

Snacks and Dessert

Fruity Cheesecake Cones by Chef Maggie Jiménez serves 10

Ingredients

- 1 cup sour cream
- 4 ounces cream cheese
- 5 tablespoons milk
- 4 tablespoons sugar
- 1 teaspoon vanilla
- 1/8 teaspoon nutmeg
- 10 large waffle cones
- 6 cups assorted fruits, such as strawberries, blueberries, melon, grapes and bananas

Topping ideas: honey, chocolate sauce, caramel sauce and sprinkles

Directions

1. To make the cheesecake sauce, combine first 6 ingredients together in a food processor.
2. Mix until smooth and set aside.
3. Fill each waffle cone, alternating with some of the fruit and cheesecake sauce.
4. Drizzle with honey, chocolate sauce or caramel. Top with sprinkles.

Healthy Parfait by Chef Johnny Vincenz serves 10

Ingredients

- 2 Bananas, peeled and sliced
- 2 Kiwis
- 1 pint strawberries
- 1 pint blueberries
- 2 tablespoons brown sugar
- 2 to 3 tablespoons honey
- 2 tablespoons fresh lemon juice
- 1/2 cup strawberry puree
- 2 (8-ounce) containers nonfat vanilla yogurt
- 1 cup heavy cream
- 2 tablespoons powdered sugar
- 1 small Vanilla Angel cake
- 10 sprigs fresh mint
- ♦ 1 recipe of homemade granola

Homemade Granola

- 1 container oatmeal
- 1 cup molasses
- 1 cup maple syrup
- 1 cup honey
- 1/2 cup light brown sugar
- 1/2 teaspoon cinnamon
- 1 cup hazelnuts roughly chopped
- 1 cup sliced almonds
- 1 cup pecans
- 1 cup raisins or dried cranberries

Directions

1. Place all the berries (cut the strawberries into pieces if they are too large) in a large bowl and sprinkle with the sugar.
2. Stir to combine and set aside for about 30 minutes.
3. Peel kiwis and cut them into medium size dice.
4. In a small bowl combine all the fruit together, refrigerate until ready to use.
5. In a separate bowl mix together the yogurt with honey until well combined.
6. Cut Angel cake into medium size dice.
7. In a bowl with an electric mixer (or with a hand mixer or wire whisk) beat the heavy whipping cream, confectioners' sugar and vanilla extract just until soft peaks form.
8. Take ten wine or parfait glasses and put a small layer of cake, top with about 2 tablespoons of fresh fruit, then sprinkle granola on top.
9. Spread 2 tablespoons yogurt in each glass and top with some strawberry puree.
10. Place a dollop of whipped cream on top. Garnish with a sprig of fresh mint, if desired.
11. The parfaits can be made several before serving. Cover and store in the refrigerator.

For Granola

1. In a large bowl mix all the ingredients together except raisins.
2. Spread over a sheet pan lined with parchment paper. Bake at 325 F until crisp and dry.
3. Cool and break into pieces. Add raisins.

Light & Healthy by Chef Jonathan Eismann yields one serving

Ingredients

- 3/4 cup Plain Yogurt
- 2 Tbsp. Honey
- 1/4 cup Wheat Germ
- 1/4 - 1/2 cup Fresh Fruit – Berries, Pineapple, etc.
- 1 Tsp. Toasted Sliced Almonds (optional)

Directions

1. Layer the ingredients in a 12 ounce or larger drinking glass or cup.
2. Fill the glass with the yogurt
3. Add the honey
4. Add the fruit
5. Top with the wheat germ and almonds
6. Serve

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Mixed Berry Yogurt Ice Pops by Chef Rocco DiSpirito

Ingredients

- 3/4 cup raspberries
- 3/4 cup blueberries
- 3/4 cup strawberries
- 1/3 cup splenda
- 2 - 7 ounce containers 5% fage (Greek Yogurt)
- pinch salt

Directions

1. Puree all ingredients together.
2. Pour into popsicle molds and freeze for at least four hours.
3. Run popsicle molds under warm water if necessary to unmold.
4. Serve

Banana Granola Split by Chef Allen Susser serves 4

Ingredients

- 4 medium ripe banana, split in half
- 1 cup turbo snack mix (see recipe below)
- ½ cup low fat vanilla yogurt
- ½ cup mango juice
- 1 pinch Miami spice

Miami Spice

- 1 tsp. Ground cumin
- 1 tsp. Dried Oregano
- 1 tsp. Whole thyme
- 2 tsp. Dried Orange zest
- 1/2 tsp. Ground Allspice
- 1/2 tsp. Chipotle Chile Flakes
- 2 tbsp. Granulated Onion
- 2 tbsp. Dried Minced Garlic
- 1 tsp. Coarse Black Pepper
- 2 tbsp. Coarse Salt

Directions Yogurt Foam

1. Place 1 of the bananas, 1/2 cup of yogurt and mango juice along with a pinch of the Miami spice into the blender.
2. Puree until smooth.

To Prepare:

1. Slice the remaining bananas and divide into 4 individual plates.
2. Generously sprinkle with the turbo snack mix.
3. Top with 2 dollops of yogurt foam
4. Serve

Turbo Snack Mix by Chef Allen Susser eight servings

Ingredients

- 1 Large Oatmeal cookie, broken
- 1 Cup Unsweetened Whole wheat granola
- ½ Cup Golden raisins
- ¼ Cup Sliced dried banana chips
- ½ Cup Sliced almonds
- ½ Cup Sunflower seeds
- ¼ Cup Pumpkin seeds

Directions

1. In a large bowl, mix all of the ingredients together.
2. Divide the mixture into 8 snack pack plastic bags.

Chefs Tip:

- This should be enough turbo snack mix for the week.
- Prepare this healthy snack in advance.
- Be prepared to satisfy your hunger, throw a bag into your back pack for afternoon snack.

Milk Chocolate "Pudding" with Crunchy Cookie Topping by Chef Michelle Bernstein serves 4

Ingredients

- 12 ounces evaporated skim milk
- 1/3 cup packed light brown sugar
- 1 large egg
- 3 tbsp unsweetened cocoa powder
- 1 tbsp cornstarch
- 3 tbsp semisweet chocolate chips (1 ounce)
- 1 teaspoon pure vanilla extract

Directions

1. In a heavy saucepan, whisk milk, brown sugar, egg, cocoa and cornstarch.
2. Cook over medium-low heat, whisking constantly, until the mixture bubbles and thickens, 3 to 5 minutes.
3. Add chocolate chips and vanilla; stir until the chips have melted.
4. Transfer the pudding to a bowl and cover with wax paper to prevent a skin from forming.
5. Refrigerate until you are ready to serve it.