate bowl, mix together the yogurt,

olive oil, eggs, sugar and lemon zest. Stir in the dry ingredients and give it a good mix until well combined.

Grease a 10-inch cake pan with olive oil and flour it slightly. Spoon the batter into the pan then arrange the plum slices on top.

Bake in the preheated oven at 350F for 30-40 minutes. When done, remove from the oven and let it cool completely before serving.

Chocolate and Plum Cheesecake

Cheesecakes are so fluffy and rich, but this particular recipe uses low fat cream cheese and yogurt without sacrificing that creaminess. Adding chocolate only makes it more flavorful so combined with the poached plums, it yields an outstanding dessert.

Yields: 1 10-inch cheesecake

Ingredients:

Crust:

10oz graham cracker
2 tablespoons brown sugar
4 oz butter, melted
2 oz applesauce

Filling:

15oz low-fat cream cheese
15oz plain yogurt
2/3 cup sugar
2 tablespoons cornstarch
3 eggs
2 teaspoons vanilla extract
4 oz dark chocolate, melted
1 pinch salt

Topping:

1 pound plums, pitted and sliced
2 tablespoons sugar
1 cinnamon stick
1 star anise
1/4 cup water

Directions:

To make the crust: Place the crackers and sugar in a food processor and pulse until ground. Pour in the melted butter and pulse until well mixed. Transfer on a 10-inch round cake pan and press the dough on the bottom and sides of the pan with your fingertips. Set the pan aside.

To make the filling: Mix the cream cheese with the yogurt, sugar and eggs, then

add the vanilla, cornstarch, salt and melted chocolate. Pour this filling into the pan and bake in the preheated oven at 350F for 40-50 minutes. If needed, lower the temperature a few degrees during baking. When done, remove from the oven and let it cool in the pan first, then transfer on a serving plate.

To make the topping: Put all the ingredients in a saucepan and bring to a boil. Simmer on low heat for 5-10 minutes until the fruits are just a bit tender, but still firm. Remove from heat and let them cool then top the cheesecake with poached slices and drizzle a bit of the syrup they have been simmering into.

Roasted Plums Almond Cake

Almonds and plums make an excellent team as they both have an earthy, nutty flavor. This particular cake is moist, healthy and had much more flavor than a cake made with white flour.

Yields: 1 6-inch round cake

Ingredients:

- 1 cup whole wheat flour
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/4 cup vegetable oil
- 1/2 cup low fat milk
- 1/4 cup sliced almonds, toasted
- 1/4 cup maple syrup
- 1 pinch of salt
- 4 plums, pitted and sliced

Directions:

In a bowl, combine the flour with the sugar, baking powder and salt, then stir in the oil and milk. Give it a good mix until well combined then stir in the sliced almonds and maple syrup. Spoon the batter into a 6-inch round cake pan lined with baking paper. Top with plum slices.

Bake in the preheated oven at 350F for 30-40 minutes or until a skewer inserted in the middle of the cake comes out clean.

When done, remove from the oven and let the cake cool in the pan then transfer on a serving plate and decorate with powdered sugar.

Plum Crostata



Crostata is an Italian rustic tart, usually made with a crisp pastry dough and fruits. The recipe itself is very basic and can be done by anyone, even a novice in the kitchen, but it yields a delicious, juicy dessert for your meals.

Yields: 2 6-inch crostata

Ingredients:

- 3/4 cup all purpose flour
- 3/4 cup whole wheat flour
- 2/3 teaspoon baking powder
- 6 oz butter, cold and cubed
- 4 oz applesauce
- 2-4 tablespoons cold water
- 1/2 cup brown sugar
- 1 1/2 pounds plums, pitted and sliced
- 1 teaspoon fresh grated ginger
- 1 teaspoon cinnamon

2 tablespoons cornstarch

Directions:

In a bowl, toss together the plums with the brown sugar, cinnamon, ginger and cornstarch. Set aside.

In another bowl, mix the flours with the baking powder then stir in the butter cubes and mix well until it looks sandy. Add the applesauce and cold water, spoon by spoon, mixing well until the dough comes together. No need to knead the dough. Wrap it in plastic wrap and refrigerate 30 minutes.

After 30 minutes, flour your working surface well and transfer the dough there. Divide it into 2 pieces and roll each one into a 9-inch circle. Spoon the filling in the center of the dough and spread it out to the edges. Carefully lift the edges and wrap them over the filling to the center, leaving the middle exposed.

Bake in the preheated oven at 375F for 20-30 minutes or until golden brown on the edges.

Serve cold, with a drizzle of fresh cream.

Plum Cream Cheese Bread

Adding cream cheese to this bread not only gives it much more flavor, but also makes it moister. You can store it for a few days with no problem. If it lasts that long that is.

Yields: 1 loaf

Ingredients:

- 1 cup all purpose flour
- 1 cup rolled oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 pinch of salt
- 8oz butter, room temperature
- 2 eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 5 oz plums, pitted and cubed
- 4 oz low-fat cream cheese, room temperature
- 1/4 cup brown sugar

Directions:

Mix the dry ingredients: flour, oats, baking powder, baking soda and salt in a bowl. In a separate bowl, mix the butter with the sugar until fluffy and creamy. Add the eggs, one by one then the vanilla and almond extract, followed by the cream cheese. Mix well then incorporate gradually the dry ingredients. When the mixture is well mixed, fold in the cubed plums and spoon the batter into a loaf pan lined with baking paper.

Bake in the preheated oven at 350F for 30-40 minutes or until fluffy and golden brown.

Red Wine Plum Cobbler

This combination of plums and red wine is exquisite and fragrant so the dessert itself is perfect to end a special dinner on a high note.

Yields: 1 9-inch square pan

Ingredients:

2 pounds red and black plums, pitted and sliced
1 apple, peeled, cored and sliced
juice from 1 orange
1 teaspoon orange zest
1/2 cup red wine
1/2 teaspoon cinnamon
2 tablespoons cornstarch
4 tablespoons sugar
1 cup all purpose flour
1/4 cup whole wheat flour
1 teaspoon baking powder
1 egg
1/2 cup buttermilk
1 oz melted butter
1 pinch of salt

Directions:

Mix the plums with the apple, orange juice and zest, red wine and cinnamon in a bowl. Add the cornstarch and sugar and mix well. Transfer into a 9-inch deep dish square pan.

To make the topping, mix the flours with the baking powder and salt in a bowl. Add the egg, butter and buttermilk at once and mix until well combined. Drop spoonfuls of batter over the fruits. It doesn't have to be even so don't bother with spreading it evenly over the fruits.

Bake in the preheated oven at 350F for 40-50 minutes or until the fruits are tender and the topping is golden brown and the edges are bubbling with fruits juice.

Plum and Chocolate Flognarde

Flognarde is a fruit based French dessert that captures the juiciness of the fruits into a delicious, pudding like batter. The plums combined with this chocolate batter make an incredibly delicious dessert to enjoy after a rich meal.

Yields: 1 5-inch round pan

Ingredients:

6 large plums, pitted and sliced

1 oz butter

2oz all purpose flour

1oz cocoa powder

1/2 cup sugar

2 oz dark chocolate, melted and cooled

1 1/2 cups heavy cream

3 eggs

butter to grease the pan

Directions:

Heat the butter in a heavy pan over medium flame. Add the plums and cook for 5 minutes. Set aside.

In a bowl, combine the cocoa powder and sugar with the flour, then stir in the heavy cream and eggs. Mix well then stir in the melted chocolate.

Grease 1 5-inch round cake pane with butter and spoon the batter into the pan. Top with sautéed plums and bake in the preheated oven at 375F for 20-30 minutes.

Plum and Amaretti Bowls



If you're looking for a quick dessert that is still flavorful and delicious with a hassle, then you came to the right place. This recipe only uses a few ingredients, but the end result is surprisingly delicious and fragrant.

Yields: 2 servings

Ingredients:

1/2 cup sugar

6 large plums, cut in quarters and pitted

1 cinnamon stick

6 amaretti cookies, crushed

1/2 cup water

Directions:

Pour the water and sugar in a saucepan and bring to a boil. Add the cinnamon stick and plums and simmer on low heat for 5-10 minutes until the fruits are tender, but still hold their shape. Spoon the fruits into large serving glasses or bowls and top with crushed amaretti just before serving. You can also add a scoop of vanilla ice cream.

Plum and Oatmeal Crumble

Oatmeal and plum into same dessert can only be delicious, flavorful and healthy. Plus, this dessert falls under the easy-to-do category as it only takes a few minutes to put it together.

Yields: 1 9-inch square pan

Ingredients:

- 1 pound ripe plums, pitted and halved
- 4 tablespoons maple syrup
- 2 oz cold butter, cubed
- 1/2 cup rolled oats
- 1/2 cup whole wheat flour
- 1 teaspoon cinnamon
- 1 tablespoon sugar
- 1/4 cup sliced almonds

Directions:

Take a 9-inch square pan and arrange the plums in it.

In a bowl, mix the rolled oats with the flour, cinnamon, sugar and cold butter. Rub the butter with your fingertips until the mixture looks sandy. Spoon the mixture over the fruits in the pan and top with sliced almonds. Bake in the preheated oven at 350F for 30 minutes.

When done, remove from the oven and let it cool before serving. Serve with a scoop of ice cream or fresh cream.

Roasted Plum and Raisins

This is one of the easiest recipes you can think of, but also one of the most delicious as it focuses on the fruits themselves and on their flavor, rather than on a batter or cream. They make a luscious dessert either served alone or with a dollop of cream or ice cream.

Yields: 4 servings

Ingredients:

8 large plums, halved and pitted

1/4 cup dark rum

1/4 cup raisins

2 tablespoons brown sugar

1/4 teaspoon cinnamon powder

Directions:

Mix the raisins with the rum in a bowl and let them soak over night.

Arrange the plum halves in a baking pan, making sure the cut is facing up.

Combine the soaked raisins with the sugar and cinnamon then spoon the mixture over each plum.

Bake in the preheated oven at 375F for 15-20 minutes until the fruits are tender and fragrant.

Berries



One of the most delicious and fragrant fruits during summer are berries, either wild berries or culture berries. Although there is a slight aroma difference between them, they all have the same health benefits so you might want to

include them in your diet during summer as often as you can.

How can you not like strawberries, blueberries, raspberries, cranberries or blackberries given the fact that they are incredibly flavorful?! And although all the fruits are rich in vitamins and nutrients, berries must be on the top 3 when it comes to antioxidants, such as vitamin C, quercetin and anthocyanins. Quercetin slows down the aging process, while anthocyanins reduce inflammation and help relieve joint pains. As for the vitamin C, we all know how effective it is for boosting your immune system and help your skin look better and be more flexible.

