

# 9 Weeks of Summer – Week 9

## Low Fat Summer Desserts



### Lemon Cheesecake Yogurt Cupcakes

Lemony cheesecake cups made with Greek yogurt topped with fresh berries. Light, creamy and virtually guilt-free!



#### Ingredients

- 12 reduced fat vanilla wafers
- 8 oz 1/3 less fat cream cheese, softened
- 1/4 cup sugar
- 1 tsp vanilla
- 6 oz fat-free vanilla Greek yogurt
- 2 large egg whites
- 3 tbsp lemon juice
- 1 tbsp lemon zest
- 1 tbsp all purpose flour
- 24 blackberries

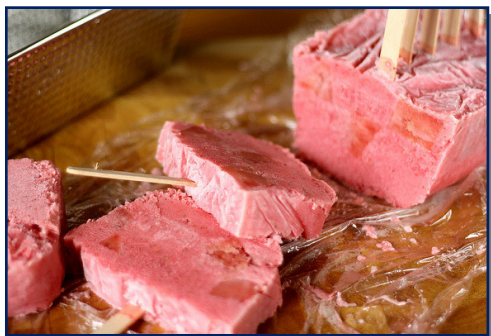
#### Instructions

1. Heat oven to 350°.
2. Line cupcake tin with liners. Place a vanilla wafer at the bottom of each liner.
3. Gently beat cream cheese, sugar and vanilla until smooth using an electric mixer. Gradually beat in fat free yogurt, egg whites, lemon juice, lemon zest and flour. Do not over beat. Pour into cupcake liners filling half way.
4. Bake 25 minutes or until center is almost set. Cool to room temperature. Chill a few hours in the refrigerator.
5. Top with fresh blackberries and powdered sugar if desired.

Nutritional Information (per serving)			
<b>Calories</b>	<b>109</b>	<b>Monounsaturated Fat</b>	<b>1.5 g</b>
<b>Protein</b>	<b>3.6 g</b>	<b>Cholesterol</b>	<b>20 mg</b>
<b>Carbohydrate</b>	<b>12.6 g</b>	<b>Sodium</b>	<b>107.9 mg</b>
<b>Total Fat</b>	<b>4.7 g</b>	<b>Fibre</b>	<b>1.1 g</b>
<b>Saturated Fat</b>	<b>3 g</b>	<b>Makes 12 Cupcakes</b>	

## Strawberry-Watermelon Yogurt Ice Pops

Making your own popsicles is a great way to avoid the high-calorie, sugary popsicles at a grocery store. This recipe is totally adaptable to different fruits and yogurt flavours. If you have trouble finding ice-pop molds (or want to save money), here's an easy, innovative recipe to make with the kids!



### Ingredients

2 cups vanilla yogurt (not non-fat)  
2 cups strawberries, sliced (fresh or frozen)  
Juice and zest of 1 lime  
Watermelon cubes (about 20 cubes, 1/2-inch each)  
8 to 10 wooden popsicle sticks

### Instructions

1. Prepare a loaf pan by lining it with plastic wrap. Have your popsicle sticks on hand.
2. In a blender combine the yogurt, strawberries, lime juice and zest. Puree until well combined. Pour the yogurt blend into your prepared pan. Drop the watermelon cubes into the mixture, making sure there are a few cubes in each pop.
3. Cover the pan with 2 or 3 layers of plastic wrap, making sure the plastic touches the top of the yogurt mixture.
4. With the tip of a sharp knife, make incisions where you want your popsicle sticks to go, spacing them evenly. Place the popsicle sticks into the holes, standing them up straight.
5. Freeze for about 6 hours, until the pops are completely frozen.

*When you want to serve your pops, take the pan and run warm water over it to loosen the edges. Take the plastic wrap and lift the frozen "loaf" out of the pan. Use a sharp knife to cut in between the popsicle sticks.*

*Note: If you use a yogurt with a low-fat content the popsicles will be a bit icy and have a tendency to break easily. They're just as good, just a bit fragile.*

Nutritional Information (per serving)			
<b>Calories</b>	<b>76</b>	<b>Monounsaturated Fat</b>	<b>0.1 g</b>
<b>Protein</b>	<b>2.7 g</b>	<b>Cholesterol</b>	<b>2.2 mg</b>
<b>Carbohydrate</b>	<b>15.6 g</b>	<b>Sodium</b>	<b>32.3 mg</b>
<b>Total Fat</b>	<b>0.6 g</b>	<b>Fibre</b>	<b>0.6 g</b>
<b>Saturated Fat</b>	<b>0.4 g</b>	<b>Makes 8-10 Popsicles</b>	