

weightwatchers

FAVORITE DESSERT RECIPES



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TIP Top each wedge of cheesecake with a mix of sliced strawberries, raspberries, blackberries and blueberries.



NEW YORK CHEESECAKE ▲

PREP 20 MIN **BAKE** 35 MIN **SERVES** 12

- 1 Tbsp unsalted butter, softened
- ¼ c low-fat graham cracker crumbs
- 1½ (8-oz) packages light cream cheese (Neufchâtel), softened
- ½ c sugar
- 3 large egg whites
- 1½ Tbsp cornstarch
- 1½ tsp vanilla
- 1 c low-fat sour cream

1 Preheat oven to 400°F. Grease bottom of 9-inch springform pan with butter. Add cracker crumbs, shaking and tilting pan to coat evenly. Refrigerate until chilled, 15 minutes.

2 With electric mixer on medium speed, beat cream cheese and sugar in large bowl until light and fluffy. Beat in egg whites, cornstarch and vanilla. On low speed, beat in sour cream just until blended. Pour batter into pan. Bake cheesecake until almost set in center, 35–40 minutes. Turn off oven and prop door open with wooden spoon. Let cheesecake cool in oven 30 minutes. Let cool completely on wire rack. Chill at least 3 hours before serving.

PER SERVING (½ OF CAKE): 108 CAL, 8 G TOTAL FAT, 5 G SAT FAT, 0 G TRANS FAT, 24 MG CHOL, 102 MG SOD, 4 G CARB, 1 G SUGAR, 0 G FIB, 4 G PROT, 53 MG CALC.

PointsPlus value: 3

Do-ahead Strategy

Prepare recipe as directed; cover with plastic wrap and chill up to 2 days.

TROPICAL CHIFFON PARFAITS ▼

PREP 20 MIN MICROWAVE 1 MIN SERVES 6

Mango layer: Sprinkle **2 tsp unflavored gelatin** over **¼ c water** in small microwavable bowl. Let stand 2 minutes. Meanwhile, puree **1 (16-oz) bag partially thawed frozen mango chunks**, **¼ c sugar**, **¼ tsp lime zest** and **juice of 1 lime** in food processor. Microwave gelatin mixture on High 20 seconds; stir until gelatin dissolves. Add dissolved gelatin to mango mixture; puree. Divide puree among 6 glasses; sprinkle evenly with **4 chopped coconut macaroon cookies**. Transfer glasses to tray; chill.

Berry layer: Repeat process with **2 tsp unflavored gelatin**, **¼ c water**, **1 (16-oz) bag partially thawed frozen whole strawberries**, **¼ c sugar** and **¼ tsp lime zest**. Transfer puree to bowl; chill until thickened, 1 hour. Fold in **1 c light whipped topping**. Divide mixture among glasses. Cover and chill until set, at least 1 hour.

PER SERVING (¾ CUP): 244 CAL, 5 G TOTAL FAT, 2 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 70 MG SOD, 49 G TOTAL CARB, 39 G TOTAL SUGAR, 3 G FIB, 3 G PROT, 32 MG CALC.

PointsPlus value: 7



PINEAPPLE TRES LECHES CAKE ▲

PREP 20 MIN BAKE 45 MIN SERVES 16

Preheat oven to 350°F. Spray 9 × 13-inch baking pan with nonstick spray. Whisk **2 c cake flour**, **½ c sugar**, **2 tsp baking powder** and **½ tsp salt** in medium bowl. Drain **1 (8-oz) can crushed pineapple**, reserving 3 Tbsp juice. Mix crushed pineapple and juice, **4 large egg yolks** and **⅓ c canola oil** in large bowl; stir in flour mixture just until blended. With electric mixer on medium speed, beat **6 large egg whites** and **½ tsp cream of tartar** in large bowl until foamy. Add **¼ c sugar**, one tablespoon at a time, beating until stiff glossy peaks form. With rubber spatula, stir about one-fourth of beaten egg whites into flour mixture. Gently fold in remaining whites just until no white streaks remain. Scrape batter into pan; spread evenly. Bake until cake is golden brown and springs back when lightly pressed, 45 minutes. Transfer to rack to cool completely. Mix **1 c fat-free evaporated milk**, **1 c fat-free sweetened condensed milk** and **½ c fat-free milk** in medium bowl. With wooden skewer, poke holes over entire top of cooled cake. Spoon milk mixture evenly over top. Let stand until milk mixture is absorbed, 15 minutes. Sprinkle cake with **½ c unsweetened shredded and toasted coconut**. Cover with plastic wrap and chill at least 4 hours or overnight.