Berries are also packed with fibers which help in weight loss, reducing blood pressure and cholesterol. And last, but not least, wild berries or culture ones are rich in folate which is crucial for a healthy heart and mind. In fact, it is believed that folate reduces memory loss and fights back depression, being a great mood elevator.

In addition to all that, berries also make excellent dessert due to being so juicy and having so much flavor. From simple cakes to mousses or cupcakes, they are delicious and the desserts themselves are exquisite and fragrant. This chapter includes some of the most delicious desserts you can think of. They are all fail-proof and quite easy to make so go ahead and choose one to make as you will surely not regret it.

Berry Cobbler



Cobblers are easy-to-make desserts without sacrificing any of the taste. In fact, they are more juicy and flavorful than any other dessert just because the batter is delicate and thin, while the fruits are baked to perfection, juicy and delicious.

Yields: 1 9-13 inch deep dish baking pan

Ingredients:

- 4 cups fresh berries
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1/2 cup all purpose white flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1 pinch of salt
- 3 oz butter, cubed
- 3/4 cup sour cream
- 1/4 cup brown sugar

Directions:

Mix the berries with sugar and cornstarch then transfer them into a 9x13-inch deep dish baking pan. Place the pan aside.

In another bowl, combine the flours with a pinch of salt, sugar and baking

powder then rub in the cubed butter until the mixture looks sandy. Stir in the sour cream then spoon the batter over the berries.

Bake in the preheated oven at 350F for 30-40 minutes or until just slightly golden brown on top. When done, scoop it into bowls and serve with a scoop of ice cream on top.

Berry Sorbet

There is nothing better during summer than a scoop of this amazing raspberry sorbet that will impress you with its freshness, creaminess and amazing flavor.

Yields: 1 quart

Ingredients:

4 cups fresh berries

juice from 1/2 lemon

1 cup water

3/4 cup sugar

Directions:

Pour the water and sugar in a saucepan and bring to a boil. Simmer for 5 minutes then remove from heat and let this syrup cool to room temperature. Put the raspberries and lemon juice in a blender and pulse until well blended then pass the puree through a fine sieve to remove the seeds. Combine the puree with the sugar syrup and pour the mixture into your ice cream maker. Turn the machine on and churn according to your machine's instructions. When done, if you don't plan to serve it right away, store it in an airtight container in the freezer.

Berry Lemon Bundt Cake

Bundt cakes have this beautiful shape that makes them so special, plus they are also very versatile as you can make them any way you want, using any fruits you like and any flavors you prefer.

Yields: 1 Bundt cake - 10-12 servings

Ingredients:

- 1 cup all purpose flour
- 1 1/2 cups whole wheat flour
- 1 pinch of salt
- 2 teaspoons baking powder
- 6oz butter, softened
- 1 2/3 cup sugar
- 5 eggs
- 1 tablespoons dark rum
- 1 teaspoon vanilla extract
- 1 cup sour cream
- 2 cups fresh berries
- 1 tablespoon lemon zest

Directions:

In a bowl, sift the flours with the salt and baking powder and set aside.

In a different bowl, mix the butter, softened, with the sugar until creamy and fluffy, then add the eggs, one after another, beating very well after each one. Gradually stir in the flour, alternating it with sour cream, then fold in the lemon zest and berries. Spoon the batter into your Bundt pan, greased with butter then bake in the preheated oven at 350F for 40-50 minutes or until fragrant and golden brown. When done, let the cake cool in the pan then transfer on your serving plate and cover with powdered sugar.

Almond and Berry Crunchy Cake

An almond crust is topped with berries then covered with a crumbly granola layer. It is then baked to perfection until crisp, but still juicy and flavorful.

Yields: 1 9x13-inch pan

Ingredients:

- 1/2 cup slivered almonds
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 2/3 cup powdered sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 pinch of salt
- 4oz cold butter, cubed
- 2 eggs
- 1 teaspoon vanilla extract
- 2 1/2 cups fresh berries
- 1/2 cup sliced almonds
- 1/2 cup whole wheat flour
- 1/2 cup rolled oats
- 1/2 cup desiccated coconut
- 4 oz butter

Directions:

In a bowl, mix the slivered almonds with the flours, powdered sugar, baking powder and baking soda, as well as a pinch of salt. Add the butter cubes and rub them together until sandy. Stir in the eggs and vanilla and add 2-4 tablespoons cold water if the dough does not come together. Using your fingertips, spread the dough on the bottom of a 9x13-inch pan, then cover the dough with fresh berries. In another bowl, mix the whole wheat flour with the rolled oats, coconut and butter. Mix well until sandy then spread this dough over the fresh fruits. Top with sliced almonds and bake in the preheated oven at 350F for 30-40 minutes or until golden brown.

Berry Salad with Mint Dressing



There is nothing more fragrant during summer than a bowl of fresh mixed berries packed with vitamins and fibers, but imagine adding a touch of mint to that bowl and there you have it - a delicious, healthy and refreshing salad.

Yields: 2-4 servings

Ingredients:

- 1 cup strawberries, sliced
- 1 cup raspberries
- 1 cup blueberries
- 1 cup blackberries
- 1 orange, cut into segments
- 2 tablespoons honey
- 2 tablespoons Cointreau
- 1/4 cup fresh mint leaves
- 1/4 cup orange juice
- 1 tablespoon lemon juice

Directions:

In a bowl, mix the strawberries with the raspberries, blueberries, blackberries and orange segments. In another bowl, whisk together the honey with Cointreau,

orange juice, lemon juice and mint leaves. Pour this dressing over the fruits and mix gently. Refrigerate at least 1 hour before serving.

Berry Cheesecake

A classic dessert, topped with a delicious, fragrant berry syrup turns into an exquisite, incredible dessert, perfect to end any meal on high note. Plus, it can be made ahead in time and kept in the fridge for a few days.

Yields: 1 10-inch round cheesecake

Ingredients:

Crust:

2 cups graham crackers
2 tablespoons powdered sugar
1 teaspoon vanilla extract
4 oz butter, melted

Filling:

20oz low-fat cream cheese
1 cup sour cream
2/3 cup sugar
4 eggs
2 tablespoons cornstarch
1 teaspoon vanilla extract
seeds from 1 vanilla bean

Berry syrup:

2 cups fresh berries
1/4 cup sugar
1 teaspoon lemon juice
1/4 cup water

Directions:

To make the crust: Put the crackers and sugar in a food processor and pulse until ground then add the vanilla and melted butter. Pulse until it comes together as a dough then transfer into a 10-inch round cake pan and press it on the bottom and sides of the pan. Use your fingertips or a spoon for this task. Set aside.

To make the filling: Mix the cream cheese with the sugar and sour cream, then add the eggs, cornstarch and vanilla. Pour this filling over the crust and bake in the preheated oven at 350F for 40-50 minutes.

To make the syrup: Pour the water and sugar in a small saucepan and simmer for

2-3 minutes then add the lemon juice and berries and cook for 5 minutes or until soft. The fruits need to be whole, but slightly tender and flavorful.

To serve the cheesecake, top it with berries just before serving then drizzle with syrup on the plate.

Summer Berry Pie

Because they have lots of pectin, which helps thicken fruit sauce, berries also make an excellent pie which will cut perfectly when chilled. It then can be served with whipped cream or ice cream and you will have a surprisingly delicious dessert to enjoy.

Yields: 1 9-inch pie

Ingredients:

Crust:

1 cup whole wheat flour
1/2 cup all purpose flour
3oz cold butter, cut into cubes
1 pinch of salt
2 tablespoons sugar
2-4 tablespoons cold water

Filling:

4 cups fresh berries
3 tablespoons cornstarch
1 teaspoon lemon zest
1 tablespoon lemon juice
1/2 cup brown sugar

Directions:

To make the crust: In a bowl, mix the flours with the salt and sugar then rub in the cold butter cubes. Mix until the dough looks sandy, then add 1 tablespoon of cold water at a time until the dough comes together. Transfer it on a well floured surface and cut it in half. Roll out each half into 2 circles. Arrange one of the dough circles on the bottom of a 9-inch round pan and set aside.

In a bowl, mix the berries with the cornstarch, lemon zest, lemon juice and sugar. Transfer this mixture into the pie crust then cover with the other dough circle. Using a fork, make a few holes in the crust to allow the steams to come out then bake in the preheated oven at 350F for 30-40 minutes or until golden brown and flaky.

Berry Shortcake Cookies

Cookies are always a great idea for pretty much anything y u can think of, from breakfast to parties, especially if you try to make them as healthy as possible using whole wheat flour and fresh berries.

Yields: 2-3 dozen

Ingredients:

- 2 cups strawberries, diced
- 1 teaspoon lemon juice
- 1 cup all purpose white flour
- 1 whole wheat flour
- 2/3 cup sugar
- 2 teaspoons baking powder
- 1 pinch of salt
- 2 oz butter, cut into cubes
- 3/4 cup heavy cream

Directions:

In a bowl, mix the flours with the sugar, baking powder and salt then rub in the butter until sandy. Stir in the heavy cream, strawberry dices and lemon juice. Mix gently until it comes together then drop spoonfuls of dough on a baking tray lined with baking paper. Bake in the preheated oven at 375F for 20-25 minutes or until golden brown and crisp on the outside and moist on the inside. Let them cool in the pan before storing into an airtight container.

Vanilla Berry Cake

This cake is so rich and fragrant that you will save the recipe for another time as well. The berries give it moisture while the butter makes it crumbly and flavorful. The cake is so delicate that it complement any kind of frosting, but the best way to taste it is to just dust it powdered sugar.

Yields: 1 9-inch round cake

Ingredients:

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1 pinch of salt
- 4 eggs
- 1 cup sugar
- 3 oz butter
- 1/2 cup low fat milk
- 2 teaspoons vanilla extract
- 2 cups fresh mixed berries

Directions:

In a bowl, mix the flours with a pinch of salt and baking powder, as well as the sugar. Rub in the butter then pour in the milk and mix on high speed for 1 minutes. Fold in the fresh berries and spoon the batter into a 9-inch cake pan lined with baking paper.

Bake in the preheated oven at 350F for 30-40 minutes or until skewer inserted in the center of the cake comes out clean of crumbs or raw batter. Let the cake cool in the pan then transfer on a serving plate and cover with powdered sugar.

Berry Lemon Muffins



These lemon scented berry muffins are an excellent dessert for a special occasion as they are flavorful and their aroma awakens your senses with how strong, yet not at all overpowering it is.

