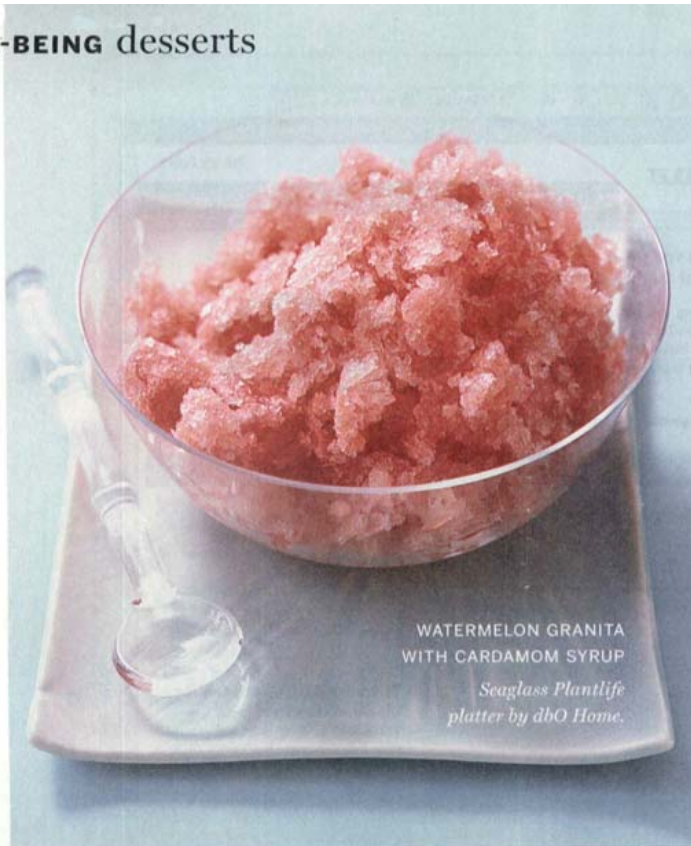


New York, NY
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WELL-BEING desserts



WATERMELON GRANITA
WITH CARDAMOM SYRUP
*Seaglass Plantlife
platter by dbO Home.*

marisa's healthy dessert secrets

fruit purees “I use them to replace some of the butter and oil in cakes and cookies, plus they add moistness and intense flavor.” *perfectpuree.com.*

agave nectar “I use Partida organic agave to naturally sweeten iced tea, low-fat desserts—and margaritas.” *partidatequilastore.com.*

egg whites “Folding a bit of beaten egg white into cake batter creates an airy texture without extra fat and sugar.”

flavored oil “I drizzle Pasolivo Meyer-lemon olive oil over cakes and blend it into ice cream. It’s a healthy way to add richness and depth of flavor.” *pasolivo.com.*

Watermelon Granita with Cardamom Syrup

ACTIVE: 30 MIN; TOTAL: 3 HR 15 MIN
6 SERVINGS

THE GOOD NEWS Watermelon is a great source of vitamin C. Here, Marisa Churchill turns it into a fat-free granita, which she drizzles with a fragrant cardamom syrup.

- ¾ cup water
- 1¼ cups sugar
- 3 pounds seedless watermelon, rind removed, flesh cut into 1½-inch pieces (6 cups)
- 1 tablespoon fresh lemon juice
- 1½ teaspoons cardamom pods, crushed

1. In a saucepan, combine ½ cup of the water with ¾ cup of the sugar and stir over moderate heat until dissolved, 2 minutes.
2. In a blender, working in batches, puree the watermelon with the sugar syrup and lemon juice until smooth. Pour the mixture into a 9-by-13-inch baking pan and freeze for 30 minutes. Using a fork, stir the granita;

continue stirring every 30 minutes, until frozen and fluffy, about 3 hours.

3. Meanwhile, in a saucepan, combine the remaining ¼ cup of water and ½ cup of sugar with the cardamom pods and bring to a boil. Simmer over moderate heat until the sugar is dissolved, 2 minutes. Remove from the heat and let stand for 5 minutes. Strain the syrup and refrigerate.

