

A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

Desserts can be part of healthy eating. Try to choose options that contribute to your daily servings from the four food groups outlined in *Eating Well with Canada's Food Guide*. For people with diabetes, desserts can be included in a carefully planned meal plan so that carbohydrates, including sugars, are spread evenly throughout the day. Reduce portion sizes and consider sharing decadent desserts.

Did you get your four food groups today?

Eating a variety of foods is important to obtain all the nutrients you need for a healthy and active lifestyle. Try using the four food groups as a tool to guide your food choices. To request a copy of *Canada's Food Guide* or for more information, visit Health Canada's website at: www.hc-sc.gc.ca.



Nutrition Facts
(per 1/8 of crisp):
Calories: 270
Carbohydrate: 50 g
Fat: 6 g
Protein: 4.5 g

RENA'S FRUIT CRISP

Sugar takes the tartness out of apples and berries, and enhances the flavour of both fresh and frozen fruit.

2 tbsp	lemon juice	25 mL
2 tbsp	cornstarch	25 mL
1/3 cup	granulated sugar	75 mL
6 cups	fresh or frozen fruit, sliced*	6 cups
1/2 cup	whole-wheat flour	125 mL
1/2 cup	lightly-packed brown sugar	125 mL
1 cup	oatmeal**	250 mL
2 tsp	cinnamon	5 mL
1/4 cup	butter, unsalted, melted	50 mL

Preheat oven to 375°F (190°C). In a large bowl, dissolve cornstarch in lemon juice; add granulated sugar and mix well. Stir in fruit and coat evenly. Transfer to 9 x 11 inch baking dish. In a medium bowl, combine whole wheat flour, brown sugar, oatmeal, and cinnamon, and stir with a wire whisk. Add melted butter and stir until mixture resembles coarse meal. Spread dry mixture evenly on top of the fruit. Bake for 40 minutes or until top is golden brown and juices are bubbling. Serve warm with frozen yogurt or low-fat ice cream. Makes 8 servings.

*Any assortment of fruit such as apples, peaches, and berries can be used.

**To add more fibre and healthy fats, mix 2 Tbsp of wheat or oat bran and 2 tbsp of ground flax seeds into the oatmeal.

This recipe was provided by Dr. Rena Mendelson, Professor at Ryerson University.

MINI CHEESECAKE DELIGHTS

In this recipe, sugar combines with the protein found in the eggs and cheese to produce a gentle brown colour during cooking. Desserts made without real sugar "pale" by comparison!

20	vanilla wafers	20
1/2 cup	ricotta cheese	125 mL
4 oz	light cream cheese	125 g
1/3 cup	granulated sugar	75 mL
1	egg	1
1 tbsp	lemon juice	15 mL
1/4 cup	2% yogurt	50 mL

fresh fruit such as strawberries, blueberries, nectarines

Preheat oven to 375°F (190°C). Line mini muffin tins with paper baking liners. Place one vanilla wafer in the bottom of each compartment. In a food processor or blender, combine cheeses, sugar, egg, and lemon juice. Pour mixture evenly over vanilla wafers in muffin tins. Bake for 10-12 minutes or until mini-cheesecakes are set. Remove muffin tins from oven, and cool thoroughly. Spoon a dollop of yogurt over each mini-cheesecake and decorate with fresh fruit. Makes 20 individual mini-cheesecakes.



Nutrition Facts
(per mini cheesecake):
Calories: 65
Carbohydrate: 7 g
Fat: 3 g
Protein: 2 g



The Canadian Sugar Institute (CSI) *Nutrition Information Service* provides science-based information and resources on carbohydrates, sugars, and health to health professionals, educators and consumers.

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