Yields: 10-12 cupcakes

Ingredients:

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 pinch of salt
- 2/3 cup sugar
- 2 eggs
- 1/4 cup lemon juice
- 2 teaspoons lemon zest
- 3/4 cup low-fat milk
- 1/3 cup low-fat yogurt
- 1/2 cup vegetable oil
- 1 1/2 cups mixed berries, fresh or frozen

Directions:

In a bowl, combine the flours with the baking soda and powder, a pinch of salt and sugar. In another bowl, mix the lemon juice, lemon zest, milk, yogurt and oil then add the 2 eggs and mix well. Pour this mixture over the flour and give it a good mix. Turn your mixer on high speed and beat for 1 minutes. Fold in the berries. Line a muffin tin with muffin papers then spoon the batter into the muffin cups. This quantity of batter will yield 10 to 12 cupcakes.

Bake in the preheated oven at 375F for 15-20 minutes or until golden brown and fragrant.

Let them cool in the pan.

Lemons



Lemon must be one of the most used fruit worldwide and there is a reason for that - lemons are not only healthy, but they also have various cooking applications. Although size wise, compared to other citrus fruits, it is smaller, it

is the healthiest one among them, being packed with antioxidants, vitamin C and having no cholesterol or any sort of fats.

The vitamin C or ascorbic acid is a natural, powerful antioxidant which helps your immune system and fights infectious agents. However, vitamin C is not the only antioxidant in lemons as they are also rich in lutein or beta-carotenes which are known to have an anti-inflammatory effect and boost immune system.

The acidic taste of lemons is given by the citric acid which is a natural preservative recognized for improving digestion and kidney processes. And although they are this acidic to the taste, combined with the liquids in our body, they turn alkaline so a glass of water with lemon juice in the morning will help restore your body's pH balance.

Apart from how healthy they are and all their health benefits, lemons have many cooking applications and they make excellent desserts due to their tangy taste and incredibly fresh aroma. This chapter focuses on lemons and their aroma and every single recipe found here will impress you with how much flavor can be packed into just one slice of cake or a cupcake.

Glazed Lemon Pound Cake



This glazed lemon pound cake will impress you with its sweet and sour taste, crumbly texture and that incredibly flavorful glaze poured all over the cake, enhancing its aroma and taste.

Yields: 2 loaves

Ingredients:

Cake:

8oz butter, room temperature

1 cup whole wheat flour

2 cups all purpose flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1 pinch of salt

3/4 cup low-fat buttermilk

1/4 cup lemon juice

3 tablespoons lemon zest

1 1/2 cups sugar

5 eggs

Glaze:

juice from 1/2 lemon

1 1/2 cups powdered sugar

Directions:

To make the cake: In a bowl, mix the butter with the sugar until creamy and fluffy. Add the eggs, one by one then mix well for 5 minutes. Stir in the lemon zest then incorporate the flours sifted with baking powder, baking soda and salt. Alternate the flour with buttermilk mixed with lemon juice. When well mixed, spoon the batter into 2 small loaf pans lined with baking paper.

Bake in the preheated oven at 350F for 30-40 minutes. When done, remove from the oven and let the loaves cool in the pan.

To make the glaze: Mix the lemon juice with the powdered sugar. If needed, add more sugar than 1 1/2 cups. The glaze should be thick, but still runny.

Drizzle the glaze over the 2 loaves then let it set for 1 hour.

Lemon Madeleines

Madeleine are some small French cookie type dessert made in a special madeleine pan. Although they are small like a cookie, they are fluffy and spongy, buttery and rich, but also fresh, especially if you consider making this particular recipe, flavored with plenty of lemon zest.

Yields: 2-3 dozen

Ingredients:

- 4oz butter, melted
- 1 cup all purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking powder
- 3 eggs
- 2 egg yolks
- 1/2 cup sugar
- 2 teaspoons lemon zest
- 2 tablespoons lemon juice
- 1 pinch of salt

Directions:

In a bowl, mix the flours with a pinch of salt and baking powder.

In another bowl, combine the eggs with the egg yolks, sugar, lemon zest and lemon juice then mix it with an electric mixer until creamy, fluffy and pale in color. It will take about 5 minutes. Add the melted butter then carefully fold in the flour. It is best to use a spatula for this step to prevent the eggs from deflating.

Grease a madeleine pan with butter and sprinkle it with flour. Fill the madeleine cups with batter then bake in the preheated oven at 400F for 10-15 minutes, depending on the oven. They should be golden brown. Remove the pan from the oven and turn it upside down on your working surface. Gently tap it on the bottom to release all the madeleines then sprinkle them with plenty of powdered sugar.

Limoncello Loaf

Limoncello is an Italian lemon liqueur with a strong lemon flavor which makes this loaf extremely flavorful and fragrant, as well as moist and rich.

Yields: 2 loaves

Ingredients:

- 6 oz butter, room temperature
- 1 cup sugar
- 1/2 cup Limoncello liqueur
- 5 eggs
- 2 cups all purpose white flour
- 1 cup whole wheat flour
- 3 teaspoons baking powder
- 1 pinch of salt
- 1 cup low fat milk
- 2 tablespoons lemon zest

Directions:

Cream the butter and sugar in a bowl until creamy and pale in color. Stir in the Limoncello liqueur then the eggs, one by one. Mix well until fully incorporated. Add the flours sifted with salt and baking powder, alternating with the milk. In the end, fold in the lemons zest and spoon the batter into 2 loaf pans lined with baking paper. Bake in the preheated oven at 350F for 30-40 minutes. When done, take the pan out of the oven and let the cakes cool in the pan before dusting with powdered sugar.

Lemon and Ricotta Tiramisu



Both lemons and ricotta are typical Italian ingredients which is why they work so beautifully together. This cake is moist, creamy, flavorful and comes as a refreshing delight after a rich dinner. Plus, adding a bit of Limoncello makes it even more delicious and fragrant.

Yields: 1 9-inch square cake

Ingredients:

- 2 cups water
- 3/4 cup sugar
- 2 tablespoons lemon zest
- juice from 1 lemon
- 2 pounds ladyfingers
- 30oz low fat ricotta cheese
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice
- 4 tablespoons Limoncello
- 1 cup powdered sugar
- 1 cup whipped cream

Directions:

In a bowl, mix the ricotta cheese with the grated lemon zest, lemon juice, sugar and 4 tablespoons of Limoncello.

To make the syrup, mix the water with the sugar and simmer on low heat for 5

minutes then add the lemon juice and zest and remove from heat. Let it cool to room temperature then strain.

To make the cake, dip each ladyfinger shortly in the lemon syrup and arrange them on the bottom of a loaf pan lined with plastic wrap. Top with a layer of ricotta cheese and a layer of whipped cream. Add another layer of ladyfingers and continue layering the ricotta, cream and ladyfingers until you run out. Make sure the top layer is ladyfingers.

Refrigerate the tiramisu for at least 4 hours then turn it upside down on a serving plate. Decorate with whipped cream and lemon rind shavings.

Lemon Soufflés

I believe everyone fears soufflés and the truth is that yes, they are difficult to master, but the end result is well worth it. This particular recipe yields a delicious, airy, mousse-like, fragrant soufflé that will impress any guests.

Yields: 6 ramekins

Ingredients:

1 oz butter, softened
1/2 cup sugar
8 egg yolks
10 egg whites
2 tablespoons flour
1/4 cup lemon juice
2 tablespoons lemon zest
1 cup low-fat milk

Directions:

In a bowl, mix the egg yolks with the flour, lemon zest and half of the sugar. Set aside.

Pour the milk into a saucepan and bring to a boil. Gradually pour it over the egg yolk mixture, whisking all the time. Transfer the mixture back into the saucepan and cook over medium heat until thick and creamy, whisking all the time to prevent it from sticking to the pan. When done, remove from heat and add the lemon juice and butter. Set aside.

In a clean bowl, whip the egg whites until stiff then add the other half of sugar and keep whipping until a glossy, stiff meringue forms. Gently fold this meringue into the egg yolk cream.

Grease 8 ramekins with butter and sprinkle them with flour. Fill each ramekin with batter and level them up. Clean the edges and bake the soufflés in the preheated oven at 375F for 10-15 minutes. Do not open the oven door to check them as any air inside the oven before they are done will deflate them.

When done, serve them immediately powdered with sugar. The longer you wait, the more they will deflate and stop being as impressive.

Lemon and Chia Biscotti

Biscotti have Italian origins and a cookie like texture which makes them perfect to be served next to a cup of tea or coffee in the morning.

Yields: 1-2 dozen

Ingredients:

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1 pinch of salt
- 1/2 cup coconut milk
- 2 tablespoons chia seeds
- 2 oz butter, softened
- 1/2 cup brown sugar
- 1 teaspoon lemon zest
- 1/2 cup hazelnuts, chopped
- 1 pinch of salt

Directions:

In a bowl, mix the flour with the baking powder and a pinch of salt. In another bowl, combine the coconut milk with the chia seeds and set aside.

Mix the butter with the sugar until creamy then add the coconut milk and chia seeds, followed by the lemon zest. Gradually incorporate the flour then fold in the chopped hazelnuts. Transfer the dough on a baking tray and shape it into a log. Bake in the preheated oven at 350F for 30-40 minutes or until golden brown. Remove from the oven, let it cool 10 minutes then using a sharp knife, cut it into 1/2-inch thick slices. Arrange them all on the baking tray, cut facing up and keep cooking them 20 more minutes until crisp and dry.

Lemon Bars

Lemon bars are a classic and if you like the lemon flavor and acidic taste, then you will love these creamy, rich, lemony bars.

Yields: 1 9x13-inch pan

Ingredients:

- 1/3 cup almond meal
- 1 cup whole wheat flour
- 1/4 cup all purpose flour
- 1/2 cup powdered sugar
- 4 oz butter, cubed
- 1-2 tablespoons cold water
- 1 pinch of salt
- 4 eggs
- 2 egg yolks
- 1 1/2 cups sugar
- 1/3 cup cornstarch
- 1 tablespoon lemon zest
- 3/4 cup lemon juice

Directions:

In a bowl, mix the almond meal with the flours, powdered sugar and salt then rub in the cold butter and mix it well until sandy. If needed, add 1-2 tablespoons cold water and mix until the dough comes together, but do not knead it. Using your fingertips, spread the dough on the bottom of a 9x13-inch pan and bake in the preheated oven at 350F for 10 minutes. Remove from the oven and set aside. To make the lemony filling, mix the eggs with the egg yolks, cornstarch and lemon zest then add the lemon juice. Pour this mixture into the pan, over the crust and bake 40 minutes on lower heat, about 325F. It is done when it looks set. When chilled, cut into bars.