PER SERVING (⅙ OF CAKE): 249 CAL, 8 G TOTAL FAT, 2 G SAT FAT, 0 G TRANS FAT, 48 MG CHOL, 199 MG SOD, 39 G TOTAL CARB, 25 G TOTAL SUGAR, 1 G FIB, 7 G PROT, 155 MG CALC.

PointsPlus value: 7



TIP

to partially thaw the mango and strawberries, let each bag stand at room temperature for about 10 minutes.

RED VELVET CUPCAKES ▼

PREP 15 min BAKE 15 min SERVES 24

Preheat oven to 350°F. Line 2 (12-cup) mini-muffin pan cups with paper or foil liners. Mix **1½ c white whole wheat flour**, **¼ c unsweetened cocoa**, **½ tsp baking powder** and **¼ tsp salt** in medium bowl. Mix **½ c low-fat buttermilk** and **1 (1-oz) bottle red food coloring** in small bowl. With electric mixer on medium speed, mix **1 c granulated sugar**, **3 Tbsp unsweetened applesauce** and **1 Tbsp canola oil** in large bowl. Add **1 large egg**, **1 large egg white** and **1 tsp vanilla**; beat 1 minute. At low speed, alternately add flour mixture and buttermilk mixture, beginning and ending with flour mixture, and beating until well blended. Mix **½ tsp baking soda** and **½ tsp white vinegar** in cup; let stand until fizzy, 5 seconds. With rubber spatula, fold vinegar mixture into batter just until blended. Divide batter evenly among muffin cups. Bake until toothpick inserted into centers comes out clean, 14–15 minutes. Cool in pans on racks 5 minutes. Remove cupcakes from pans and cool completely on racks. Serve sprinkled evenly with **1½ Tbsp confectioners' sugar**.

PER SERVING (1 CUPCAKE): 75 CAL, 1 G TOTAL FAT, 0 G SAT FAT, 0 G TRANS FAT, 8 MG CHOL, 72 MG SOD, 15 G TOTAL CARB, 9 G TOTAL SUGAR, 1 G FIB, 2 G PROT, 17 MG CALC.

PointsPlus value: 2

TIP Cut a 1-inch paper heart. Place heart on top of one cupcake; dust evenly with confectioners' sugar



