

Almost Synless

Low Fat Desserts



Melanie Wade

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Low Fat Desserts

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Introduction

With a passion for cooking and enjoying good desserts I have put together this little book featuring some of my favourite desserts. All of the desserts included in this book I have tried and tested myself. I have only put what I believe are decent, low fat, healthy and above all else good tasting recipes in this book, taste and quality should not be compromised because a food is low in fat.

I have tried to include a selection of recipes that I believe are simple to make and offer a very sophisticated taste and overall elegance.

This book is being offered as a bonus to say thank you for purchasing one of my main books, I hope that you find it as useful as the product you purchased.

This book is in no way affiliated or endorsed by any dieting programme or organisation, however I have include nutritional data for every recipe which should help make it easier for you to judge if a recipe is suitable for you to use if you are following a specific healthy eating programme.

I have calculated the nutritional values using nutrition data software. The combined ingredients were put together, divided by the number of servings to

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give the results. Using different brands and changing quantities of the included recipes can cause a variation in nutritional readings.

Please use this book as a guide to healthy eating; it is not intended to replace any professional advice you have been given.

Please use these recipes as a base to build and extend your skills further.

Apricot Crumble

(Serves 2)

200g fresh apricots, halved
2 ginger nut biscuits crushed
140g low fat cream cheese
(I used extra light philly)
1 tsp vanilla extract
3 tbsp water
4 tsp agave nectar (natural sweetener)



1. Preheat oven 180'c. Add water and sweetener to a pan and bring to the boil, add apricots and turn heat down. Allow to simmer for 10 minutes.
2. Remove apricots from pan and divide into 2 small serving dishes (ramekins) add half of the juice from the pan to the cream cheese and mix together along with the vanilla extract. Pour the other half of the juice over the apricots.
3. Spoon the cream cheese over the apricots and sprinkle on the biscuit crumbs, pop into oven for 10 minutes or until the top has browned.

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Nutritional value per serving

Calories	Carbs	Fat	Protein
202 Using Philly Light	29	6	10
173 Using Quark	28	2	11

This is quite a rich tasting dessert and perfect to end a special meal. If your entertaining guest you can make a large one and share. I experimented with both Quark and extra light philly and the results were... The philly gave a smooth rich velvety taste and texture, whereas the Quark was more of a grainy texture.

I think it's more down to personal preference and might just need a little experimenting by you for the final verdict.

Strawberry, Raspberry and Orange Jelly

(Serves 4)

1 weight watchers strawberry & raspberry jelly
1 Hartley's orange sugar free jelly
200g fresh strawberries
100g fresh raspberries

1. Make up the orange jelly by adding 200ml of boiling water and dissolving the crystals, top up with 200ml of cold water. Allow to cool slightly. In a jelly mould add half of the strawberries and pour over half of the jelly, pop in the freezer for 30-45 minutes until set.



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2. Remove from the freezer and top with the raspberries. Make up the WW jelly with 150ml of boiling water and top with 50ml of cold water, allow to cool before pouring over the raspberries, return to freezer for 10 minutes until set.
3. Remove from freezer and add remaining strawberries, pour over the rest of the orange jelly and pop into the fridge until set.
4. Remove from jelly mould and Enjoy!

Nutritional Value per serving

Calories	Carbs	Fat	Protein
34	6	0	2

This is such a fun family dessert; my kids loved it they just couldn't get enough of it. With the different layers of fruit and flavours of jelly this just make jelly a little more interesting.

Hot Chocolate Soufflé

(Serves 4)

- 3 tbsp cocoa powder
- 2.5 tbsp half sugar (silver spoon)
- 1.5 tsp rum flavouring
- 4 egg whites
- 1 tsp icing sugar
- Fry light

1. Pre heat oven to 190'c. Spray the inside of 4 ramekins with fry light and dust lightly with cocoa powder.
2. Whisk the egg whites and sugar until stiff. Mix the essence into the cocoa powder along with a couple spoonfuls of egg whites until you



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have a smooth paste, using a metal spoon fold this mix into the egg whites.

3. Divide amongst the 4 ramekins, place on an oven tray and bake for 13-15 minutes until well risen.
4. Dust with icing sugar before serving, Enjoy with fresh raspberries or strawberries.

Nutritional values per serving

Calories	Carbs	Fat	Protein
69	13	1	6

Soufflé means "blow up" A lightly baked cake made using whisked egg whites and egg yolks. It can be served as a savoury main dish or a dessert depending on the ingredients used. When a soufflé is taken out of the oven it should be light, fluffy and puffed up, but generally collapse after 5 -10 mins.

Coconut & Lime Ice Dessert

Serves 6

1 400g tin of reduced fat coconut milk
2 limes
56g silver spoon half sugar
150ml water



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1. Place the water and sugar into a saucepan and bring to the boil, reduce heat and allow to simmer until the sugar has dissolved. Set aside and allow to cool.
2. Grate the rind and squeeze the juice from the 2 limes and add to the cooled sugar solution. Add the coconut milk and combine well together.
3. Pour into a freezer proof container and freeze for 5-6 hours or until frozen. During the freezing process remove after a couple of hours and blitz in a food processor or mash with a fork to break up any ice crystals forming. Do this twice.
4. Just before serving, remove from the freezer and allow to soften for 15 minutes before serving. Enjoy!!