Lemon Blueberry Scones

Scones are easy to make and great for your morning meals spread with butter, next to a large glass of milk. Choose this recipe if you want fragrant, flavorful scones to make your mornings brighter.

Yields: 8-10 scones

Ingredients:

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 1 teaspoon baking soda
- 1 pinch baking powder
- 1 pinch salt
- 1/4 cup sugar
- 1 teaspoon lemon zest
- 4 oz butter, cubed
- 3/4 cup cold buttermilk
- 1/4 cup blueberries

Directions:

In a bowl, mix the flours with the salt, sugar, baking powder and baking soda. Rub in the butter until sandy, then add the buttermilk, lemon zest and blueberries and mix gently, being careful not to crush the fruits. Transfer the dough on a working surface well floured and shape it into a 10-inch circle. Cut triangles and transfer them all on a baking tray lined with baking paper.

Bake in the preheated oven at 375F for 30 minutes or until golden brown and fragrant.

Lemon Poppy Seed Donuts



If you are bored of the usual donuts, you can try these ones as they have much more flavor and their texture is different too. Their fluffiness is in contrast with the poppy seeds, creating a delicious comfort dessert.

Yields: 1-2 dozen

Ingredients:

Donuts

- 1/2 cup milk
- 2 tablespoons low-fat yogurt
- 1 cup all purpose flour
- 1/2 cup whole wheat flour
- 1 pinch of salt
- 1/2 teaspoon baking powder
- 3 oz butter, softened
- 1/2 cup sugar
- 1 egg
- 2 tablespoons lemon zest
- 2 tablespoons poppy seeds

Glaze:

- juice from 1/2 lemon
- 1 1/2 cups powdered sugar

Directions:

To make the donuts: In a bowl, combine the flours with a pinch of salt and baking powder. In another bowl or cup, mix the milk with the yogurt.

Mix the butter with the sugar until creamy and fluffy then add the egg, lemon zest and poppy seeds. Incorporate the flour mixture, alternating it with the milk. Turn your mixer on high speed and beat for 2 minutes.

Slightly grease your donut machine and spoon a small quantity of batter into each donut cup. Bake until golden brown, according to your machine instructions.

To make the glaze: Mix the lemon juice with the powdered sugar.

Dip each donut into the glaze before serving.

Lemon Glazed Raspberry Cake

Berries and lemons have always made an excellent combination, but this cake makes the most out of it with its intense aroma and crumbly texture. Not to mention the beautiful yellow - pink color.

Yields: 1 9-inch round cake

Ingredients:

Cake:

1 cup whole wheat flour
1 cup all purpose flour
2 teaspoons baking powder
1 pinch of salt
2/3 cup sugar
2 eggs
1/2 cup low-fat milk
1 teaspoon lemon zest
1 cup fresh raspberries

Glaze:

juice from 1/2 lemon
1 1/2 cups powdered sugar

Directions:

In a bowl, mix the flours with the baking powder and a pinch of salt then set aside.

In another bowl, mix the butter with the sugar until creamy and fluffy then add the eggs, one by one. Start incorporating the flour mixture, alternating it with milk. Carefully fold in the raspberries then transfer the batter into a 9-inch round cake pan.

Bake in the preheated oven at 350F for 30-40 minutes or until golden brown and fragrant.

To make the glaze: Mix the juice with powdered sugar until it reaches the desired consistency. it should be thick, but still runny. Pour the glaze over the chilled cake and let it set for 1 hour in the refrigerator.

Pears



The soft and sweet pears are the starlets of fall and cold season, together with the apples, but unlike apples, pears have a bit more of a distinctive flavor and a very silky, soft texture. There are many varieties to choose from, from softer pears to firmer ones, but with more flavor. Whichever you choose however, it will be a great addition to your diet due to how healthy they are.

Pears are packed with fibers which improve digestion and help relieve intestine pain. In fact, one medium pear has about 6g of fibers which is 1/5 from your daily dose of fibers. So next time you feel for a snack, grab a delicious, juicy pear. The most important fiber in pears is called pectin and although you can find it in apples too, pears are richer in pectin than apples. It is believed that pectin binds to the fatty cells in food and helps eliminate them, therefore helping you lose weights and lower cholesterol. Apart from this, these fruits are also rich in vitamin C, E, potassium and copper which assures proper growth, brain stimulation and increases energy.

Pears are often recommended to babies because they are very unlikely to develop allergies and they are also very healthy, being able to provide infants with many nutrients that would be hard to get from elsewhere.

From decades, pears have been used in both savory and sweet foods because they are tender, not too sweet, healthy and easy to find, especially during end of summer and fall. From salads to cake, they all benefit from their advantages. But there is nothing better than a poached pear soaked in thick syrup and coated with

chocolate or a chocolate pear cake which combines some incredible flavors to create a delicious, exquisite dessert. You will find all of these recipes in this chapter so keep reading and you won't be disappointed.

Chocolate Pear Cake



Chocolate and pears is a classic combination and one of the best if I may add. The sweet, flavorful pears mellow down the bitterness of the chocolate, creating a delicious, rich dessert for your meals.

Yields: 1 9-inch cake pan

Ingredients:

- 3 oz chocolate, chopped
- 3 oz butter
- 3 egg yolks
- 3 egg whites
- 3 oz sugar
- 3 oz chopped walnuts
- 4 ripe pears, peeled, halved and cored, then sliced
- 1 pinch of salt
- 1 tablespoon dark rum

Directions:

Put the chocolate and butter in a heavy pan and heat it on low flame until melted. Add the rum and remove from heat. Let it cool to room temperature. In a bowl, mix the egg yolks with the sugar until creamy, fluffy and pale in color. Carefully mix in the chocolate then fold in the chopped hazelnuts. In another

bowl, whip the egg whites with a pinch of salt then gently fold it into the chocolate base.

Grease and flour a 9-inch round cake pan with butter and flour it slightly. Spoon the batter into the pan, arrange the pears on top and bake in the preheated oven at 250F for 30-40 minutes. The cake will rise then deflate, but that is how it should look like.

Serve when completely chilled with a dollop of fresh cream if you want.

Pear Frangipane Tart

Since pears are fall fruits, they work great with nutty, earthy flavors, such as almonds. This tart combines the two of them and creates an exquisite, delicate dessert that will impress even the pickiest dessert eaters.

Yields: 1 10-inch round tart

Ingredients:

Crust:

2 cups low-fat chocolate biscuits

3 oz butter, melted

Pears:

4 small pears

2 cups red wine

1 cinnamon stick

1 star anise

1/2 cup brown sugar

Frangipane filling:

1/2 cup sugar

3 oz butter

2 eggs

1/4 cup cocoa powder

3 oz almond meal

1 teaspoon rum

1/4 teaspoon almond extract

Directions:

To make the crust: Simply mix the biscuits in a food processor until ground then pour in the melted butter. Transfer the mixture into a 10-inch tart pan and press it on the bottom and sides of the pan until all even.

To prepare the pears: Pour the wine in a saucepan and add the sugar, cinnamon stick and star anise. Bring to a boil then add the pears, peeled, cored and halved. Cook on low heat for 15 minutes then remove from heat and let them cool in the syrup. Transfer them in a sieve to drain, but keep the syrup and put it back on heat. Cook it until reduced by half.

To make the frangipane filling: Mix the butter with the sugar until creamy and

fluffy then add the eggs, one by one, followed by the cocoa powder and almond meal. Add the rum and almond extract as well. Spread this mixture in the pan, over the crust and top with pear halves.

Bake in the preheated oven at 350F for 30-40 minutes.

Pear and Applesauce Muffins

Muffins are very easy to make and they can pack all the flavors you love. This particular recipe uses not only pears and apples, but also many spices that transform these simple muffins into real delicacies.

Yields: 10-12 muffins

Ingredients:

- 1 cup applesauce
- 1/2 cup brown sugar
- 1 cup all purpose flour
- 2/3 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 pinch nutmeg
- 1/8 teaspoon ground cloves
- 3 oz butter, softened
- 2 eggs
- 2 pears, peeled, cored and sliced
- 1 pinch of salt

Directions:

In a bowl, mix the butter with the sugar until creamy and fluffy. Add the eggs, one after another, then the cinnamon, nutmeg and applesauce. Sift the flours with the baking powder, baking soda and a pinch of salt and incorporate this mixture into the batter. Line a muffin tin with special papers and spoon the batter evenly between the muffin cups. Top with a few pear slices and bake in the preheated oven at 350F for 20-25 minutes or until golden brown and fragrant.

Pear and Raisin Cobbler

If you like fall flavors and are a fan of easy-to-make desserts, this is a recipe that is definitely worth trying. All these lovely flavors come together to create a juicy, spectacular dessert that you will love.

Yields: 1 9x13-inch pan

Ingredients:

Pears:

2 pounds pears, peeled, cored and cubed

1/2 cup brown sugar

1 tablespoon cornstarch

1/4 cup raisins

Batter:

4 oz butter

1 cup whole wheat flour

1/2 teaspoon baking powder

1 pinch of salt

2 tablespoons sugar

3/4 cup low fat milk

1 pinch nutmeg

1/8 teaspoon cinnamon

Directions:

In a bowl, mix the pear cubes with the brown sugar, cornstarch and raisins. Transfer the mixture into a deep dish baking pan (9x13-inches). Set aside.

To make the batter: Mix the flour with the butter until sandy. Add the sugar, nutmeg and cinnamon then pour in the milk, mixing well. Spread the batter over the pears and bake in the preheated oven at 350F for 30-40 minutes. Serve warm topped with a scoop of caramel ice cream.

Pear and Honey Bread



Honey is an excellent substitute for sugar and also gives any sweet much more flavor. This particular recipe yields a delicious, flavorful and moist bread, perfect for morning meals or snacks.

Yields: 2 loaves

Ingredients:

- 1/2 cup brown sugar
- 1/2 cup honey
- 1/2 cup olive oil
- 1/2 cup applesauce
- 3 eggs
- 2 1/4 cups whole wheat flour
- 2/3 cup all purpose flour
- 2 teaspoons baking powder

1 teaspoon all spices
1/2 teaspoon cinnamon
1 pinch of salt
1 teaspoon vanilla extract
2 tablespoons chia seeds
5 pears, peeled and diced

Directions:

In a bowl, mix the oil with the brown sugar, honey and applesauce. Once well combined, add the eggs, vanilla extract, all spices and cinnamon. Stir in the flours sifted with the baking powder. Fold in the diced pear then evenly spread the batter between 2 small loaf pans. Bake in the preheated oven at 350F for 40-50 minutes. The best way to check if it's done is to insert a skewer in the middle of the cake. If it comes out clean of any crumbs, it is done. Let it cool in the pan before transferring on a serving plate.

