

Healthy Delights

Low Fat Desserts and Sweet Treats



Melanie Wade

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Written By Melanie Wade

Low Fat Desserts and Sweet Treats

www.LoseWeightLookFab.com

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Introduction

If you like to indulge in a little sweet treat from time to time, but worry that you might be jeopardizing your healthy eating plan, you'll be happy to learn that this book consist of a selection of cake and dessert recipe that are all low in fat.

Even though they are all low in fat and calories, each recipe has been carefully designed to deliver the fullest of flavour, so you feel you've had the sweet treat you desire and deserve, and not just teased and wanting more.

All the recipes in this book was taken from my site [www.LoseWeightLookFab.com]. I have chosen only the most popular and compiled them in this eBook, so you can have easy access to them whenever you want.

This book is in no way affiliated or endorsed by any dieting programme or organisation, however I have included 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 data software. The combined ingredients were put together, divided by the number or servings to 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.

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Quick Fix Cheesecake

(Serves 1)

1 Alpen light bar
Sachet of Options hot chocolate
Sweetener
Vanilla extract
125g Quark
Mix berries or other fruits (optional)



1. Warm Alpen bar for 10-20 sec in microwave.
2. Flatten into a ring or small bowl as a base.
3. Mix together quark, Options hot choc, vanilla extract and sweetener.
4. Add half quark mix to the base, then top with fruit.
5. Add remaining quark mixture and decorate with fruit. Leave in fridge until ready to eat . Remove ring before serving and decorate with a grating of chocolate.
6. Enjoy!

Nutritional value per serving

Calories	Carbs	Fat	Protein
232	23g	2g	13g

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Quick Fix Tiramisu

(Serves 2)

170g Ricotta
80g Fat free fromage frais
4 Sponge fingers
Vanilla extract
4 tspn sweetener
1 Banana
Cooled strong black coffee



1. Mix together ricotta, fat free fromage frais, sweetener and vanilla extract. Set aside.
2. Dip sponge fingers into coffee and place in a dish.
3. Cover sponge fingers with half of the cheese mix.
4. Layer with banana, then cover with remaining cheese mix.
5. Chill for 2-3 hours.
6. Decorate with grated chocolate or cocoa powder before serving.
7. Enjoy!

Nutritional value per serving

Calories	Carbs	Fat	Protein
257	36g	7g	14g

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Lite Berry Mess

(Serves 1)

- 1 Fat free Muller light Greek yogurt
(The coconut and vanilla one taste great).
- 1 Meringue nest
- 1 Cup of mixed berries



1. Add mixed berries to a small glass dish (glass/bowl) and crumble on half a meringue, top with half the yogurt.
2. Add more berries and remaining meringue and finish with remaining yogurt, decorate with berries and a mint leaf.
3. Enjoy!

Nutritional value per serving

Calories	Carbs	Fat	Protein
226	44g	1g	13g

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Low Fat Meringue and Soft Berry Gateau

(Serves 6)

6 Meringue nest.

6 x 120g pots of low fat Greek style yogurt

(I used the Muller light coconut & vanilla flavoured.)

100g chopped fresh strawberries.

100g fresh raspberries.



1. Gently crush meringues and place in a large mixing bowl, add yogurt and mix together.
2. Add fruit and mix until well combined. Line a loaf tin with clear cling wrap and pour mixture in, level cover and place in freezer overnight or until frozen.
3. Remove from tin, slice and serve with fresh berries.
4. Enjoy!

Nutritional values per serving

Calories	Carbs	Fat	Protein
139	25g	1g	14g

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Low Fat Baked Chocolate Cheesecake

(Serves 8)

500g Quark (low fat soft cheese)
240g All-Brand Golden Crunch
120g Chocolate Philadelphia
120g Low fat fruit yogurt (strawberry/vanilla)
8 tsp Flora extra light
4 tbsp Sweetener
3 Eggs



1. Pre-heat oven to 240°C/220°C fan, Gas 4.
2. Line a 20cm loose base tin with baking paper.
3. Blitz All-Bran crunch in a food processor.
4. Melt the Flora in a microwave for a few seconds and add to the All Bran, mix together.
5. Transfer the mixture into the cake tin and press down. Set aside.
6. Using an electric whisk, whisk together the cheese, choc Philly, yogurt, sweetener and eggs until you have a smooth runny mixture.
7. Pour on top of the base, squash out any air bubbles and bake in the oven for 10 minutes.
8. After the 10 minutes, lower the oven temperature to 110°C/90°C fan, gas ¼ 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.
9. After 25 minutes shake the tin and turn oven off. Leave the cheesecake in the oven, door closed for 2 hours.
10. 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 1-1½ hours.
11. Remove from the oven, cover with foil and refrigerate for 4 hours or over night before serving.