LEMON-RASPBERRY ▲ POUND CAKE

PREP 20 MIN BAKE 1 HR 10 MIN SERVES 12

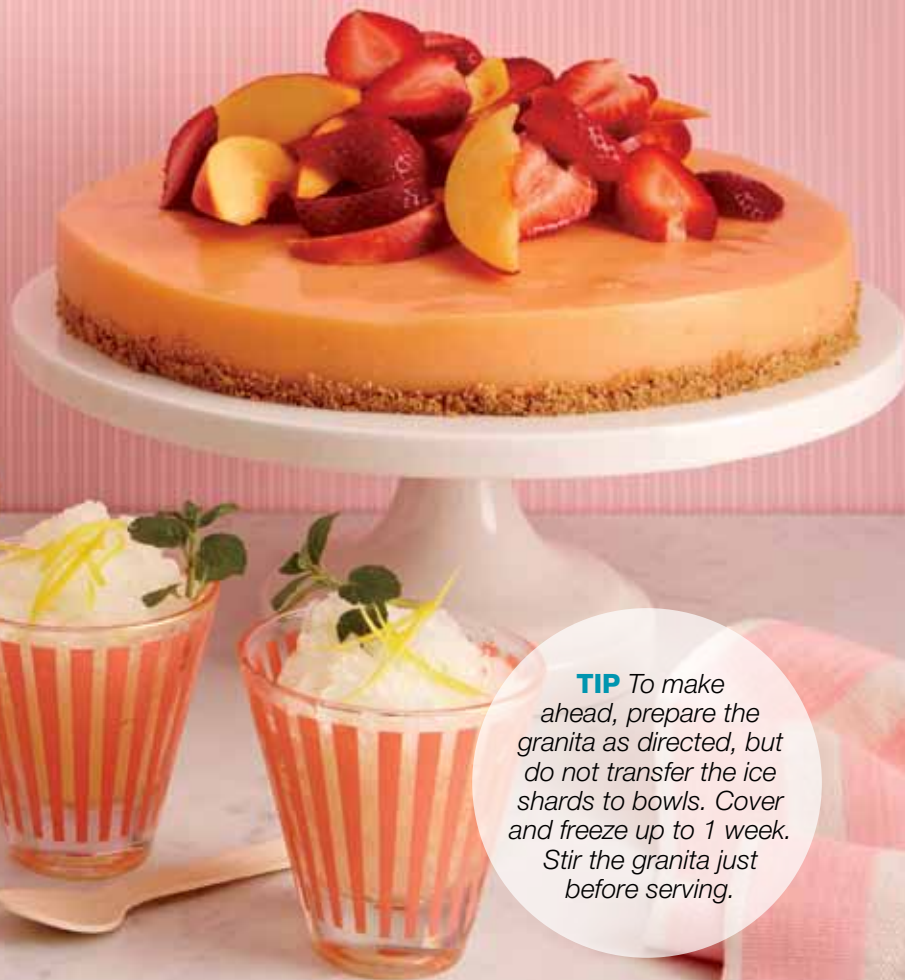
Preheat oven to 350°F. Spray 4½ × 8½-inch loaf pan with nonstick spray. Whisk **2 c all-purpose flour**, **grated zest of 2 lemons**, **1 tsp baking powder**, **½ tsp baking soda**, **½ tsp salt** and **¼ tsp ground allspice** in bowl. With electric mixer on medium speed, beat **6 Tbsp softened unsalted butter** and **1 tsp vanilla** 1 minute. Gradually add **1¼ c sugar** and beat until light and fluffy, 4 minutes. At low speed, gradually beat in **⅔ c egg substitute**. Alternately add flour mixture and **½ c room temperature light sour cream**, beginning and ending with flour mixture, and beating just until blended. Gently fold in **1 c fresh raspberries**. Scrape batter into pan; spread evenly. Bake until toothpick inserted into center comes out clean, 1 hour 10 minutes. Cool in pan on rack 10 minutes. Remove cake from pan and cool completely on rack.

PER SERVING (⅓ CAKE): 234 CAL, 7 G TOTAL FAT, 4 G SAT FAT, 0 G TRANS FAT, 19 MG CHOL, 230 MG SOD, 40 G TOTAL CARB, 23 G TOTAL SUGAR, 1 G FIB, 4 G PROT, 67 MG CALC.

PointsPlus value: 6



TIP To make ahead, wrap each sandwich in plastic wrap and freeze up to 1 week.



TIP To make ahead, prepare the granita as directed, but do not transfer the ice shards to bowls. Cover and freeze up to 1 week. Stir the granita just before serving.

BERRY ICE CREAM ▲ SANDWICHES

PREP 30 MIN **GRILL** 10 MIN **SERVES** 12

Puree **1 c fresh blackberries**, **1 c fresh raspberries**, **¼ c sugar** and **juice of ¼ lemon** in blender. Pour mixture through sieve set over 2-quart freezer container to remove seeds, pressing firmly on seeds to remove as much liquid as possible; discard seeds. Freeze 15 minutes. Add **6 c softened light strawberry or vanilla ice cream** to puree and fold with spatula until evenly colored. Cover and freeze until firm, at least 4 hours or up to 1 week. Sandwiches: With serrated knife, gently cut **1 (10-oz) prepared angel food cake** into 24 (½-inch-thick) slices. Heat ridged grill pan over medium heat. Add 4 cake slices and grill until lightly toasted, 1–1½ minutes per side. Repeat with remaining cake. Scoop ½ c ice cream onto 12 cake slices. Top with remaining slices to make 12 sandwiches.