Pear Clafoutis

Clafoutis has a very pudding-like consistency and it is incredibly easy to make, with a result that will impress the audience.

Yields: 1 9-inch round pan

Ingredients:

4 small pears, peeled, cored and sliced

1/3 cup almond meal

1/3 cup whole wheat flour

1 cup milk

3 eggs

2 tablespoons sugar

1 teaspoon vanilla extract

1 cup low-fat yogurt

1 pinch of salt

Directions:

Grease a 9-inch round cake pan with butter then arrange the pear slices on the bottom of the pan. To make the batter, mix the almond meal with the flour, sugar and a pinch of salt then stir in the milk, eggs, yogurt and vanilla. Give it a good mix until there are no lumps, then pour the batter into the pan, over the pears. Bake in the preheated oven at 350F for 30-35 minutes or until set and fragrant. It is best to let it cool in the pan before transferring on a serving plate.

Pear Galette

Juicy, flavorful and rich, this recipe is definitely a keeper. The crust is crisp and buttery without being overly rich and it only uses ingredients that add not just flavor, but also nutritional benefits.

Yields: 1 10-inch galette

Ingredients:

Crust:

1 cup all purpose flour
1 cup whole wheat flour
1 pinch salt
1 pinch baking powder
6 oz butter, cold, cut into cubes
4-6 tablespoons cold water

Filling:

6 pears, peeled, cored and sliced
4 tablespoons brown sugar
1/2 teaspoon cinnamon

Directions:

To make the crust: In a bowl, mix the flours with a pinch of salt and baking powder, then rub in the cold butter until the mixture looks sandy. Gradually add the water and mix until it comes together. Do not knead it as it will lose its flakiness. Shape the dough into a disc and refrigerate 30 minutes. When done, transfer on the back of a baking tray lined with baking paper and roll it out in a thin sheet (about 12-inch diameter). Arrange the pear slices in the middle, top with sugar and cinnamon then gather the edges of the galette to the middle, wrapping them over the pears.

Since you rolled it on the back of a tray, simply place it in the oven and bake at 350F for 30-40 minutes or until crisp and golden brown.

Pear and Ginger Crumble

Similar to cobbler, but much crisper, crumble uses a buttery dough to make 2 crunchy layers, while in the middle sits a delicious, flavorful pear filling.

Yields: 1 9-inch square pan

Ingredients:

- 6 oz butter, cold and cubed
- 1 cup whole wheat flour
- 1 cup rolled oats, ground
- 1/2 cup brown sugar
- 2 oz hazelnuts, ground
- 1 egg
- 3 ripe pears, peeled, cored and sliced
- 1/2 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 pinch of salt

Directions:

In a bowl, mix the flour with the ground rolled oats, sugar and hazelnuts. Add a pinch of salt then rub in the cold butter until sandy. Stir in the egg and mix until it comes together. Divide the dough into 2 equal portions. Wrap one of them in plastic wrap and freeze it for 30 minutes. The other half of dough spread it on the bottom of a 9-inch square pan. Use your fingertips to press it until it's evenly distributed. Top with pear slices mixed with cinnamon and ginger. Remove the other half of dough from the freezer and grate it over the pear slices.

Bake in the preheated oven at 350F for 30-40 minutes or until golden brown and crisp.

Pear Tart Tatin



Just like the classic apple tart tatin, only a few ingredients are required to make this amazing dessert. It basically has everything you ever wanted to a dessert: a rich, juicy filling and a crisp, flaky dough layer. Depending on how you serve it, it can turn into an exquisite dessert, served at a fancy dinner.

Yields: 1 9-inch tart tatin

Ingredients:

- 4 phyllo dough sheets
- 1/2 cup brown sugar
- 1/4 teaspoon cinnamon
- 4 pears, peeled, cored and sliced
- butter to grease the skillet

Directions:

Grease 1 9-inch heavy skillet or pan with butter (make sure the skillet or pan

does not have parts that can melt in the oven). Sprinkle in the sugar and cinnamon then arrange the pear slices. Cut the phyllo sheets in half and stack them together. Top the apples with them and bake in the preheated oven at 400F for 5 minutes then lower the heat to 350F and cook 20 more minutes. When done, remove it from the oven and quickly turn it upside down on a plate. Carefully lift the skillet to reveal the tart. Serve warm with vanilla ice cream or cold with a dollop of fresh cream.

Red Wine Poached Pears

Poached pears must be one of the most elegant desserts one can think of. It is basically just pears, simmered in a red wine syrup with spices, but the miracle happens afterwards as it can be served with either chocolate sauce or a red wine reduction. Either way, it is a delicious, delicate and scrumptious dessert.

Yields: 4 servings

Ingredients:

4 large, ripe but firm pears
juice from 1/2 lemon
3 cups red wine (choose a sweeter type of wine)
1/2 cup sugar
1 star anise
1 cinnamon stick
2 cardamom pods, crushed

Directions:

Pour the wine in a large saucepan and stir in the sugar (add more if you are using a dry red wine). Stir in the cinnamon stick, star anise and cardamom pods. Bring to a boil.

In the meantime, peel the pears, but them in half and remove the core with a spoon. Place them in cold water mixed with lemon juice to prevent them from oxidizing. When the wine is boiling, carefully place the pears in the hot liquid, lower the heat and cook them for 20-30 minutes until tender. Turn the heat off and let them cool in the red wine. When chilled, transfer them on a plate then put the pan and the wine back on heat. Cook until reduced by half. Serve the pears drizzled with the reduced wine syrup.

Mango

Mango is also known under the name of "king of fruits" not only due to its incredible aroma, but also due to its amazing health benefits. In fact, mangoes are one of the richest fruits in vitamin A, C, potassium and calcium so including it into your diet in a way or another is a great idea.

Packed with antioxidants, mangoes are believed to help your body fight cancer, especially leukemia and breast cancer. Antioxidants are the ones that protect your cells against oxidizing and that helps not only fight back cancer, but also protects you against other types of infection and blood diseases. Due to its high content of vitamin C and fibers, one medium ripe mango a day can help control your cholesterol and blood pressure and also boost your immune system and digestion. Plus, just like lemons, mango have traces of citric acid, tartaric acid and malic acid which, unlike you might expect, alkalize your body, especially if you eat it in the morning, before breakfast.

Apart from all these undeniable benefits, mangoes are juicy, silky and simply delicious, therefore they make excellent desserts as their flavor is preserved during baking, leaving just a delicate aroma. This chapter focuses on fail-proof mango sweet treats, recipes that will impress you with their fragrance, recipes that combine the tropical, exotic mango with other amazing ingredients, such as coconut or chocolate, creating scrumptious desserts.



Mango Coconut Bread

Tropical flavors are great for summer because they are incredibly refreshing, rich and scrumptious, without being overwhelming. This bread is rather dense, but moist, crumbly and delicious.

Yields: 1 loaf

Ingredients:

- 1 cup all purpose flour
- 2/3 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 ripe mango, pureed
- 1 ripe mango, diced
- 1 cup sugar
- 1 pinch of salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 3 eggs
- 3 oz butter, melted
- 1/2 cup desiccated coconut

Directions:

In a bowl, mix the flours with a pinch of salt and baking powder, as well as baking soda and spices. In another bowl, combine the pureed mango with the eggs and melted butter. Pour this mixture into the flour and mix well. Fold in the mango pieces then transfer the batter into a loaf pan lined with baking paper. Bake in the preheated oven at 350F for 30-40 minutes or until fragrant and golden brown.

Mango Chocolate Cookies



Mango is a very versatile fruit so you can combine it with anything, from lime and lemons to chocolate or caramel. This particular recipe uses chocolate to create some scrumptious, rich, chewy cookies.

Yields: 2-3 dozen

Ingredients:

- 1 cup whole wheat flour
- 1/2 cup all purpose flour
- 1/4 cup cornstarch
- 1/2 teaspoon baking powder
- 3 oz butter, softened
- 1/2 cup brown sugar
- 1 pinch of salt
- 1 teaspoon vanilla extract
- 1 egg yolk
- 1/4 cup mango puree
- 4 oz chocolate, melted

Directions:

In a bowl, mix the butter with the sugar until creamy, pale and fluffy then add the egg yolk and mango puree. Stir in the flours sifted with cornstarch, baking powder and salt. Mix well then form small dough balls. Arrange them all on a baking tray lined with baking paper then press the center of each cookies with

your finger to make a small well. Bake the cookies in the preheated oven at 375F for 20-25 minutes. When done, remove them from the oven and let them cool in the pan. Fill the well you made earlier in each cookies with melted chocolate.

Mango Lime Bars

Combining mango with a touch of lemon, these bars are easy to make, but refreshing, cooling and incredibly rich and silky. If you are a fan of exotic, tangy flavors, you will love these.

Yields: 10-12 servings

Ingredients:

Crust:

1 cup all purpose flour
3/4 cup almond meal
1/4 cup cornstarch
1 pinch of salt
1 teaspoon lime zest
6 oz butter, chilled and cubed
2 tablespoons cold water

Mango filling:

6 eggs
1 cup sugar
1 1/2 cups mango puree (2-3 mangoes)
juice from 2 limes
1/2 cup cornstarch
1 teaspoon vanilla extract

Directions:

To make the crust: Mix the flour with the almond meal, cornstarch, salt and lime zest in a bowl, then stir in the cold butter and rub it into the flour until sandy. Add 2 tablespoons of water and mix gently until it comes together. Using your fingertips, press the dough on the bottom of a 9x13-inch pan. Bake for 10 minutes in the preheated oven at 375F.

To make the filling: Mix the eggs with the sugar until frothy, then add the mango puree, lime juice, vanilla and cornstarch. Take the pan out from the oven and let it cool 5 minutes then pour in the mango filling. Place back into the oven and cook at 330F for 30-40 minutes until set. Remove from the oven and let it cool completely then cut into small bars.

Eggless Mango Cake

Desserts can also be healthy and nutritious, depending on the ingredients used and this recipe definitely makes it to that category as it uses whole wheat flour, it has no eggs and uses little fat.

Yields: 1 9-inch round cake

Ingredients:

- 1 2/3 cups whole wheat flour
- 2 tablespoons corn flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 cup low-fat plain yogurt
- 1/2 cup mango puree
- 1/2 cup vegetable oil
- 1/2 cup sugar
- 1 pinch of salt

Directions:

In a bowl, mix the flour with the corn flour, sugar, baking powder, baking soda and a pinch of salt. Stir in the yogurt, mango puree and oil and give it a good mix until fully incorporated. Transfer this mixture into a loaf pan lined with baking paper and bake in the preheated oven at 350F for 30-40 minutes. When done, let the cake cool in its pan before transferring onto a serving plate.

