



**CARAMEL POPCORN SERVINGS: 8**

15 cups popcorn, air-popped (or 3 pkgs. microwave popcorn)	1 cup brown sugar, packed	1/2 tsp vanilla extract
1/2 cup light corn syrup (Karo syrup)	2 Tbsp margarine	
	14 oz sweetened condensed milk, fat-free	

In a large saucepan, mix Karo syrup, brown sugar, and margarine. Melt on medium high and bring to boil for 1 minute. It will bubble. Then add sweetened condensed milk and bring to boil and stir constantly. Test the caramel and let it reach the soft ball stage. It takes about 5 minutes. Then add vanilla, stir well and pour over popcorn. Be sure to get all the kernels out of the popcorn. Mix the caramel throughout the popcorn.

**Per Serving Nutritional Information**

Calories (kcal):	384.1	Dietary Fiber (g):	2.3
Total Fat (g):	4.7	Protein (g):	5.7
Carbohydrate(g):	84.7		

**CHOCOLATE CHIP PUDDING COOKIES SERVINGS: 40**

2 eggs	1/4 cup margarine, soft, gold-n-soft	1 tsp baking powder
1 tsp vanilla extract	1/2 cup vanilla pudding mix	1/2 tsp baking soda
1 cup brown sugar	2 Tbsp sour cream (non-fat)	1/2 cup chocolate chips
1/2 cup sugar	2 cups flour	

Mix first 5 ingredients, then add the rest. Try not to over-mix the dough. Combine flour 1 cup at a time mixing slow to get the cookie consistency. You may need to add a little more flour. Bake at 350 degrees for 10-12 minutes. The cookie size is a 2 inch cookie.

**Per Serving Nutritional Information**

Calories (kcal):	80.2	Dietary Fiber (g):	0.1
Total Fat (g):	2.1	Protein (g):	1.1
Carbohydrate(g):	14.7		

**GINGER SNAPS SERVINGS: 40**

3 Tbsp margarine (soft, gold-n-soft)	1/2 cup molasses	1 tsp ginger, ground
2 egg whites	2 1/4 cups flour	1/2 tsp cloves, ground
2/3 cup sugar	2 tsp baking soda	3/4 tsp cinnamon

Combine first 4 ingredients, and mix well. Add flour, soda, ginger, cloves, and cinnamon, and mix well. Form dough into a big ball. It should form a nice ball and not too sticky. If too sticky, add more flour. Cover the ball in the bowl and refrigerate for 1 hour. This helps the dough to emulsify (tricking the cookie dough into thinking it has more fat than it does!) After refrigeration, roll each cookie into a 2-inch ball and drop into a big bowl of cinnamon and sugar (a ratio of about 1/4 cup cinnamon to 3/4 cup sugar). Roll the cookie around so that it is all covered and place onto cookie sheet. Bake 350 for 8-10 minutes.

**Per Serving Nutritional Information**

Calories (kcal):	58.2	Dietary Fiber (g):	0.0
Total Fat (g):	0.9	Protein (g):	0.9
Carbohydrate(g):	11.6		

**POPPY SEED CAKE WITH ORANGE GLAZE SERVINGS: 20**

2 1/4 cups sugar	1 tsp almond extract	1 cup powdered sugar
1 cup sour cream (non-fat)	2 tsp orange zest, grated	2 Tbsp orange juice
1 Tbsp canola oil	3 cups flour	1/4 tsp almond extract
3 large egg whites	2 Tbsp poppy seeds	1/4 tsp vanilla extract
1 large egg	1 1/2 tsp baking powder	
1 1/2 tsp vanilla extract	1 3/4 cups skim milk	

Preheat oven to 350 degrees. Spray bundt pan with Pam. In a large mixing bowl, combine sugar, sour cream, oil, eggs, vanilla, almond, and orange zest. Beat to blend, being careful not to over mix. Combine and sift flour, poppy seeds, baking powder into a separate bowl. Add dry ingredients alternately with milk into large mixing bowl containing the sugar mixture. Mix well and pour batter into prepared pan. Bake approximately 45-50 minutes or until toothpick inserted near center comes out clean. Remove cake from oven and place on wire rack to cool 10 minutes.

Glaze: Prepare glaze while cake is cooling. Whisk powdered sugar, orange juice, vanilla, and almond extract together in a small bowl to blend. Turn cake over onto rack or cake platter, and poke some holes into the cake, so the glaze will go into the cake. Spoon glaze over warm cake.

**Per Serving Nutritional Information**

Calories (kcal):	212.4	Dietary Fiber (g):	0.3
Total Fat (g):	1.6	Protein (g):	4.4
Carbohydrate(g):	45.6		

**PUMPKIN CHOCOLATE CHIP COOKIES SERVINGS: 20**

1 package cake mix, spice or chocolate	15 oz pumpkin, canned	1/2 cup chocolate chips
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In a large mixing bowl, pour cake mix and canned pumpkin. Use any type of cake mix. I like chocolate, but spice, lemon, and German chocolate are all good. Then add chocolate chips. Scoop out onto cookies on a cookie sheet and bake at 350 for 15-18 minutes.

**Per Serving Nutritional Information**

Calories (kcal):	90.7	Dietary Fiber (g):	0.4
Total Fat (g):	2.7	Protein (g):	1.0
Carbohydrate(g):	16.2		

**VANILLA COCONUT LIME ICE CREAM SERVINGS: 8**

28 oz light coconut milk	1 cup half and half, chilled	5 Tbsp lime juice
1 cup sugar	1 tsp vanilla extract	2 Tbsp lime zest

Whisk coconut milk, sugar, half and half, vanilla extract, lime juice, and lime zest until sugar dissolves. Pour into ice cream maker and stir as necessary until it looks like ice cream.

**Per Serving Nutritional Information**

Calories (kcal):	290.8	Dietary Fiber (g):	0.3
Total Fat (g):	7.1	Protein (g):	1.3
Carbohydrate(g):	38.9		

**ZUCCHINI CHOCOLATE CHIP BROWNIES SERVINGS: 15**

3 Tbsp margarine, softened	2 eggs	1/2 tsp ground cloves
1 1/2 cups sugar	2 1/2 cups flour	2 cups zucchini, shredded
1/2 cup buttermilk	2 Tbsp cocoa powder	1 cup semi-sweet chocolate chips
1 tsp vanilla extract	1 tsp baking soda	
1/2 cup sour cream (non-fat; cow kind is best)	1/2 tsp baking powder	
	1/2 tsp ground cinnamon	

In a large mixing bowl, cream butter, sugar, and sour cream. Beat in eggs, buttermilk, and vanilla. Add in dry ingredients and mix. Pour into a 9x13 sprayed pan and bake at 350 for 35-40 minutes. You can reserve some of the chocolate chips to sprinkle on the top of the brownie before you bake. Cool, cut, and serve.

**Per Serving Nutritional Information**

Calories (kcal):	250.8	Dietary Fiber (g):	1.2
Total Fat (g):	6.7	Protein (g):	4.6
Carbohydrate(g):	45.4		