Nutritional values per serving

Calories	Carbs	Fat	Protein
93	13	5	1

For the days when you're looking for something refreshing tasty and low in calories this might just be the thing for you. The refreshing taste of the lime compliments the coconut and the balance of flavours fits perfectly together.

Although you would probably be expecting a rich creamy texture because of the coconut, this is more of an icy style dessert, and if you want to make it a little more grown-up why not add a few splashes of rum... Perfect for a hot summers day.

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Baked Chocolate Orange Cheesecake

(Serves 10)

500g Quark (low fat soft cheese)
8 chocolate digestive biscuits
2 tbsp cocoa powder
120g fat free fruit yogurt (strawberry/vanilla)
11g Belgium chocolate options
4 tbsp Sweetener
1 tsp orange essence
3 Eggs



1. Pre-heat oven to 240'c/220'c fan, Gas 4. Line a 20cm springform tin with baking paper.
2. Crush the digestive biscuits and using a metal spoon press into the tin, bake for 8 minutes. Remove from the oven and using a metal spoon gently smooth over the biscuits to allow the melted chocolate to spread evenly to help bind the base together. Set aside to cool.



3. Using an electric whisk, whisk together the Quark, cocoa powder, yogurt, chocolate options, sweetener, essence and eggs until you have a smooth runny mixture.
4. Pour on top of the base, squashing out any air bubbles and bake in the oven for 10 minutes.

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5. After the 10 minutes lower the oven temperature to 110'c/90'c fan, gas 1/4 and bake for a further 25 minutes. If using an electric oven leave the door slightly ajar for the first 3 minutes of the 25 minutes.
6. After 25 minutes shake the tin and turn oven off. Leave the cheesecake in the oven, door closed for 2 hours.
7. At the end of the 2 hours loosen the edges of the cake and put back in the oven to cool down for a further hour.
8. Remove from the oven cover with foil and refrigerate for 4 hours or over night before serving.

Nutritional Value per serving:

Calories	Carbs	Fat	Protein
140	13g	5g	10g

Cheesecake is one of my all time favourite desserts, and especially when it's baked. I have been experimenting with baked cheesecake for a while now and although I have come up with a few good ones I still felt that they could have been improved further and this one is the results of further experimenting.

Souffléed Rice Pudding

(Serves 4)

150g pudding rice
 750ml semi skimmed milk
 1 tsp vanilla extract
 2 egg whites
 ½ tsp ground nutmeg
 2 tbsp agave nectar (natural sweetener)



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1. Add the rice, milk and agave nectar to a non-stick saucepan and bring to the boil, reduce heat to the lowest setting, cover and simmer for 15-20 minutes until the milk have been absorbed and the rice is tender. Stir from time to time to avoid sticking.
2. Preheat the oven to 220'c. Remove the saucepan from the heat and stir in the vanilla extract.
3. In a clean bowl add the egg whites and whisk until soft peaks are formed. Using a metal spoon fold the egg whites into the rice and pour mixture into an ovenproof dish.



4. Sprinkle over the nutmeg and bake for 15 minutes until well-risen and golden brown. Share between 4 bowls and enjoy hot!

Nutritional value per serving

Calories	Carbs	Fat	Protein
240	39g	3g	10g

This is such a light airy rice pudding, serving this with some pureed fruit such as cherries or strawberries will add a new dimension to this pudding.

You can use skimmed milk, however do take care as the reduce fat content in skimmed milk will mean that it boils much faster so keep an eye on things. Also taste the rice before adding the egg whites, as you might like to add a little extra sweetness.

Chocolate & Raspberry Roulade

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(serves 10-12)

2 tbsp cocoa powder
7 eggs (separated)
6 tsp half spoon sugar
1 tsp vanilla extract
 $\frac{1}{2}$ pkt sugar free Dream Topping
100ml skimmed milk
200g fresh raspberries



1. Pre heat oven to 180'c and line a Swiss roll tin with parchment paper.
2. Whisk the egg whites until stiff but not dry and set aside.
3. In a separate bowl gently whisk together the egg yolk, sugar and cocoa powder until soft and fluffy in texture. Using a metal spoon fold the egg whites into the yolk mixture.



4. Pour into the pre-lined tin and bake for 15-20 minutes. Remove from the oven and leave to cool in the tin, place a wire rack over the cake and place a damp cloth on top of the rack, avoiding contact with the cake, leave for 3-4 hours.



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5. Make up the filling by gently adding the dream topping to the milk whilst whisking at the same time, whisk until smooth thick and creamy. Remove the cake from the tin and spread with the dream topping and top with the raspberries. Carefully peel away from the parchment paper and roll into a roulade, dust with icing sugar and cut into 10-12 pieces and enjoy!