Whole Wheat Mango Loaf



Whole wheat flour can sometimes have a strong flavor and overpower the other flavors, but it is not the case in this recipe as the mango is clearly the star of it, making this cake moist, healthy and flavorful, rich and scrumptious.

Yields: 1 loaf

Ingredients:

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1 pinch of salt
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 cup mango puree
- 1/2 cup coconut milk
- 1/4 cup olive oil
- 1/4 cup low-fat yogurt
- 1/4 cup maple syrup or honey
- 1/4 cup chopped mango

Directions:

In a bowl, mix the flour with baking powder, salt, cinnamon and ground ginger. In another bowl, combine the mango puree with the coconut milk, olive oil, yogurt and maple syrup. Pour this mixture over the flour and give it a quick mix. Spoon the batter into a loaf pan previously lined with baking paper then bake in

the preheated oven at 350F for 30-35 minutes. The best way to check if the loaf is done is to insert a skewer or toothpick in the middle. If it comes out clean of any crumbs, it is ready. If not, cook 5 more minutes and repeat the check.

Mango and Coconut Tart

Tarts make excellent summer desserts because they are fresh, juicy and the flavors involved are usually in season so that makes them fragrant and flavorful. This particular tart has a creamy, tangy lime and coconut filling and it is being topped with mango slices for aroma.

Yields: 1 10-inch round tart

Ingredients:

Crust:

1 cup sweetened coconut
1 cup whole wheat flour
1/2 cup all purpose flour
6 oz butter, chilled and cubed
4 tablespoons powdered sugar
3 tablespoons mango puree

Filling:

8 oz low-fat cream cheese
1/4 cup brown sugar
1 cup heavy cream
1 teaspoon lime zest
2 tablespoons mango puree

Topping:

3 ripe mangoes, finely sliced

Directions:

To make the crust: In a bowl, mix the flours with the coconut and sugar then rub in the chilled butter until sandy. Stir in the mango puree and mix until the dough comes together. Transfer it on a well floured surface and roll it into a thin sheet. Place the sheet on a 10-inch tart pan and press it on the bottom and sides of the pan with your fingertips. Bake in the preheated oven at 375F for 10-15 minutes until slightly golden brown. Remove from the oven and transfer on a serving plate.

To make the filling: Whip the heavy cream in a bowl. In another bowl, mix the cream cheese with the sugar and lime zest then fold in the whipped cream and mango puree. Spread the filling over the crust.

Top the tart with mango slices and refrigerate at least 1 hour before serving.

Banana Mango Bread

Banana bread is very moist and fragrant, but imagine adding mango to it to make it even more flavorful and moist, rich and scrumptious.

Yields: 1 loaf

Ingredients:

- 2 oz butter, room temperature
- 1 cup sugar
- 2 eggs
- 3 bananas, mashed
- 1 cup low-fat yogurt
- 1 teaspoon cinnamon
- 1 pinch salt
- 1 cup all purpose flour
- 1 1/4 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup fresh mango
- 1 teaspoon vanilla extract

Directions:

In a bowl, mix the butter with the sugar, then add the eggs, one by one. Stir in the bananas, vanilla and yogurt, then incorporate the flours sifted with baking soda, baking powder and a pinch of salt. Fold in the mango cubes and transfer the batter into a loaf pan lined with baking paper. Bake in the preheated oven at 350F for 30-35 minutes or until golden brown and fragrant. Let the bread cool in the pan before slicing.

Mango Soufflé



Soufflés are feared by any baker out there, but they are not that hard to make if you follow some simple, basic steps. The final result is well worth a try as the soufflé is airy, flavorful and has a mousse like consistency.

Yields: 2-4 servings

Ingredients:

- 1 medium size mango
- 1/4 cup sugar
- 1 teaspoon lemon juice
- 2 egg yolks
- 2 egg whites
- 2 tablespoons powdered sugar
- 1 pinch of salt
- butter to grease the ramekins

Directions:

Butter your ramekins well and sprinkle them with white sugar. shake to remove the excess and set them aside.

Place the mango, sugar and lemon juice in a blender. Pulse to blend well ,then fold in the egg yolks. In a bowl, whip the egg whites with a pinch of salt until stiff then add the powdered sugar and mix until a stiff, glossy meringue forms. Gently fold the meringue into the mango mixture then spoon the mixture into your ramekins.

Bake in the preheated oven at 350F for 20-25 minutes. Do not open the oven's door in the first 10 minutes or they will deflate.

Serve them immediately before deflating.

Mango and Chocolate Marbled Cake

This cake is a real beauty due to the high contrast between the mango batter and the chocolate one. Not to mention all the lovely flavors found in the cake, from the fragrant mango to the bittersweet chocolate.

Yields: 1 loaf

Ingredients:

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 pinch of salt
- 1/4 cup vegetable oil
- 1/2 cup brown sugar
- 1 cup mango puree
- 1/4 cup low-fat yogurt
- 1/4 cup low-fat milk
- 3 tablespoons cocoa powder mixed with 2 tablespoons warm water

Directions:

In a bowl, mix the flours with the baking powder, baking soda and a pinch of salt. In another bowl, combine the brown sugar with the mango puree, yogurt and milk. Pour this mixture over the flour and give it a good mix. Divide the batter into 2 equal portions. Spread half of it in a loaf pan lined with baking paper. Mix the remaining batter with the cocoa paste then spread it in the pan over the mango batter. Bake in the preheated oven at 350F for 30-40 minutes or until golden brown on top.

Mango Ice Cream

Summer is hot by its nature, but we can try to cool it off with a scoop of ice cream from time to time. This particular recipe yields a delicious, creamy, fragrant ice cream that will become addictive.

Yields: 1 quart

Ingredients:

- 2 cups heavy cream
- 2 ripe mangoes, pureed
- 1 cup cream cheese
- 1/2 cup sugar
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract

Directions:

Put the mangoes, sugar, lemon juice and zest in a blender and pulse until well blended and smooth. Transfer into a bowl and stir in the cream cheese, followed by the heavy cream, whipped, and vanilla. Transfer the mixture into your ice cream maker and churn according to your machine's instructions. If you don't plan to serve it immediately, store it in an airtight container in the freezer until needed.

Pineapple

Along with mango or papaya, pineapples are some of the most appreciated tropical fruits in the world. They are juicy, acidic but still sweet, delicious, nutritious and more healthy than you might think. They are loaded with vitamin C, vitamin A, potassium and phosphorus, as well as calcium and fibers and this makes it pretty obvious why you should include pineapple in your diet as often as possible.

Being so rich in vitamin C, eating pineapple boosts your immune system and helps your body fight against colds and coughs, even when they are already installed. In addition to vitamin C, pineapple also has bromelain, an antioxidant known for suppressing coughs and also for helping digestion so if you are trying to recover from a cold, keep in mind that pineapple can help you achieve that faster. In fact, bromelain has been proven to work against cancer and inflammation, such as arthritis, being the most important substance found in pineapple.

Besides all its healthy benefits, pineapple is amazing in desserts, either grilled or used to make a cake. No matter how you bake it, it is juicy, flavorful and simply delicious, creating amazing desserts the easy way.



Pineapple Raisin Bread

Sweet bread is a delicious classic recipe, but consider adding pineapple to it to make it even more juicy and delicious, flavorful and rich.

Yields: 1 loaf

Ingredients:

6 oz butter, melted
2/3 cup brown sugar
2 eggs
1 1/4 cup fresh crushed pineapple
1 teaspoon vanilla extract
1 cup whole wheat flour
1 cup all purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 pinch of salt
1/2 teaspoon cinnamon
1/2 cup dark chocolate chips
1/2 cup raisins

Directions:

In a bowl, sift the flours with the salt, baking powder, baking soda, salt and cinnamon. Set aside.

In another bowl, mix the melted butter with the eggs, pineapple and vanilla. Pour this mixture over the flour and mix well then fold in the chocolate chips and raisins. Spoon the batter into a loaf pan lined with baking paper. Bake in the preheated oven at 350F for 30-40 minutes or until a skewer inserted in the middle of the bread comes out clean.

Pineapple and Coconut Cake

Tropical flavors complement each other perfectly and create a delicious, moist and fragrant cake that will impress even the pickiest dessert eater.

Yields: 1 9-inch round cake

Ingredients:

- 1 1/2 cup sweetened coconut flakes
- 2 eggs
- 1 cup low-fat sour cream
- 1 cup whole wheat flour
- 3/4 cup all purpose flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon coconut extract
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 pinch of salt
- 6 oz butter, room temperature
- 1/2 cup sugar
- 2 cups crushed pineapple

Directions:

In a bowl, mix the eggs with the low-fat sour cream, vanilla and coconut extract. In another bowl, sift the flours with the baking powder, baking soda, a pinch of salt and coconut flakes.

In a different bowl, mix the butter with the sugar until fluffy and creamy, then start incorporating the flour, alternating it with the egg mixture. When done, fold in the crushed pineapple. Spoon the batter into the prepared 9-inch cake pan (lined with baking paper or greased) and bake in the preheated oven at 350F for 30-35 minutes or until golden brown. When done, remove from the oven, transfer on a serving plate and cover with powdered sugar just before slicing.

Pineapple Crumble



Crumbles are very easy to make and when you use fruits such as pineapple, the result is beyond expectations as it turns into a delicious, scrumptious dessert, especially if you serve it with a scoop of vanilla ice cream.

Yields: 2-4 servings

Ingredients:

- 1 large fresh pineapple, cut into cubes
- 2 cups graham crackers
- 5 oz butter, melted
- 1/2 cup brown sugar
- 2 tablespoons coconut flakes

Directions:

Place the coconut cubes into a 9-inc square deep dish baking pan and set aside. In a bowl, mix the ground graham cracker with the sugar and coconut flakes then stir in the melted butter. Mix well then spoon the mixture over the pineapple in the pan then bake in the preheated oven at 375F for 20-25 minutes or until soft and golden brown. Serve warm with a scoop of vanilla ice cream.

Grilled Pineapple with Caramel Sauce



Easy recipes are always the tastiest and this grilled pineapple is absolutely delicious, juicy and incredibly tender. Drizzle with caramel sauce and serve with a scoop of ice cream for a true delight.

Yields: 2-4 servings

Ingredients:

Pineapple:

- 1 fresh pineapple
- 2 tablespoons honey
- 1 oz butter

Caramel sauce:

- 1 cup sugar
- 1/2 cup heavy cream
- 1 oz butter

Directions:

To grill the pineapple, firstly peel it, cut it in half and remove its core. Cut it in cubes and place them all on wooden skewers. Drizzle them with honey then heat a grill pan over medium flame. Brush the pan with butter then place the pineapple in the pan. Grill it on all sides for 2-3 minutes then remove from the

pan and make the caramel sauce.

