

Healthy Bakes



*Sugar-free healthy recipes to brighten up
your day*

by Isabelle North

Cherry-Berry Crumble

Ingredients

200g frozen cherries

200g frozen summer fruits

150g plain flour

75g lower-fat spread

30g porridge oats

1 tbsp demerara or granulated sugar (or substitute with a sweetener such as xylitol)

12 tbsp low-fat, lower-sugar plain yoghurt, to serve

Method

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4.
2. Put the frozen cherries and berries into a baking dish (there's no need to thaw them).

(Use any combination of frozen fruits, such as raspberries or any other frozen fruits of the forest)

3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30-35 minutes. Serve with 2 tbsp of yoghurt per person.

(Try adding a few drops of vanilla extract to the yoghurt to add some more flavour.)



Easy Banana Icecream

Ingredients

4 very ripe bananas (1 per person)

Method

Peel and slice the bananas

Freeze for at least 2 hours, or overnight.

Add to a food processor and blend until smooth and creamy.

Scoop into bowls and tuck in!

For an extra twist, add a sprinkle of cinnamon or a handful of frozen fruit.



Sugar-free Chocolate Brownies

Ingredients

- 1 cup butter spread, melted
- 2 cups granular sucralose sweetener, (such as Splenda)
- ½ cup unsweetened cocoa powder
- 1 tsp vanilla extract
- 4 eggs
- 1 cup flour
- ½ tsp baking powder
- ½ tsp salt

Method

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.

1. Mix melted butter spread, sweetener, cocoa powder, vanilla extract, eggs, flour, baking powder, and salt together in a large bowl. Pour into the prepared pan.
2. Bake in the preheated oven until a toothpick inserted into the centre comes out clean, about 20 minutes.



Sugar-free Bread and Butter Pudding

Ingredients

25g lower-fat spread

4 slices wholemeal bread, crusts removed

50g sultanas

1 orange

2 eggs

450ml skimmed milk

1tsp vanilla extract

Method

1. Grease a 1.2 litre baking dish with a little low fat spread. Spread the rest on to the bread, then cut each slice into 4 triangles. Arrange in the dish with the sultanas.
2. Finely grate the zest from the orange. Add the eggs, milk and vanilla extract and beat together. Pour the mixture over the bread, then cover and leave to soak for at least 20 minutes.
3. Preheat the oven to 180C, fan oven 160C, gas mark 4.
4. Peel the orange with a sharp, serrated knife to remove all the pith, then slice into segments. Uncover the pudding and tuck in the oranges. Bake for 30-35 minutes, until puffed up and golden brown.
5. Serve and enjoy!

Tips:

1. Bread that's 2-3 days old works best, as it's drier texture soaks up the liquid like a sponge.
2. If preferred, use chopped, dried apricots instead of sultanas.
3. For more fruit, add in a sliced banana, tucking the pieces under the bread.



Sugar-free lemon drizzle cake

Ingredients

225g self-raising flour, sifted

½ tsp baking powder

225g xylitol

2 lemons, zest only

2 large eggs, at room temperature

125ml sunflower oil

1 tbsp milk

200ml 0% fat greek yoghurt

Drizzle

1 lemon, juice only

50g xylitol

Method

1. Preheat the oven to 180C/ 160C fan/ Gas 4. Grease and line a 1.2 litre loaf tin (22cm x 13cm width, 7cm depth) with baking parchment. Mix together the flour, baking powder, xylitol and lemon zest in a large bowl.
2. Mix the eggs, sunflower oil, milk and yoghurt together in a separate bowl or jug and stir them into the flour mixture.
3. Spoon into a tin and smooth the surface. Transfer to the oven immediately, bake on the middle shelf of the oven for 1 hour – 1 hour 10 mins. Check after 50 mins, if the cake is becoming too dark, cover loosely with foil.
4. Just before the end of cooking time, make the drizzle by heating the lemon juice and xylitol. Stir over a low heat until the xylitol has dissolved. Once the cake is cooked, take it out of the oven and pour over the drizzle.
5. Cool in the tin before turning it out.