Nutritional values per serving

Calories	Carbs	Fat	Protein
261	10g	9g	14g

Watch the VIDEO on how to make [“Low Fat Baked Chocolate Cheesecake” Here!](#)

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Low Fat Baked Vanilla Cheesecake – New York Style

(Serves 8)

10 Ginger Nut biscuits

500g Quark

1 Vanilla Muller Light fat free yogurt

6 Tbsp Sweetener

1.5 Tsp Lemon zest

1 Tsp Vanilla extract

5 Tsp low fat spread

3 Eggs



1. Pre-heat oven to 180°C/160°C fan, Gas 4.
2. Line a 20cm loose base tin with baking paper.
3. Crush biscuits for base. Melt the low fat spread in a microwave for a few seconds, add to the biscuits and mix together.
4. Transfer the mixture into the cake tin and press down. Bake in oven for 10 mins.
5. Remove from oven and set aside, raise oven temperature to 240°C/220°F.
6. Using an electric whisk, whisk together the quark, yogurt, sweetener, lemon juice and zest, eggs and vanilla extract until you have a smooth runny mixture.
7. Pour on top of the cooled base, squash out any air bubbles and bake in the oven for 10 minutes.
8. After the 10 minutes lower the oven temperature to 110°C/90°C fan, gas ¼ 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.
9. After 25 minutes shake the tin and turn oven off. Leave the cheesecake in the oven, door closed for 2 hours.
10. 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 1-1½ hours.
11. Remove from the oven, cover with foil and refrigerate for 4 hours or over night before serving.

Nutritional values per serving

Calories	Carbs	Fat	Protein
158	16g	5g	12g

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Chocolate Souffle Cheesecake

(Serves 8)

4 Eggs
25g White chocolate
75g Dark chocolate
120g Reduced fat cream cheese
¼ tsp Orang essence
(or more if you want a strong flavour)
¼ tsp Lemon juice
Zest from ½ an orange



1. Preheat oven to 170°C, and line an 8" loose bottom cake tin with parchment paper, then wrap the outside of the cake tin in foil. (see video link below)
2. Melt the chocolate and cream cheese over a saucepan of simmering water, once melted add the orange zest and essence then set aside to cool slightly.
3. Separate the eggs, add the lemon juice to the whites and whisk until firm and soft peaks start to form.
4. Add the yolks to the chocolate and cream cheese mixture and whisk until combined. Using a metal spoon gradually fold the egg whites into the chocolate a little at a time. Pour the combined mixture into the prepared cake tin.
5. Fill a roasting tin with an inch of hot water and place the cheesecake into the water bath, bake in the centre of the oven for 15 minutes.
6. After 15 minutes reduce the temperature by 10 degrees and bake for a further 15 minutes. Switch off the oven and leave the cheesecake in the oven for another 15 minutes.
7. Remove from the oven, cool slightly then chill for 2 hours or overnight, cut into 8 pieces and serve.

Nutritional value per serving

Calories	Carbs	Fat	Protein
171	11g	6g	6g

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Chocolate Brownie Banoffee Cheesecake

(Serves 10)

For the Brownie Base

56g Dried stoned prunes

2 Eggs

3 tbsp Sweetener

1 tsp Vanilla essence

1 tbsp Cocoa powder

56g Self-raising flour

25g Chocolate chips



1. Pre heat oven to 180°C/160°C fan/Gas 4. In a small saucepan add 3 tbsp of water and the prunes, bring to the boil, then cover and simmer for 10 minutes until prunes are soft. Transfer to a mixing bowl and mash down into a paste.
2. When the prunes are cooled, add the eggs, sweetener and essence and whisk until thick and creamy. Sift in the flour and cocoa and fold in using a metal spoon. Add the chocolate chips and fold into the mixture.
3. Spray a 20cm springform based round cake tin with fry light and add the mixture and level off. Bake for 8-10 minutes or until cake is spongy to the touch.
4. Remove from oven and set aside to cool.

For the Cheesecake Filling

1 Banana & custard Muller light yogurt

250g Quark (fat free cream cheese)

1 pkt of Butterscotch Angel Delight (sugar free)

2 Medium bananas

100ml Skimmed milk

1 tsp Vanilla essence

1 Sachet gelatin

1. Whisk together the milk, Angel Delight powder and yogurt until smooth. Add the vanilla essence and quark and continue whisking until all ingredients are combined and mixture is smooth. (taste mixture and if necessary add a little sweetener)
2. Make up the gelatin according to the packets instructions and add to the cheesecake mixture or add cheesecake mix to gelatin, follow pkt instructions.
3. Slice bananas and cover the brownie base, pour over the cheesecake mixture and refrigerate

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for 2-3 hours or overnight.

4. Cut into 10 slices and Enjoy!

Nutritional values per serving

Calories	Carbs	Fat	Protein
116	16g	2g	7g

Watch the VIDEO on how to make [“Chocolate Brownie Banoffee Cheesecake” Here!](#)

Healthy Chocolate Easter Nest

(Makes 2)

30g Chocolate Philadelphia
30g All Bran Golden Crunch
4 Cadbury's Mini Eggs

1. Melt Chocolate Philly in microwave for 20-30 seconds, add all-bran crunch and mix well.
2. Divide between 2 cupcake cases and top with mini eggs, chill for 1/2 hour.
3. Enjoy!