PER SERVING (1 SANDWICH): 196 CAL, 3 G TOTAL FAT, 2 G SAT FAT, 0 G TRANS FAT, 16 MG CHOL, 222 MG SOD, 38 G TOTAL CARB, 32 G TOTAL SUGAR, 1 G FIB, 5 G PROT, 104 MG CALC.

PointsPlus value: 5

LIMONCELLO ▲ GRANITA

PREP 10 MIN **COOK** NONE **SERVES** 8

Stir **4 c water** and **1 c superfine sugar** in large bowl until sugar is completely dissolved. Stir in **grated zest of 1 lemon**, **juice of 3 lemons (¾ c)** and **½ c Limoncello (lemon liqueur)**. Transfer mixture to 9 × 13-inch baking pan. Cover pan with foil and freeze until frozen along edges, 2 hours. With fork, scrape icy edges in toward center. Repeat every 45 minutes until granita is semifirm, 3–4 hours. To serve, use fork to scrape across surface of granita, transferring ice shards to 8 dessert dishes. Garnish with **8 fresh mint sprigs** and **zest of 1 lemon**; serve at once.

PER SERVING (½ CUP): 143 CAL, 0 G TOTAL FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 6 MG SOD, 31 G TOTAL CARB, 30 G TOTAL SUGAR, 0 G FIB, 0 G PROT, 3 G ALCOHOL, 9 MG CALC.

PointsPlus value: 3

PEACHES 'N ▲ CREAM TORTE

PREP 30 MIN **COOK** NONE **SERVES** 12

Crust: Spray 9-inch springform pan with nonstick spray. Pulse **10 crumbled lowfat honey graham crackers** and **2 tsp fresh thyme leaves** in food processor until fine crumbs form. Add **¼ c light stick butter** and pulse until crumbs are moistened. Firmly press mixture onto bottom of pan and chill. **Filling:** Dissolve **2 (3-oz) packages peach gelatin dessert** in **1¾ c boiling water** in large bowl according to package directions. Add **3 c frozen peach yogurt**, one spoonful at a time, stirring until melted and smooth. Chill until thickened, 30 minutes. Stir filling until smooth and pour over crust. Cover and chill until set, 6 hours or overnight. **Topping:** Mix **1 pint hulled and sliced fresh strawberries**, **3 pitted and sliced small peaches** and **1 Tbsp sugar**. Let stand, stirring occasionally, until juicy, 30 minutes. Run knife around edge of torte to loosen; remove side of pan. Serve with topping.

PER SERVING (½ OF TORTE WITH ⅓ CUP TOPPING): 207 CAL, 4 G TOTAL FAT, 2 G SAT FAT, 0 G TRANS FAT, 9 MG CHOL, 188 MG SOD, 40 G TOTAL CARB, 33 G TOTAL SUGAR, 2 G FIB, 5 G PROT, 114 MG CALC.

