



# Low Calorie Desserts

## Strawberry Shortcakes

1 cup all-purpose flour  
 1/8 teaspoon baking soda  
 1 1/2 teaspoons baking powder  
 1 1/2 teaspoons poppy seeds  
 1/4 teaspoon salt  
 1 tablespoon cold butter, cut into small pieces  
 1/2 cup buttermilk  
 1/2 cup honey, divided  
 1/2 teaspoon freshly grated lemon zest  
 1 egg white  
 1 teaspoon brown sugar  
 1 cup low-fat ricotta cheese  
 16 ounces fresh strawberries, rinsed, hulled, and cut in 1/2  
 5 sprigs fresh mint

### **Preheat oven to 350 degrees F.**

In a large bowl, sift together the flour, baking soda, baking powder, poppy seeds and salt. Toss the cold butter into the flour mixture and using clean hands, mix the butter into flour mixture until the butter pieces are the size of lentils.

### **In a small bowl, mix the**

**buttermilk,** 1/4 cup honey, and lemon zest until well blended. Pour the buttermilk mixture into the flour mixture and gently mix until the dough just holds together. Be careful not to overwork the dough.

**Separate the dough** into 5 equal size balls, each of which is about 1/3 cup. Place each dough ball on a cookie sheet lined with parchment paper. Press each ball down to form a 1/2-inch thick disk. Brush the top and sides of each disk with the egg white and lightly sprinkle the top with the brown sugar.

**Bake for 6 to 8 minutes** or until lightly golden. Remove from heat and cool for 10 minutes. Carefully remove from parchment paper.

**While the cakes are cooling,** stir together 1/4 cup honey and the ricotta cheese in a medium bowl until well blended. Fold in strawberries.

**Once the cake s have cooled,** cut each cake in half horizontally.

**To assemble,** place 1/4 cup of strawberry mixture on top of each of the bottom cake pieces. Cover mixture with top piece of the cake. Place another 1 tablespoon of strawberry mixture on top of the cake. Garnish with fresh mint sprigs.

## *Nutrition Information*

Nutritional Analysis per serving  
 Calories 316  
 Fat 7 grams Saturated Fat 3 grams  
 Carbohydrates 56 grams Fiber 3 grams

## Pecan Pie

1 large egg  
 4 large egg whites  
 1 cup dark corn syrup  
 1/2 cup sugar substitute (recommended: Splenda)  
 1/4 cup maple syrup  
 1/4 teaspoon salt  
 1 cup pecans, chopped  
 1 teaspoon vanilla  
 1 Light Pie Shell, recipe follows  
 1 tablespoon bourbon  
 1 cup fat-free whipped topping

Preheat oven with a pizza stone to 350 degrees F. (The pizza stone will help get a crisp pie crust).

In a large bowl, mix the egg, egg whites, dark corn syrup, sugar substitute, maple syrup, salt, pecans, and vanilla until well blended.

Pour the pecan mixture into the prepared pie shell.



Transfer the pie to the oven and bake for 45 minutes, or until set. Remove from oven and allow to cool.

In a medium bowl, fold the bourbon into the whipped topping.

Carefully cut pie into 8 servings. Garnish each serving with a dollop of the bourbon cream.

### Light Pie Shell

- 1 1/4 cups all-purpose flour, plus 1 tablespoon for dusting surface
- 2 tablespoons sugar substitute (recommended: Splenda)
- 1/2 tablespoon baking powder
- 1/4 teaspoon salt
- 1 tablespoon butter
- 1/2 cup fat-free milk

In a large bowl, mix 1 1/4 cups of flour, sugar substitute, baking powder, and salt. Cut the butter into the dough until the butter is in small chunks.

Slowly add the milk and mix with 2 forks until the dough holds together.

Pat the dough into a disk and wrap in plastic wrap. Allow dough to rest in the refrigerator for at least 1 hour.

Remove the dough from the refrigerator and roll out on a lightly floured surface. Place dough into a pie tin. Fold under excess dough and crimp edges. Place back into refrigerator until needed.

Yield: 1 pie shell

### ***Nutrition Information***

Nutritional Analysis per Serving Calories 361  
 Total fat 12 grams Saturated fat 2 grams  
 Carbohydrates 59 grams Fiber 2 grams

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