

# SWEET TREATS (FOR 100 CALORIES OR LESS)

 <p><b>ICE CREAM &amp; FROZEN TREATS</b></p> <p><b>Cocoa- banana ice cream</b> (½ c)  Halo top® ice cream* (½ c)  Outshine® frozen fruit bar (1)  Yasso® frozen yogurt bar (1)</p>	 <p><b>COOKIES &amp; BAKED GOODS</b></p> <p><b>Crustless pumpkin pie</b>  Murray's® Ginger snaps (3)  Nabisco® Oreo thins (3)  MadeGood® Mini-bites (packet)</p>	 <p><b>FRESH N' FRUITY</b></p> <p><b>Cinnamon roasted pear</b>  <b>Grilled peaches</b>  Frozen grapes (15)  Greek Yogurt – Key Lime</p>
 <p><b>CHOCOLATE BITES</b></p> <p><b>Chocolate-dip strawberries</b> (3)  Dove® dark chocolate bites (3)  Hershey's® kisses (4)  Dole® banana dippers (4)</p>	 <p><b>LOW CARB</b></p> <p><b>Watermelon mint popsicle</b>  Sugar free hot cocoa  Sugar free fruit gelatin or pudding  Clementine (1)</p>	 <p><b>AFTER DINNER DRINKS</b></p> <p>Kahlua, Amaretto (1 oz)  Brandy or cognac (1 oz)*  Sherry or port wine (2 oz)*</p>



**HELPFUL HINT:** Thirsty? Drink zero calorie beverages such as water (sparkling or still), coffee, tea or diet drinks.

\* Low in carbohydrate

\* Brand names shown are merely examples of products that have a good nutritional profile. My Weight- What To Know does not endorse any brand mentioned, and is not sponsored by any of these brands.



# RECIPES

## **CHOCOLATE DIPPED STRAWBERRIES** **MAKES 4 SERVINGS (3 BERRIES EACH)** **7 calories, 10 g carbs**

12 medium strawberries

2 oz semi-sweet, dark or milk chocolate

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*Microwave chocolate in a small bowl for 1 minute. Stir, then continue microwaving in 20-second intervals until chocolate is melted, stirring after each interval. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted. Dip strawberries and chill until chocolate is harden.*





# RECIPES

## CHOCOLATE BANANA ICE CREAM

MAKES 2 SERVINGS

100 calories, 17 g carbs

2 medium ripe bananas (7 inch) - frozen

3 Tbsp cocoa powder

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*Remove the banana peels. Cut the bananas into chunks and place in a food processor. Blend until smooth and the mixture resembles soft-serve ice cream. Scrape down the sides and add cocoa powder, blending again till very smooth. Place in an air tight container and freeze until it's a little more solid, for about an hour.*



# RECIPES

## ZESTY WATERMELON STRAWBERRY POPSICLES

**MAKES 10 SERVINGS**  
**20 calories, 5 g carbs**

Watermelon

1 cup Fresh or frozen strawberries

½ Lime

Mint or basil leaves (*optional*)

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*In a food processor or blender place 4 cups of cubed watermelon, 1 cup of fresh or frozen strawberries, and the zest and juice of 1/2 lime. Add optional mint or basil leaves. Pour into popsicle molds (or freeze as a sorbet). Pop in a few blueberries for added color.*





# RECIPES

## GRILLED PEACHES

**MAKES 1 SERVING**  
**60 calories, 15 g carbs**

1 Peach

Olive oil

Brown sugar or maple syrup (*optional*)

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*Spray some non-stick spray on a hot grill. Brush both sides of two peach halves with a little olive oil. Place cut side down on a medium grill for 4-5 minutes. Turn, and grill another 4-5 minutes until soft. You might want to sprinkle a little brown sugar or brush a little maple syrup on the peach, but if it is nice and ripe, it should be sweet enough.*





# RECIPES

## CRUSTLESS PUMPKIN PIE MAKES 8 SERVINGS

95 calories, 20 g carbs / sugar sub 67 calories, 13 g carbs

1 - 15 oz Can pumpkin

$\frac{1}{3}$  Cup sugar (or sugar substitute equivalent to  $\frac{1}{3}$  cup sugar)

2 Tbsp Honey

1  $\frac{1}{2}$  tsp Pumpkin pie spice

2 Eggs lightly beaten or  $\frac{1}{2}$  cup egg substitute

1 tsp Vanilla

$\frac{3}{4}$  cup Evaporated fat free milk

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*Preheat oven to 325°F. Spray a 9" glass pie plate with nonstick spray. Whisk all ingredients together in a bowl and pour into the pie plate. Bake for 55-60 minutes or until a knife inserted in the center comes out clean. Cool for about 2 hours. Serve immediately or refrigerate.*





# RECIPES

## CINNAMON ROASTED PEARS MAKES 4 SERVINGS

Serving size ½ pear = 100 calories, 19 grams carbs

2 Medium size pears (*Anjou, Bosc or Bartlett work well*) sliced in half

1 Tbsp Tub margarine

½ tsp Cinnamon

2 Tbsp Brown sugar substitute

1 Tbsp Chopped walnuts

¼ Cup water

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*Preheat oven to 400 degrees. Make the topping by combining margarine, cinnamon and brown sugar in a small bowl and then adding walnuts. Arrange pears cut side up in an 8 inch glass baking dish. Pour in approximately 1/2 inch of water to the pan. Spoon the nut mixture into the pear halves. Bake until the pears are tender and beginning to brown, about 45 minutes.*