



Delicious **BAKING**

Recipes & Tips

BAKING TIPS



FLOURS

- If your recipe calls for all-purpose (white) flour, swap in half whole-wheat.
- Almond meal and almond flour are both made from ground almonds - a great option. Meal is made from finely ground blanched almonds with the skins, so it will be a little darker.
- Nut flours are lower in carbohydrates.

SUGARS

- Sugar is an important ingredient - not only for flavor, but for browning and keeping baked goods tender and moist. Omitting it entirely can mess up certain recipes.
- Start by reducing sugar in favorite recipes by $\frac{1}{4}$ to $\frac{1}{3}$. If the recipe still works, you can try reducing it a little more next time.
- Swapping out white sugar for honey, molasses, or maple syrup will only change the flavor – the calories and carbohydrate amounts are similar.
- There are several sugar substitutes designed specifically for baking (such as Swerve® and Truvia®). They are lower in calories, but don't always achieve the same results as sugar.

EGGS/ BUTTER/OIL

- If you're trying to limit cholesterol, or are avoiding eggs, consider using an egg substitute when baking.
- Most baking recipes will suggest unsalted butter. If using salted butter, cut back on the added salt.
- Use unsweetened applesauce instead of vegetable oil in recipes for quick-breads, brownies and other baked goods. You'll save about 900 calories per $\frac{1}{2}$ cup of oil omitted from a recipe!

BAKING

- Instead of greasing a baking dish with butter or oil, use a non-stick spray and a dusting of flour.
- Parchment paper, or a silicone mat, are great to keep baked goods from sticking (and makes clean up easy!).

SNOWBALL COOKIES

Makes 48 servings

1 cookie – 90 cal, 10g carbs, 1g protein, 5g fat

16 tablespoons (227g) unsalted butter

½ cup confectioners' sugar

1 ½ teaspoons vanilla extract

1 teaspoon almond extract, optional

1 teaspoon salt

¾ cup almond flour/blanched almonds, finely ground

2 ¼ cups all-purpose flour

1 ½ cups confectioners' sugar

1. ***Preheat the oven to 325°F. Lightly grease (or line with parchment) two baking sheets.***
2. ***In a large bowl, beat together the butter, sugar, vanilla extract, almond extract, and salt.***
3. ***Beat in the almond flour, then the all-purpose flour.***
4. ***Scoop walnut-sized (1") pieces of dough, and roll them into balls. A level teaspoon cookie scoop will give you just the right amount of dough. Place the balls on prepared baking sheets, leaving 1" between them.***

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SNOWBALL COOKIES

Makes 48 servings

1 cookie – 90 cal, 10g carbs, 1g protein, 5g fat

- 5. Bake the cookies for 15 to 20 minutes, until they feel set on top: some of them may be starting to barely brown around the edges.*
- 6. While the cookies are baking, put the topping sugar in a bowl.*
- 7. Remove cookies from the oven, allow them to cool on the pan for a few minutes. Transfer them, 5 or 6 at a time, to the bowl. Roll them in the sugar to coat, & transfer them to cool on a rack.*
- 8. When the cookies are cool, roll them in the sugar again; they should be coated and snowy white.*
- 9. Store airtight at room temperature for several days; freeze for longer storage.*

WHOLE WHEAT IRISH SODA BREAD

Makes 24 servings

1 slice – 70 cal, 15g carbs, 3g protein, 0g fat

2 cups whole wheat flour

1 cup all-purpose flour

½ cup golden raisins

1 ½ tsp baking soda

½ tsp salt

2 cups low-fat buttermilk

1. *Preheat oven to 400°F and line a round cake pan with parchment paper (or you can bake in a cast iron skillet.)*
2. *In a large mixing bowl, combine whole wheat flour, all-purpose flour, baking soda, salt, and raisins.*
3. *Make a well in the center of the dry ingredients and buttermilk all at once. Fold the ingredients with a rubber spatula until combined.*
4. *Turn dough out onto the parchment paper and form into a round loaf. Cut an X into the top of the dough with a sharp knife, ½ inch deep.*
5. *Place on the middle rack to bake for 30 minutes, or until golden brown.*

BANANA OAT MUFFINS

Makes 12 servings

1 muffin – 152 cal, 24g carbs, 5g protein, 4g fat

Nonstick cooking spray

2 cups old fashioned rolled oats

$\frac{3}{4}$ cup whole wheat flour

$\frac{1}{3}$ cup sugar

1 tsp baking powder

$\frac{3}{4}$ tsp apple pie spice or ground
cinnamon

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp salt

1 cup buttermilk

2 eggs lightly beaten

1 large ripe banana, mashed

2 Tbsp butter, melted

1 tsp vanilla

TOPPING:

$\frac{1}{4}$ cup old fashioned rolled oats

$\frac{1}{2}$ tsp apple pie spice or ground
cinnamon

1 Tbsp butter

- 1. Preheat oven to 350°F. Line 12 muffin cups with paper liners; coat inside of the cups lightly with cooking spray. Set aside. Place 2 cups oats in a food processor or blender; cover and process until finely ground. Transfer ground oats to a large bowl. Stir in whole-wheat flour, sugar, baking powder, apple pie spice, baking soda, & salt. Make a well in the center of the flour mixture.**