PointsPlus value: 6



TIP
Serve warm
to bring out
the sweet
flavors

◀ UPSIDE-DOWN FRUIT CAKES

PREP 20 Min **BAKE** 20 Min **SERVES** 12

Heat oven to 350°F. Spray 12 (6-oz) ramekins or baking dishes with nonstick spray. Sprinkle **4 tsp sugar** into 1 ramekin, turning to coat bottom. Pour excess sugar into second ramekin to coat; repeat with remaining ramekins. Put ramekins on large rimmed baking sheet. Divide **2 peeled and thinly sliced large ripe Anjou pears** evenly among ramekins. Top evenly with **½ pint fresh raspberries** and **3 Tbsp fresh pomegranate seeds**. Whisk **3 c all-purpose flour**, **1 Tbsp baking powder** and **¼ teaspoon salt** in bowl. With electric mixer at medium speed, beat **¾ c sugar**, **¼ c light stick butter** and **2 tsp vanilla** in bowl until creamy. Beat in **½ c plain fat-free Greek yogurt**. At low speed, alternately add flour mixture and **1 c fat-free milk**, beginning and ending with flour mixture, just until blended. Divide batter among ramekins. Bake until toothpick inserted into center of each cake comes out clean, 18–20 minutes. Transfer to rack and cool 5 minutes. Run thin knife around sides of cakes to loosen. Unmold onto plates. Top with **½ pint fresh raspberries** and **3 Tbsp fresh pomegranate seeds**. Serve warm.

PER SERVING (1 CAKE WITH ABOUT 2 TBSP FRUIT): 240 CAL, 3 G TOTAL FAT, 1 G SAT FAT, 0 G TRANS FAT, 5 MG CHOL, 208 MG SOD, 50 G TOTAL CARB, 21 G TOTAL SUGAR, 4 G FIB, 6 G PROT, 119 MG CALC.

PointsPlus value: 5



TIP Use soft lady fingers for this cake instead of the crisp biscuit variety.

CRANBERRY CHARLOTTE ▲

PREP 45 Min **COOK** 15 Min **SERVES** 12

Line side and bottom of 9-inch springfoam pan with **2 (3-oz) packages ladyfingers**. Pulse **½ c fresh cranberries** and **2 Tbsp low-sugar orange marmalade** in food processor until cranberries are finely chopped. Spread evenly over ladyfingers in bottom of pan. For filling, mix **2 c low-fat (1%) milk**, **1 c fat-free half-and-half**, **5 Tbsp sugar** and **½ vanilla bean**, cut lengthwise in half, in medium saucepan. Cook over medium heat, stirring occasionally, until mixture comes just to a boil. Meanwhile, whisk **3 large eggs**, **2 Tbsp sugar** and **1 Tbsp unflavored gelatin** in medium bowl. Slowly add 1 c hot milk mixture, whisking constantly. Return mixture to pan and cook, stirring constantly, until gelatin completely dissolves and mixture thickens to consistency of heavy cream, 4–5 minutes (do not boil). Pour hot custard through fine-mesh sieve set over medium bowl. Remove vanilla bean; scrape out seeds and stir into custard (reserve bean for another use). Place bowl with custard into larger bowl filled halfway with ice water. Stir custard occasionally with rubber spatula until slightly thickened and thoroughly chilled, 15 minutes. Remove bowl from ice water. Fold in **2 c light whipped topping**. Pour filling into prepared springfoam pan. Cover and chill until set, at least 2 hours or overnight. For topping, mix **1 c cranberry raspberry juice** and **1 Tbsp sugar** in small saucepan. Sprinkle with **1 tsp unflavored gelatin** and let stand 5 minutes. Set pan over medium heat and cook, stirring occasionally, until gelatin dissolves, 3–4 minutes. Pour mixture into small bowl and place into larger bowl filled halfway with ice water. Stir topping until slightly thickened and chilled, 10 minutes. Pour topping evenly over filling and chill until set, at least 4 hours. To serve, run thin knife around edge of charlotte and remove side of pan.

PER SERVING (½ OF CHARLOTTE): 189 CAL, 5 G TOTAL FAT, 3 G SAT FAT, 0 G TRANS FAT, 52 MG CHOL, 121 MG SOD, 30 G TOTAL CARB, 23 G TOTAL SUGAR, 1 G FIB, 5 G PROT, 93 MG CALC.

