

DESSERTS

Yogurt, Berries, and Dark Chocolate

This is my favorite dessert. It is so healthy that you could enjoy it as often as you want! This isn't a low-calorie dessert, yet it is loaded with nutrients and is very satisfying.

Prep Time: 2 minutes

Serves 1

- ½ cup plain nonfat yogurt
- 1 cup berries (blueberries, blackberries, raspberries, your choice)
- 1 Tbsp sliced almonds (or other chopped nuts)
- 1½ Tbsp dark chocolate chips (preferably containing at least 70% cocoa)
- 1 Tbsp dried cherries (or other dried fruit)

Combine ingredients and enjoy.

Nutrient Content per Serving:

Calories:	367	Total Fat:	12 grams	Protein:	10 grams
Fiber:	6.4 grams	Saturated Fat:	4.2 grams (but mostly from dark chocolate, which doesn't count as bad)	Carbs:	55 grams
Sodium:	78 mg				

Chocolate-Raspberry-Orange Soufflé

For an occasional treat, here is a dessert worth celebrating! The combination of chocolate, raspberry, and orange flavors is one of my favorites. You can't taste the yams, but they provide a nice texture and structure along with healthy fiber for the soufflé.

Prep Time: 25–30 minutes

Baking Time: 35 minutes

Serves 6

- ¾ cup raspberry sauce (prepared, or see Raspberry Sauce, page 345),
½ cup for the soufflé mixture and ¼ cup for the garnish
- 1 medium yam (or sweet potato)

- 3 Tbsp Grand Marnier (or other orange liqueur)
- $\frac{1}{8}$ tsp sea salt
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup cocoa powder, preferably Dutch processed, sifted
- 7 large eggs (organic, free-range, omega-3), separated into whites and yolks
- 4 Tbsp grated orange zest (2 Tbsp for soufflé mixture, 2 for garnish)
- Nut oil (almond or walnut)
- 1 cup fresh berries

Preheat oven to 400°F. Prepare or buy raspberry sauce. Microwave the yam until soft, about 8 minutes. Peel yam, then mash into a puree.

Combine $\frac{1}{2}$ cup of raspberry sauce with baked yam, Grand Marnier, salt, maple syrup, cocoa, egg yolks, and 2 tablespoons orange zest, and whisk until mixed to make the batter.

Beat egg whites until they form soft peaks.

Gently fold the soufflé batter into the egg whites, just enough so that most of the white of the eggs blends with the chocolate-colored batter. Don't overmix or the soufflé won't rise.

Grease a round soufflé dish (9-inch diameter, 4 inches high) with nut oil. Pour the soufflé batter into the dish. (It should fill 90% of the dish, but don't fill it to the brim; use another dish if necessary.) Bake for 30 to 40 minutes, until the top browns slightly and an inserted long wood skewer or thin knife blade comes out clean. If you take it out too soon and the center is too wet when tested, simply put it back in the oven for an additional 5 minutes.

Have guests at the table and serve immediately. The soufflé will drop as it cools and shrink once cut. Garnish each serving with a drizzle of the remaining raspberry sauce and a sprinkle of orange zest and berries.

Nutrient Content per Serving:

Calories:	249	Total Fat:	6 grams	Protein:	8.5 grams
Fiber:	3.3 grams	Saturated Fat:	2.1 grams	Carbs:	39 grams
Sodium:	133 mg	Fat Calories %:	21%		

Frozen Blueberry-Cherry Yogurt

This is one of my favorite desserts—quick, easy, and delicious. Any ice cream maker will do. Or you can simply put the slurry in the freezer for 5 to 6 hours before serving.