To make the sauce, melt the sugar in a heavy saucepan then stir in the heavy cream. Keep on heat and mix until smooth then remove from heat and add the butter.

Serve the pineapple skewers drizzled with caramel sauce. If you want a more fresh aroma, you can marinade the pineapple into a lemon and mint dressing before grilling.

Pineapple and Cream Cheese Tart

Fresh, flavorful and creamy, this pie is amazing during summer as it is light. Plus, it is also easy to make and doesn't require an oven which is great during those hot summer days.

Yields: 1 9-inch round tart

Ingredients:

Crust:

2 cups graham cracker
6 oz butter, melted
1 tablespoon powdered sugar
1 teaspoon vanilla extract

Filling:

18 oz low-fat cream cheese
2 teaspoons vanilla extract
1/2 cup sugar
2 cups crushed pineapple

Directions:

To make the crust: Place the graham crackers in a food processor and pulse until ground, then add the sugar, vanilla and melted butter. Pulse until well combined then transfer the mixture into a 9-inch round pan. Press it on the bottom and sides of the pan very well either with your fingertips or with the back of a spoon. Refrigerate the crust until you make the filling.

To make the filling: Mix the cream cheese with the sugar until fluffy, then add the vanilla. Spread the cream cheese in the pan, over the crust then top with the crushed pineapple. Refrigerate at least 1 hour before serving.

Pineapple Pavlova

Pavlova is one of the world's most known desserts and it consist basically from a baked meringue topped with an amazing fruit compote that flavors the meringue, making it airy and delicate.

Yields: 1 9-inch Pavlova

Ingredients:

5 egg whites
1 pinch cream of tartar
5 tablespoons sugar
1 teaspoon vanilla extract
2 cups pineapple cubes
1 oz butter
4 tablespoons brown sugar
juice from 1 lime

Directions:

In a bowl, whip the egg whites with the cream of tartar until stiff peaks form then gradually mix in the sugar. Whip until a stiff, glossy meringue forms. Line a baking tray with baking paper then trace a 9-inch round shape on the paper. Spread the meringue in the circle. Make it thick and rustic. It doesn't have to look perfect. Also, make a small well in the center. Bake in the preheated oven at 300F for 1 1/2 hours or until crisp on the outside and chewy on the inside. When done, remove from the oven and let it cool while you make the topping.

Melt the butter in a heavy skillet then add the sugar and mix until melted. Stir in the pineapple cubes and lime juice and cook on medium flame 5 minutes or until well coated in caramel and a bit tender.

To finish the dessert, just before serving, top the meringue with the caramelized pineapple.

Pineapple Turnovers

These crisp, juicy turnovers are great for parties as they can be made 1 or 2 days before and just served the day you need them. They are highly flavorful and when you bite into one, you can see how juicy they are.

Yields: 8-12 turnovers

Ingredients:

- 1 1/2 cups whole wheat flour
- 1/2 cup all purpose flour
- 6 oz cold butter, cubed
- 2 tablespoons sugar
- 1 pinch salt
- 1/2 teaspoon baking powder
- 1 egg
- 2-4 tablespoons cold water
- 1 large pineapple, peeled, cored and diced
- 1/2 teaspoon cinnamon
- 1 tablespoon brown sugar
- 1 tablespoon cornstarch

Directions:

In a bowl, mix the pineapple with the sugar, cornstarch and cinnamon. Set aside. To make the dough, in a bowl combine the flours with a pinch of salt and sugar. Rub in the butter until it looks sandy then stir in the egg. Add 1-2 tablespoons of water or more until the dough comes together and looks easy to work with. Transfer on a well floured working surface and roll it out into a thin sheet. Cut the sheet into small squares.

Drop spoonfuls of pineapple filling in the middle of each square then fold them over to form a triangle. Press the edges of the triangle slightly with your fingertips or a fork and transfer all the turnovers on a baking tray lined with baking paper.

Bake in the preheated oven at 400F for 5 minutes then lower the heat at 350F and bake 10-15 more minutes until fluffed and golden brown.

Pineapple Cheesecake



Cheesecakes are amazing when you top them with just as tasty compote or sauce. But this pineapple cheesecake is better than you ever imagined as the pineapple is slightly sweet, but still acidic and it makes an excellent contrast with the creamy, rich cheesecake filling.

Yields: 1 9-inch round cheesecake

Ingredients:

Crust:

2 cups graham crackers
1 tablespoon powdered sugar
1 teaspoon vanilla extract
6 oz butter, melted

Filling:

20 oz low-fat cream cheese

10 oz low-fat yogurt

4 eggs

2 tablespoons cornstarch

1 teaspoon vanilla extract

1 teaspoon lemon zest

1/2 cup sugar

Topping:

2 cups fresh pineapple cubes

juice from 1 lemon

2 tablespoons brown sugar

1 tablespoon chopped mint leaves

Directions:

To make the crust simply put all the ingredients in a food processor and pulse until well mixed and sandy. Transfer on a 9-inch round cake pan lined with baking paper and press it down on the bottom and sides of the pan either with your fingertips or the back of a spoon. it should be really packed. Set aside.

To make the filling: Mix the cream cheese with the sugar and yogurt, then add the eggs, vanilla and lemon zest, as well as the cornstarch. Pour this filling in the crust and bake in the preheated oven at 350F for 40-50 minutes or until it looks wobbly in the middle, but slightly set. Remove from the oven and let it cool in the pan.

To make the topping: In a bowl, mix the pineapple cubes with the sugar, lemon juice and chopped mint. Let it infuse at least one hour then top the cheesecake with the pineapple cubes.

White Chocolate Pineapple Mousse

Airy and light, this mousse will be a hit at after any meal so if you plan to impress choose this amazing dessert that only takes little time to make.

Yields: 2-4 servings

Ingredients:

5 oz white chocolate

1 oz butter

2 cups heavy cream

2 cups canned crushed pineapple, drained

1 teaspoon vanilla extract

4 oz ginger biscuits, crushed

Directions:

In a saucepan, bring half of the heavy cream to the boiling point then remove from heat and stir in the chocolate. Mix until melted then add the butter. Let it cool to room temperature then fold in the remaining cream, whipped. Add the vanilla then spoon the mousse into small serving glasses. Top with crushed biscuits then crushed pineapple and refrigerate at least 1 hour before serving.

Pineapple Popsicles

All you want during summer is fresh, soothing desserts and this one falls under that category with its unique aroma and incredible taste, as well as its creaminess and slightly tangy flavor.

Yields: 6-8 popsicles

Ingredients:

2 cups fresh chopped pineapple
1 1/2 cup coconut milk
1/2 cup low-fat cream cheese
1 teaspoon vanilla extract
1 tablespoon mint leaves
juice and zest from 1 lime
1/4 cup brown sugar

Directions:

Mix the pineapple with the cream cheese, lime juice and zest and mint leaves into a blender and pulse until well pureed and smooth. Add the coconut milk and cream cheese, then the sugar. Pour the mixture into your popsicle molds and freeze at least 4 hours. To remove them from their molds, sink them in hot water for 5 seconds.

Cherries

Sweet or sour, cherries are amazing during the first weeks of summer when they are in season as it is then when they are the most fragrant, juicy and fleshy. But they're not only delicious, but they also have some health benefits that can't be neglected.

From all the fruits out there, cherries are the ones that contain melatonin, which is basically a hormone that lowers body temperature and makes us feel sleepy so if you are having sleep problems, try introducing cherries into your diet, either the fruits or their juice.

Being so rich in antioxidants, they prevent damage and oxidizing in your cells, which means those cells will fight back any infection or even cancer in the proper way. In fact, cherries are rich in queritrin which has been proved as one of the most potent anti-cancer agents.

Cherries are also believed to have anti-inflammatory effects and also relief migraines or arthritis pain. They are also great as anti-aging products due to their antioxidants and vitamins.

The great thing about cherries when it comes to using them in sweets is that, unlike other fruits, cherries hold their shape after baking. They do turn soft and tender, but you can easily tell it's cherries. Apart from this, they have this amazing beautiful color which makes an excellent sauce with all the juice trapped inside each cherry.



Cherry Almond Tart

Cherries are one of the best fruits to bake with as they hold their shape and texture when baked, therefore the dessert look amazing, are juicy and flavorful, rich and luscious.

Yields: 1 9-inch round tart

Ingredients:

Crust:

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2 tablespoons powdered sugar
- 6 oz butter, chilled and cubed
- 1/8 teaspoon baking powder

Filling:

- 2 cups low-fat cream cheese
- 2 eggs
- 1/4 cup sugar
- 2 cups pitted cherries
- 1 teaspoon lemon juice
- 1/2 cup sliced almonds, topped

Directions:

To make the crust, place all the ingredients in a blender and pulse until it comes together. Add 1-2 tablespoons cold water if it doesn't. Transfer the dough on a well floured working surface and roll it onto a thin sheet. Place the dough into a 9-inch round tart pan and press it slightly on the bottom and sides of the pan. Cut off the excess of dough and bake the crust in the preheated oven at 375F for 10 minutes.

To make the filling, mix the cream cheese with sugar, eggs and lemon juice. Spoon the filling into the crust then top with pitted cherries. Bake 20-30 more minutes at 350F then remove from the oven and top with sliced almonds.

Cherry Clafoutis



Although clafoutis is one of the easiest desserts to make, I have to say it is delicious with its pudding like texture and juicy fruits. If you can't be bothered to spend much time in the kitchen to make a dessert, choose this recipe and you will not regret it.

Yields: 1 10-inch clafoutis

Ingredients:

- 3 eggs
- 1/3 cup all purpose flour
- 1/3 cup heavy cream
- 1 cup low-fat milk
- 1/4 cup sugar
- 1 pinch of salt

1 teaspoon vanilla extract
2 cups cherries, pitted
butter to grease the pan

Directions:

Butter a 10-inch cake then arrange the cherries on the bottom of the pan.

In a bowl, mix the eggs with heavy cream, sugar, a pinch of salt and vanilla then incorporate the flour. Pour this mixture into the pan, over the cherries and bake in the preheated oven at 375F for 30-35 minutes. Let it cool in the pan then slice and serve.

Cherry Oatmeal Cookies

Cookies are amazing for breakfast, especially with a glass of milk so choose a healthy and nutritious cookie recipe, such as this one, and you can rest assured you start your day on a high note.