PointsPlus value: 5

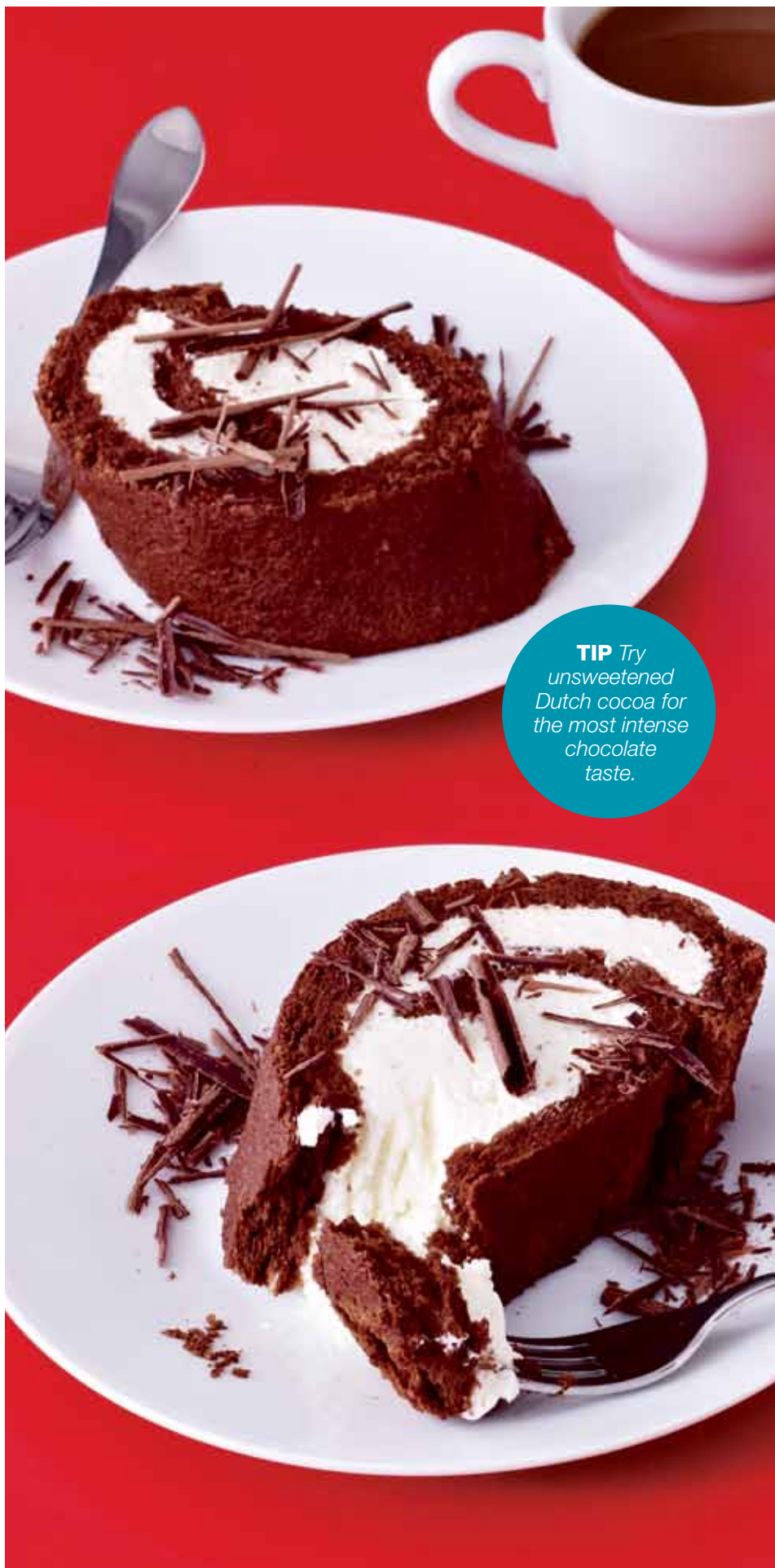
HOLIDAY YULE LOG ▶

PREP 30 Min **BAKE** 15 Min **SERVES** 124

For cake, preheat oven to 350°F. Spray 10 × 15-inch rimmed baking sheet with nonstick spray. Line with parchment paper and spray with nonstick spray. Pulse **½ c toasted walnut pieces** and **2 Tbsp granulated sugar** in food processor until finely ground. Mix **½ c unsweetened cocoa** and **¼ c boiling water** in small bowl until smooth. Add **1 Tbsp unsalted butter** and **1 tsp vanilla**; stir until butter melts. Stir in nut mixture. With electric mixer on high speed, beat **3 large room-temperature egg yolks** and **2 Tbsp granulated sugar** in large bowl until ribbon forms when beaters are lifted. Reduce speed to low. Beat in cocoa mixture until blended. With mixer on medium speed, beat **6 large room-temperature egg whites** in another large bowl until foamy. Increase speed to high. Gradually add **¼ c granulated sugar** and beat just until stiff peaks form, 3-4 minutes. With rubber spatula, gently fold in beaten egg whites, one third at a time, into chocolate mixture just until no streaks of white remain. Pour batter into prepared pan; spread evenly. Bake until toothpick inserted into center of cake comes out clean, 15–18 minutes. Transfer to rack, cover cake with clean kitchen towel, and let cool completely. For filling, with mixer on low speed, beat **1 (8-oz) package light cream cheese (Neufchâtel)** and **½ c confectioners' sugar** in medium bowl until smooth. Beat in **1 tsp vanilla**. With rubber spatula, fold in **3 c fat-free whipped topping**. Uncover cake. Invert pan onto clean kitchen towel; remove parchment paper. Spread filling over cake. Starting from a long side, with towel, roll up cake; place, seam side down, on serving platter. Cut into 12 slices. Serve sprinkled with **¼ c shaved bittersweet chocolate**.