Nutritional value per serving

Calories	Carbs	Fat	Protein
136	10g	5g	2g

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Healthy Easter Cupcakes

(Makes 8)

75g Flour
75g Grated carrot
3 tbsp Sweetener
1/2 tsp Baking powder
1/2 tsp Mixed spice
Grated zest of 1/2 orange
1 tbsp Vegetable oil
3 tbsp Golden syrup
2 Eggs

For the Topping

125g Quark
Sweetener
Vanilla extract
4 Walnuts, chopped
8 Mini chocolate eggs



1. Preheat oven to 180°C and line cupcake tin with 8 cases.
2. Place flour, carrot, mix spice, baking powder and sweetener into a bowl.
3. In a separate bowl whisk together the eggs, golden syrup and oil.
4. Add the wet ingredients to the dry ingredients and mix together well.
5. Pour into the paper cases and bake for 20-30 mins until golden brown.
6. Mix together the quark, sweetener and essence. Spoon onto cooled cakes and decorate with chopped walnuts and mini chocolate eggs.

Nutritional values per serving

Calories	Carbs	Fat	Protein
137	18g	5g	5g

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Low Fat Chocolate Chip Brownies

(Makes 15)

113g Dried stoned prunes
4 Eggs
6 tbsp Sweetener
1 tsp Vanilla essence
2 tbsp Cocoa powder
113g Self-raising flour
50g Chocolate chips
14g Pecan halves
1 tsp Icing sugar



1. Pre heat oven to 180°c/160°c fan/Gas 4. Line a cake tin with parchment paper. In a small saucepan add 6 tbsp of water and the prunes, bring to the boil, then cover and simmer for 10 minutes until prunes are soft. Transfer to a mixing bowl and mash down into a paste.
2. When the prunes are cooled, add the eggs, sweetener and essence and whisk until thick and creamy. Sift in the flour and cocoa and fold in using a metal spoon. Add the chocolate chips and fold into the mixture.
3. Spray the pre-lined tin with fry light and add the mixture, level off and add the pecan halves. Bake for 12-15 minutes or until cake is spongy to the touch.
4. Remove from oven and allow to cool. Sprinkle with icing sugar and cut into 15 pieces. Enjoy!

Nutritional values per serving

Calories	Carbs	Fat	Protein
95	10g	5g	3g

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Low Fat Bran Muffins

(Makes 6)

105g Sultana All-Bran
50g Wholemeal self-raising flour
175g Fat free yoghurt
(I used banana & custard flavoured Muller Light)
3 tbsp Apple sauce (Tesco value)
25g Dried stoned dates finely chopped
3 tbsp Sweetener
½ tsp Mixed spice
½ tsp Bicarbonate of soda
½ tsp Baking powder
1 Egg



1. In a large mixing bowl combine the All-bran, yoghurt, apple sauce, mixed spice, sweetener and egg, mix well together and set aside for 10 minutes or until the All bran has meshed down.
2. Pre heat the oven to 170°C. Add your flour, baking powder and bicarbonate of soda to the mixture and mix together, finally add the chopped dates and combine well together.
3. Divide mixture between 6 muffin cases and bake for 15-20 minutes until golden brown.
4. Enjoy!

Nutritional values per serving

Calories	Carbs	Fat	Protein
159	26g	1g	5g

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Low Fat Banana Chocolate Muffins

(Makes 6)

100g Wholemeal self raising flour
100g Mashed banana
1 Banana & custard flavoured yogurt
(fat free muller light)
1 tsp Vanilla essence
1 tsp Baking powder
1 tbsp Agave nectar (sweetener)
11g Chocolate options



1. Preheat oven to 180°C and spray a muffin tin with fry light or line with paper cases.
2. In a large mixing bowl combine all the ingredients and mix into a smooth batter.
3. Divide equally into the muffin tin and bake for 15 minutes or until cooked through.
4. Remove from oven and allow to cool slightly before removing from the tin, allow to cool completely before eating. Enjoy!!

Nutritional values per serving

Calories	Carbs	Fat	Protein
109	20g	1g	3g

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Low Fat Mini Coffee Sponge Drops

(Makes 15)

50g Plain flour
3 tbsp Fruit sugar
1 tbsp Fine coffee powder
2 Eggs

For the Filling/Topping

200g Quark
11g White chocolate options
Hot chocolate
½ tsp Vanilla essence



1. Preheat the oven to 170°C and spray a bun tin with low calorie spray. Mix together the ingredients for the filling and chill until required.
2. Using an electric whisk, whisk together the eggs and sugar until thick and foamy, (a trail should remain on the surface for about 15 seconds when the whisk is lifted out).
3. Gently sift the flour and coffee powder into the egg mixture and fold in using a metal spoon, trying not to knock too much air out.
4. Spoon the mixture into the bun tin and bake for 8-10 minutes. Allow to cool before adding the topping, you can then sandwich together if you wish. (sprinkle over a teaspoon of coffee powder to decorate).

Nutritional values per serving

Calories	Carbs	Fat	Protein
45	6g	1g	3g

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