Yields: 2-3 dozen

Ingredients:

- 1 cup whole wheat flour
- 1/2 cup all purpose flour
- 1 teaspoon baking soda
- 2 cups rolled oats
- 1 teaspoon cinnamon
- 1 pinch nutmeg
- 6 oz butter, softened
- 2/3 cup brown sugar
- 3 eggs
- 1 teaspoon vanilla extract
- 1 cup fresh cherries, chopped

Directions:

In a bowl, mix the flours with the rolled oats, cinnamon, nutmeg and baking soda. In another bowl, mix the butter with the sugar until creamy and fluffy. Add the eggs and vanilla then incorporate the flour mixture and the cherries. Mix well then drop spoonfuls of batter onto baking trays lined with baking paper.

Bake in the preheated oven at 375F for 15-20 minutes or until slightly golden brown. Store them in an airtight container until serving.

Almond and Cherry Muffins

Crisp on the top and juicy and moist on the inside, these muffins are a real delight for your taste buds. Not to mention that they are easy to make and very versatile as you can add your favorite topping and turn them into cupcakes if you want.

Yields: 8-12 muffins

Ingredients:

Muffins:

- 1 cup whole wheat flour
- 1 1/2 cups all purpose flour
- 2/3 cup brown sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 2 eggs
- 2 oz butter, melted
- 1 cup low-fat milk
- 1 pinch of salt
- 1 1/2 cups pitted cherries

Crisp topping:

- 1/2 cup sliced almonds
- 1 oz butter
- 1/2 cup whole wheat flour
- 1 tablespoon sugar

Directions:

In a bowl, mix the flours with the sugar, baking soda, baking powder and a pinch of salt. In another bowl, whisk the eggs, melted butter, vanilla and milk. Pour this mixture over the flour and mix well then fold in the cherries. Fill 3/4 your muffin cups, previously lined with muffin paper. Set aside.

To make the topping: In a bowl, mix the flour with the sugar then rub in the butter until sandy. Add the sliced almonds and sprinkle the mixture over each muffin.

Bake in the preheated oven at 350F for 20-25 minutes or until crisp and golden

brown.

Cherry Scones



Buttery and moist, these scones are perfect for your morning meals or as an afternoon snack, next to a glass of milk or cup of tea.

Yields: 8 scones

Ingredients:

- 1 cup whole wheat flour
- 3/4 cup all purpose flour
- 2 tablespoons sugar
- 1 pinch of salt
- 4 oz butter, chilled and cubed
- 1/2 cup pitted cherries, coarsely chopped
- 1 teaspoon vanilla extract
- 1/4 cup buttermilk
- 1 egg

Directions:

In a bowl, mix the flours with the sugar and a pinch of salt then rub in the butter until sandy. Stir in the egg and buttermilk, as well as the vanilla and cherries. Mix until well combined then transfer on a well floured working surface. Shape into a circle, then cut into 8 triangle slices. Arrange all of them on a baking tray

lined with baking paper then bake in the preheated oven at 350F for 20-25 minutes or until golden brown and crisp. Let them cool in the pan then store them for a few days at most in an airtight container.

Cherry Cobbler

Topped with a buttery, flavorful batter, these cherries turn a common dessert into a delicious, outstanding treat, perfect for summer if you serve it with a scoop of ice cream.

Yields: 1 9x13-inch pan

Ingredients:

- 4 cups pitted cherries
- 1 1/2 cups whole wheat flour
- 1/2 cup all purpose flour
- 6 oz butter, chilled and cubed
- 1/2 cup low-fat buttermilk
- 1/4 cup low-fat milk
- 1/2 cup sugar
- 1 pinch nutmeg
- 1 pinch salt
- 1 teaspoon vanilla extract

Directions:

Place the cherries in a 9x13-inch pan and set aside.

In a bowl, mix the flours with sugar, the baking powder, nutmeg and a pinch of salt. Rub in the cold butter until the mixture looks sandy then stir in the buttermilk, milk and vanilla. Spoon this batter over the cherries and bake in the preheated oven at 350F for 30-40 minutes. Serve it warm with a scoop of vanilla ice cream.

Cherry Blondies

Blondies are the lighter version of brownies, but they preserve the same incredibly crumbly texture and rich taste, as well as the same flavor.

Yields: 1 9x13-inch pan

Ingredients:

- 1 cup whole wheat flour
- 1 2/3 cups all purpose flour
- 1 pinch of salt
- 1 teaspoon baking powder
- 1/2 cup sugar
- 3 eggs
- 6 oz butter, softened
- 1 teaspoon vanilla extract
- 1 cup fresh cherries, chopped
- 1/2 cup white chocolate chips

Directions:

In a bowl, mix the butter with the sugar until creamy and fluffy then add the eggs and vanilla extract. Stir in the flours mixed with a pinch of salt and baking powder, then fold in the dried cherries and chocolate chips. To make sure the cherries don't sink to the bottom of the pan, sprinkle them with flour before folding them into the batter. Spoon the batter into a 9x13-inch pan and bake in the preheated oven at 350F for 30-35 minutes or until slightly golden brown on top. Let it cool in the pan before serving.

Cherry Pie



Cherry pies are a classic just because they are juicy and flavorful and very easy to make, even if making everything from scratch may be a bit more time consuming. The final result is well worth it.

Yields: 1 9-inch pie

Ingredients:

Crust:

- 1 cup whole wheat flour
- 1/2 cup all purpose flour
- 1/2 cup almond meal
- 6oz cold butter, cut into cubes
- 2 tablespoons sugar
- 2 tablespoons cold water

Filling:

- 2 cups pitted cherries
- 2 cups sour cherries, pitted
- 1/4 cup brown sugar
- 1/4 cup cornstarch
- 1/4 teaspoon cinnamon.

Directions:

To make the crust: In a bowl, mix the flours with the almond meal, sugar and a pinch of salt. Rub in the cold butter until the mixture looks sandy. Stir in the cold water and mix gently until the dough comes together. Transfer on a well floured surface and divide the dough in 2 equal pieces. Roll both of them into 2 thin round sheets. Take 1 sheet and arrange it into a tart pan. Crimp the edges to look more rustic.

In a bowl, mix the cherries with the sugar, cornstarch and cinnamon. Transfer this mixture into the pie crust. Top with a second dough sheet and make a few holes on top to allow the steams to come out. Bake in the preheated oven at 350F for 40-50 minutes or until crisp and golden brown.

Boozy Cherry Ice Cream

Cherries can easily be preserved wither in a sugar syrup or in alcohol. When they are preserved in alcohol, however, they will be infused with booze so make sure this dessert is not served to kids at all.

Yields: 1 quart

Ingredients:

2 cups cherries, pitted and mixed with 1 cup vodka over night

1 cup coconut milk

1 cup coconut cream

1 cup almond milk

1/4 cup honey

1/2 cup dark chocolate chips

In a bowl, mix the coconut milk with the almond milk, coconut cream and honey. Pour this mixture into your ice cream maker and freeze according to your machine's instructions. When almost done, throw in the drunken cherries and chocolate chips. Serve immediately scooped in bowls or serving glasses or store in an airtight container until needed.

Cornmeal Cherry Upside Down Cake

Although it may sound a bit unusual to use cornmeal on an upside down cake, the fact is that this makes it lighter and healthier and also gives it a unique consistency, moist and flavorful.

Yields: 1 9-inch round cake

Ingredients:

- 6 oz butter, softened
- 1 cup sugar
- 3 cups pitted cherries
- 1 1/4 cups all purpose flour
- 1/4 cup cornmeal
- 1 pinch of salt
- 1 1/2 teaspoons baking powder
- 2 eggs
- 1/2 cup low-fat milk

Directions:

Grease a 9-inch cake pan with butter then sprinkle 1/4 cup sugar. Add the cherries on top then set aside.

In a bowl, cream the butter with the remaining sugar until fluffy and pale in color. Stir in the eggs and mix well then incorporate the flour mixed with the cornmeal, salt and baking powder, alternating the flour with the milk. Spoon this batter evenly over the cherries then bake in the preheated oven at 350F for 30-40 minutes. When done, let it cool 5 minutes then carefully turn the cake upside down on a serving plate.

Cherry and Yogurt Parfait

Parfait makes an excellent breakfast as it only takes a few minutes to make and it is able to provide you with some amazing nutrients, such as fibers, antioxidants and vitamins in just one glass.

Yields: 2 parfait glasses

Ingredients:

1 1/2 cups Greek yogurt
4 tablespoons rolled oats
1/8 teaspoon cinnamon
2 tablespoons honey
1 cup fresh cherries, pitted

Directions:

In a bowl, mix the oats with the cinnamon.

Take 2 serving glasses and begin layering the oats, followed by yogurt and fresh cherries. Repeat the layers and make sure you end with a cherry layer. Serve immediately or refrigerate 1 hour before serving.

CONCLUSION



Learning to eat healthy is not hard, especially when you have a book like this one on hand. Adding fruits into your diet is a benefit no matter how you look at it. But paired with low fat and low sugar ingredients they actually make excellent desserts, delicious, moist and fragrant, and a great addition to every meal. Whether it is a regular dinner or a party with your family or friends, a dessert based on a fragrant fruit will surely impress and end the meal on a high note. In the end, the dessert is the one that can make or break a meal, isn't this what they say?!

If we extend the main idea of this book to your entire lifestyle, you will learn that fruits have their place into one's diet for a reason. I am sure you still remember when your mum was trying to make you eat your fruits and you couldn't understand then why was she so persistent. And I am also sure that you do the same now with your kids, just because fruits are healthy, they are little miracles of nature and one of the best ways to ensure we have a healthy and balanced diet and we get all the nutrients we need for a healthy body and mind.

I hope this book has helped you on this journey to finding a balance in your life, on your journey to healthy eating and healthy lifestyle. I know how hard this path can be, especially with all the products available on the market nowadays, but it is well worth it in the end as the effects are quite obvious: more energy, healthier skin, better hair, the ability to focus better, less time feeling tired, less stress. Enjoy your new healthy lifestyle and don't forget to spoil yourself with a healthy, fruity dessert from time to time!

BASIC KITCHEN CONVERSION CHART



<i>1 teaspoon = 5 ml = 10g</i>
1 tablespoon = 3 teaspoons = 15 ml = 20g
1 cup = 16 tablespoons = 1/2 pint
1 pound = 2 cups = 450g
1 oz = 1 1/2 tablespoons = 30g
1 cup flour = 140g
1 cup sugar = 200g
1 cup liquid = 250ml
1/4 cup = 4 tablespoons = 60ml
1/2 cups = 8 tablespoons = 125ml

1 cup dried fruit/nuts = 150g

1 cup rolled oats = 120g

1 cup almond meal = 140g

1 oz = 30g = 30ml

350F = 180C

375F = 190C

400F = 200C

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