Nutritional value per serving (based on 12 slices)

Calories	Carbs	Fat	Protein
50	4	3	4

I have experimented with many roulades and some of them I have found to have a very sweet eggy taste, this one however, beats them hands down, its bitter sweet chocolately taste with the smooth creamy filling and then you get a burst of juicy raspberries, really simple indulgence.

You can experiment with this recipe a little further, you can swap the sugar for sweetener and use a fat free fromage frais sweetened to make the filling, these little changes will lower the nutritional values.

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Strawberry Cheesecake

(Serves 10)

8 chocolate digestives
1 pkt strawberry (sugar free) Angel
delight
500g Quark (fat free soft cheese)
100ml skimmed milk
175g fat free strawberry yoghurt
1 pkt gelatine or vegegel
1 tsp vanilla extract
Strawberries for decorating



1. Pre heat oven to 180'c and line the base of a 20cm spring form round cake tin. Crush the biscuits and place into the cake tin, using the back of a spoon smooth the surface of the crushed biscuits pressing quite firmly. Pop into the oven for 5 mins.
2. Remove from oven after 5 mins and using a spoon just smooth over the biscuits again to work the melted chocolate into the biscuits, put back into the oven for another 5 mins. Remove from oven and allow to cool.



3. Prepare the gelatine/vegegel according to packet instructions and set aside. Whisk the angel delight, extract and the milk until smooth, add the yoghurt and the quark and continue whisking until smooth and thick. Very gently and slowly whilst still whisking pour in the gelatine, whisk until all combined.

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4. Pour on top of the biscuit base and chill in the fridge over night, remove from fridge, hull and slice the strawberries and arrange on top of the cheesecake, cut into 10 slices and serve.

Nutritional values per serving

Calories	Carbs	Fat	Protein
113	14	4	5

Cheesecake is on the top of my favourite desserts, you simply cant beat a good cheesecake, however a regular cheesecake is packed full of calories, what I like about this cheesecake is the sweet crunchy biscuit base topped with the smooth creamy strawberry filling, its so light and airy but still packs a punch with full on strawberry flavour.

This cheesecake can be eaten after 3-4 hours of being in the fridge however, I did find the base to be ever so slightly crumbly, leave it overnight and you have a solid base you can easily pick up but still with a crunchy texture.

Fresh Fig Compote

(Serves 4)

6 ripe figs
350ml of freshly brewed coffee
3 tbsp golden syrup
2 tsp vanilla extract

1. In a large frying pan add the coffee, vanilla extract and the golden syrup. Bring to the boil and allow to reduce to about half.
2. Wash and slice the figs in half and pierce the outer skin. Add



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to the reduced coffee liquid cut side down and reduce the heat, cover the pan and simmer for about 5 minutes.

3. Remove the figs from the pan and set aside, leave the pan on the stove, but switch off the heat.
4. Allow the figs to cool for an hour before serving. Divide the figs onto four plates and top with the coffee syrup. Serve with fat free Greek yoghurt or a low fat cream and Enjoy.

Nutritional Value per serving

Calories	Carbs	Fat	Protein
96	27	0	1

The first time I made this dessert I wasn't sure what to expect but I can truly say that this is one of my favourites. The bitter sweet of the coffee syrup along with the soft figs and the cool yoghurt is a perfect match. It was like having a 5* dessert in an expensive restaurant.

If your looking to WOW your party guest then this is the one dessert you should try.

Strawberry & White Chocolate Cheesecake

(Serves 10)

8 chocolate digestive biscuits
2 x 500g quark (fat free soft cheese)
22g white chocolate options (2pkts)
200g fresh strawberries, sliced
50g fresh raspberries



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150g fat free Greek yogurt
3-4 tbsp sweetener

1. Pre heat the oven to 180°C. Crush the biscuits and place inside a 20cm springform cake tin, press down using the back of a spoon and pop in oven for 10 minutes.
2. Remove from oven and using a metal spoon gently press and smooth over the biscuits, spreading the chocolate into the biscuits. Set aside to cool.
3. Using an electric whisk, whisk together the quark, options and fromage frais until smooth. Pour half of the mixture over the biscuit base and top with half the strawberries, layer with the remaining mixture and finish with the strawberries and raspberries on top.
4. Refrigerate for 4 hours or overnight. Cut into 10 slices and serve. Enjoy!!

Nutritional value per serving

Calories	Carbs	Fat	Protein
121	14g	4g	8g

This is such a quick and easy to make cheesecake, you could have one whipped up in less than half an hour.

You can make little individual ones too if you don't want a whole big one, simply crush a biscuit into a small bowl, add 11g of options hot chocolate powder (experiment with flavours and fruit too) to a tub of quark, some sweetener to taste and a few drops of vanilla essence. Add in some fruit and you have yourself a quick fix cheesecake. (Mint choc options and raspberries are a good combination)

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