4. Fluff the granita with a fork. Scoop into bowls, drizzle with the cardamom syrup and serve immediately.

ONE SERVING 202 cal, 0 gm fat, 0 gm sat fat, 55 gm carb, 1 gm fiber.

Coconut Pavlovas with Tropical Fruit

ACTIVE: 20 MIN; TOTAL: 1 HR 45 MIN
6 SERVINGS

THE GOOD NEWS The kiwis and mango that fill these airy, low-fat meringues are high in vitamin C and other antioxidants. The low-calorie passion fruit seeds add tartness and intense tropical flavor.

- 4 large egg whites
- ¼ teaspoon cream of tartar
- 1 cup granulated sugar
- 1 teaspoon pure vanilla extract
- ½ cup unsweetened shredded coconut
- 4 large ripe passion fruits, halved
- 2 kiwis—peeled, halved lengthwise and sliced ¼ inch thick
- 1 small mango, peeled and thinly sliced

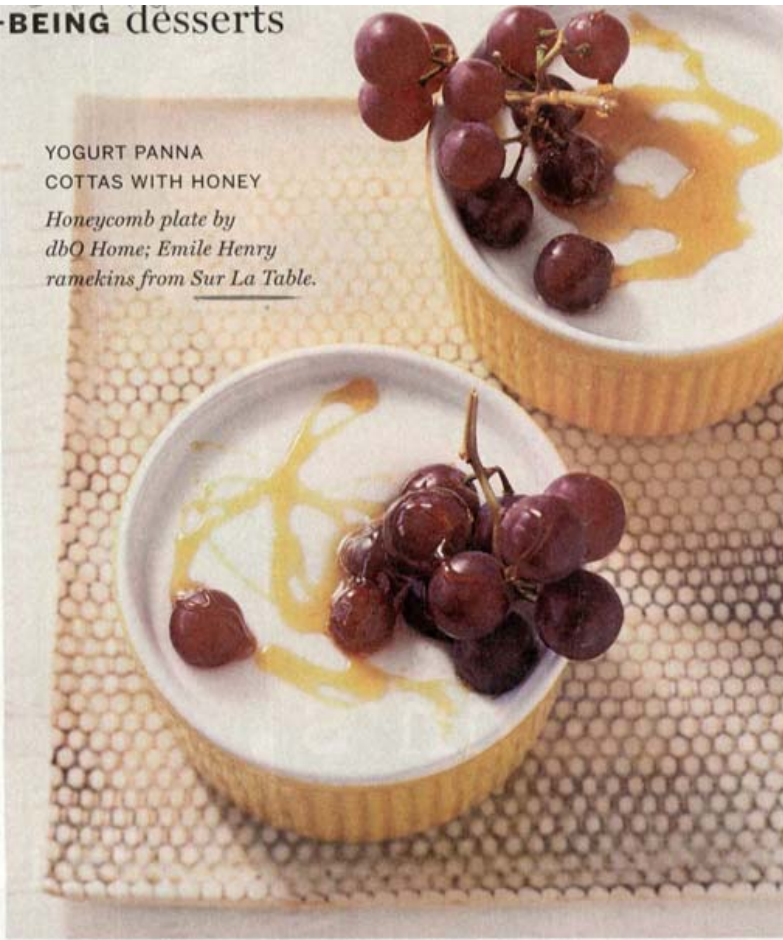
1. Preheat the oven to 275°. Line a baking sheet with parchment paper and lightly spray it with cooking spray. In a large bowl, using an electric mixer, beat the egg whites with the cream of tartar at medium speed until frothy. Beat in the sugar, 1 tablespoon at a time, until the meringue is thick and glossy. Beat in the vanilla extract, then fold in the shredded coconut.

2. Scoop the meringue into six 3½-inch mounds on the prepared baking sheet. Using the back of a spoon, make a 1½-inch well in the center of each meringue.