PER SERVING (1 SLICE): 199 CAL, 19 G TOTAL FAT, 5 G SAT FAT, 0 G TRANS FAT, 62 MG CHOL, 99 MG SOD, 24 G TOTAL CARB, 18 G TOTAL SUG R, 1 G FIB, 5 G PROT, 37 MG CALC.

PointsPlus value: 6



TIP Try unsweetened Dutch cocoa for the most intense chocolate taste.



OUR HINT
*Get perfect-
every time slices
with a serrated
knife.*

PECAN AND DATE TART ▲

PREP 35 Min **COOK/BAKE** 50 Min **SERVES** 16

For crust, pulse $\frac{3}{4}$ **old-fashioned oats** in food processor until ground. Add **1 c all-purpose flour**, **3 Tbsp diced cold unsalted butter** and $\frac{1}{4}$ **tsp salt**; pulse until mixture resembles coarse crumbs. Pour $\frac{1}{4}$ **c ice water** through feed tube, pulsing just until firm, 30 minutes. Preheat oven to 350°F. On lightly floured surface, roll dough to 14-inch round; ease into 11-inch removable-bottom tart pan, pressing dough against side of pan. Line tart shell with foil; fill with dried beans or rice. Bake until set, 15 minutes. Remove foil with beans. Meanwhile, for filling mix **1 c packed dark brown sugar**, $\frac{1}{4}$ **c light corn syrup** and **1 Tbsp unsalted butter** in small saucepan. Cook over medium heat until butter melts and sugar dissolves. Remove pan from heat; stir in $\frac{3}{4}$ **c fat-free egg substitute** and **1 Tbsp all-purpose flour** until blended. Sprinkle hot crust evenly with **1 c chopped dried pitted dates**, $\frac{3}{4}$ **c toasted pecan halves** and $\frac{1}{3}$ **c bittersweet chocolate chips**. Pour in warm filling. Bake until filling is firm and lightly browned, 30–32 minutes. Transfer tart to rack and cool. Remove side of pan and cut into 16 wedges.

PER SERVING ($\frac{1}{16}$ OF TART): 217 CAL, 8 G TOTAL FAT, 3 G SAT FAT, 0 G TRANS FAT, 8 MG CHOL, 68 MG SOD, 36 G TOTAL CARB, 23 G TOTAL SUG AR, 2 G FIB, 3 G PROT, 43 MG CALC.

PointsPlus value: 6