Reduced-Sugar Recipes

Reduced-Sugar Strawberry Mousse

- 3-ounce package of sugar-free strawberry gelatin
- ½ cup water
- 1½ cup sliced strawberries
- ⅔ cup instant nonfat dry milk powder
- 6 ice cubes
- ½ cup low-sugar whipped topping

Combine gelatin and water in saucepan; stir well. Cook over low heat until gelatin dissolves.

Mix gelatin, strawberries, milk powder, and ice cubes; pour into blender.

Cover and blend until smooth. Spoon mixture into 4 cups and chill.

Yield: Four ¾-cup servings
Nutrition information per serving: 170 calories, 12.5 grams protein, 24 grams carbohydrate

Reduced-Sugar Milkshake

- 1 cup whole milk
- 2 tablespoons dry milk powder
- 4 ounces frozen whole strawberries or other frozen fruit (do not thaw)
- 2 single-serving packets of artificial sweetener
- 1 teaspoon vanilla extract

Pour whole milk into a shallow dish and freeze until slushy (about 1 hour).

Remove dish from the freezer and blend frozen milk with other ingredients until smooth.

Yield: One 12-ounce serving
Nutrition information per serving: 270 calories, 17 grams protein, 30 grams carbohydrate

Reduced-Sugar Baked Custard

- 2 large eggs, slightly beaten
- 6 teaspoons sucralose (Splenda) or other artificial sweetener appropriate for baking
- 2 cups whole milk
- ¼ cup dry milk powder
- 1 teaspoon vanilla extract

Pinch of ground nutmeg (optional)

Preheat oven to 325° F.

In a bowl, combine beaten eggs with artificial sweetener. Slowly mix milk, milk powder, and vanilla with egg mixture. Blend well.

Rinse 4 oven-safe custard cups in cold water (so that custard will not stick to the sides of the cups). Pour equal amounts of the mixture into the custard cups and top with ground nutmeg (if desired).

Place custard cups in an oven-safe pan and pour enough hot water in the outer pan to fill it halfway. Carefully place pan in oven and bake for about 1 hour or until a knife inserted in the custard comes out clean.

Yield: Four ½-cup servings
Nutrition information per serving: 150 calories, 11 grams protein, 12 grams carbohydrate

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