WELL-BEING desserts

YOGURT PANNA COTTAS WITH HONEY

*Honeycomb plate by
dbO Home; Emile Henry
ramekins from Sur La Table.*



3. Bake the meringues in the center of the oven for about 1 hour, until crisp and lightly golden but still chewy on the inside. Remove from the oven and let cool.

4. Scoop the pulp and seeds from the passion fruits into a bowl. Set the meringues on plates. Mound the kiwi and mango into the center of the meringues, spoon the passion fruit on top and serve.

MAKE AHEAD The meringues can be stored overnight in an airtight container.

ONE SERVING 231 cal, 4 gm fat, 2.9 gm sat fat, 48 gm carb, 3.4 gm fiber.

Yogurt Panna Cottas with Honey

ACTIVE: 10 MIN; TOTAL: 3 HR 10 MIN
6 SERVINGS

THE GOOD NEWS Thick and creamy Greek-style yogurt contains bacteria cultures that may aid in digestion and strengthen the immune system. As an homage to her Greek heritage, Churchill uses it as the base for her tangy, low-fat panna cottas.

1½ teaspoons unflavored gelatin

1 tablespoon water

1 cup fat-free milk

½ cup sugar

1 cup low-fat buttermilk

1 cup fat-free plain Greek yogurt

2 tablespoons honey

Red grapes, for serving

1. In a small bowl, mix the gelatin with the water and let stand until softened, about 5 minutes. In a small saucepan, bring the milk to a simmer with the sugar and cook until the sugar is dissolved, about 1 minute. Remove from the heat and stir in the softened gelatin until dissolved.

2. In a medium bowl, whisk the buttermilk with the yogurt. Whisk in the warm milk until smooth. Pour the panna cotta mixture into six 4-ounce ramekins and refrigerate until set, about 3 hours.

3. To serve, drizzle the panna cottas with the honey and garnish with the grapes.

ONE SERVING 120 cal, 0.4 gm fat, 0.3 gm sat fat, 24 gm carb, 0.1 gm fiber.

Chocolate-Buttermilk Cake

ACTIVE: 20 MIN; TOTAL: 2 HR 45 MIN

8 SERVINGS

THE GOOD NEWS Churchill uses red beets—a good source of the powerful, heart-healthy vitamin folate—to sweeten this cake and eliminate the need for extra fat. The recipe is one she devised for a healthy-cooking challenge on *Top Chef*.

CAKE

1¾ cups all-purpose flour

1½ cups granulated sugar

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 cup unsweetened cocoa powder

1¼ cups low-fat buttermilk

1 cup fat-free plain yogurt

1 medium red beet (5 ounces),
peeled and finely shredded

4 egg whites

GLAZE

½ cup confectioners' sugar

2 tablespoons unsweetened
cocoa powder

2 tablespoons water

Raspberries, for serving

1. **MAKE THE CAKE:** Preheat the oven to 350°. Spray a 10-by-2-inch cake pan with cooking spray. In a bowl, whisk the flour with the granulated sugar, baking powder, baking soda, salt and cocoa powder. In another bowl, whisk the buttermilk with the yogurt and beet. Mix the beet mixture into the dry ingredients. In another bowl, beat the egg whites until soft peaks form. Fold the egg whites into the cake batter.

2. Scrape the batter into the baking pan. Bake for 55 minutes, until a toothpick inserted in the center comes out clean. Cool the cake on a rack for 20 minutes, then turn it out and let cool completely.

3. **MAKE THE GLAZE:** Sift the confectioners' sugar and cocoa powder into a bowl. Whisk in the water until smooth.

4. Cut the cake into wedges and transfer to plates. Spoon 1 tablespoon of the glaze over each slice. Serve with the raspberries.

ONE SERVING 354 cal, 1.6 gm fat, 0.2 gm sat fat, 78 gm carb, 3 gm fiber. ●