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BANANA OAT MUFFINS

Makes 12 servings

1 muffin – 152 cal, 24g carbs, 5g protein, 4g fat

- 2. In a different bowl, whisk together buttermilk and eggs, then the banana, 2 tablespoons melted butter, and vanilla. Add buttermilk mixture to flour mixture; stir just until moistened (batter should be lumpy).*
- 3. Spoon batter into muffin cups, filling about three-fourths full.*
- 4. For topping, in a small bowl, stir together $\frac{1}{4}$ cup oats and $\frac{1}{2}$ teaspoon apple pie spice. Using a pastry cutter, cut in 1 tablespoon of butter until mixture resembles coarse crumbs. Sprinkle the oat mixture on top of muffin batter.*
- 5. Bake for 20-22 minutes, or until a toothpick inserted in centers comes out clean. Cool in muffin cups for 5 minutes before removing.*

ALMOND CAKE WITH FRESH BERRIES

Makes 12 servings

1 slice – 179 cal, 17g carbs, 7g protein, 11g fat

3 large eggs, separated, room temperature

$\frac{2}{3}$ cup sugar

2 cups almond flour

3 large egg whites, room temperature

1 tsp pure vanilla extract

1 cup mixed berries

Pinch fine sea salt

Powdered sugar, for dusting

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1. *Position a rack in the middle of the oven; preheat to 350°F.*
 2. *Grease a 9-inch springform pan with nonstick spray, line with parchment paper, and flour (use almond meal or a gluten-free all purpose flour blend to keep the cake gluten-free).*
 3. *In a large bowl, whisk together egg yolks and, all but 2 tablespoons of, the sugar. Whisk until yolks become thick and pale in color, about 1 minute. Whisk in vanilla extract and salt; set aside.*
 4. *In the bowl of a standard electric mixer fitted with a whisk attachment (or a bowl with a hand mixer), beat 6 egg whites on medium speed until they become opaque, about 1 minute.*

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ALMOND CAKE WITH FRESH BERRIES

Makes 12 servings

1 slice – 179 cal, 17g carbs, 7g protein, 11g fat

- 5. Sprinkle in remaining 2 tablespoons of sugar, and continue to beat the mixture until they hold medium peaks.*
- 6. With a flexible rubber spatula, stir in about $\frac{1}{4}$ of the egg whites to the egg yolk mixture. Then, stir the rest of the egg whites, and about half of the almond flour.*
- 7. While the mixture still has a few streaks of white left, fold in the last half of almond flour until you have a homogeneous batter.*
- 8. Pour the batter into the prepared pan and shimmy it until batter is level.*
- 9. Bake the cake for about 35 minutes, until the top is golden brown and springy to the touch. Let the hot cake cool on a wire rack for 5 minutes, then run a butter knife along the edges of the cake pan to loosen.*
- 10. Invert the cake pan onto the rack, and peel away the parchment paper. Turn the cake right side up, and allow to cool completely. Dust with powdered sugar, cut, and serve with fresh berries.*

CRANBERRY PISTACHIO BISCOTTI

Makes 42 servings

1 cookie – 62 cal, 10g carbs, 1.5g protein, 2g fat

1- $\frac{3}{4}$ cup all purpose flour, plus a few tablespoons for dusting

1- $\frac{1}{2}$ tsp baking powder

Pinch of salt

$\frac{3}{4}$ cup whole unsalted shelled pistachios

$\frac{1}{3}$ cup dried cranberries

2 tbsp unsalted butter, softened

$\frac{3}{4}$ cup superfine sugar

2 large eggs

1 tsp vanilla extract

1. *Preheat oven to 375°F.*
2. *Line baking sheet with silicone mat or parchment paper.*
3. *In a medium bowl, combine flour, baking powder, and salt. Add pistachios, cranberries, and mix.*
4. *In a stand mixer, mix butter and sugar on medium speed for 1- $\frac{1}{2}$ minutes.*
5. *Add vanilla and eggs, one at a time. Add the dry ingredients, and mix on low speed until just combined to make a dough.*

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CRANBERRY PISTACHIO BISCOTTI

Makes 42 servings

1 cookie – 62 cal, 10g carbs, 1.5g protein, 2g fat

- 6. Remove the dough. If very sticky, sprinkle flour over it and on your work surface.*
- 7. Divide into 3 pieces and form into long flat logs about 11 inches long x 1-½ inches wide.*
- 8. Place on the lined baking sheets and bake 20-25 minutes.*
- 9. When cool enough to handle, gently cut the loaves on the angle into ½ inch slices. A serrated bread knife works best. Return to the baking sheet, fitting as many as you can on it. You may need to do this in batches.*
- 10. Bake the biscotti for another 3-4 minutes on each side - less, if you like it softer.*