

Fruity Crumpet



- 1 tesco crumpet
- ½ teaspoon maple syrup
- 1/2 cup mixed berries.
- 0 fat crème fraiche

Nutritional Info per serving

Kcal	Fat	Sugars
137	1.3g	23.9g

Toast the crumpet as per packet instructions. Top with mixed fruit and drizzle with maple syrup. Serve with dollop of 0 fat crème fraiche

Low Fat Brownie Bites



- 30g low fat spread
- 60g brown sugar
- 60ml cold water
- 1/2 tsp vanilla
- 60g plain flour
- 1/2 tsp baking powder
- 2 tbsp cocoa powder
- 2 tbsp chopped walnuts
- 1 tsp powdered sugar

Nutritional Info per serving

Kcal	Fat	Sugars
111	5g	8g

Gently melt low fat margarine, remove from heat. Stir in sugar, vanilla and water. Sieve flour, cocoa powder, and baking powder and fold into the wet mixture. Stir in chopped nuts.

Line the bottom of an 8x4 inch loaf pan. Pour batter into pan.

Bake at 180° for 20 minutes or until a toothpick inserted in the centre comes out clean. Cool thoroughly. Remove from pan. Cut into 8 bars. Sprinkle with powdered sugar.

Ten Dessert Treats

A list of dessert suggestions - all under 150kcal per portion

SuperValu Strawberry Trifle 125g pot



Nutritional Info per pot

Kcal	Fat	Sugars
134	5.8g	15g

Available at:



Muller Light Turkish Delight 165g pot



Nutritional Info per pot

Kcal	Fat	Sugars
99	0.8g	11.7g

Available at:



Tesco Healthy Living Chocolate Mousse 62.5g pot



Nutritional Info per pot

Kcal	Fat	Sugars
80	1.3g	12.1g

Available at:



Hartleys Low Calorie Jelly Pot (175 Grams)



Nutritional Info per pot

Kcal	Fat	Sugars
10	0	2

Available at:



Aero Orange & Chocolate Pot (58 Grams)



Nutritional Info per pot

Kcal	Fat	Sugars
84	3.1g	11.4g

Available at:



Baked Banana



- 1 medium ripe banana, cut in half lengthwise
- 1 tsp honey
- Sprinkle cinnamon

Nutritional Info per serving

Kcal	Fat	Sugars
137	0	23

Peel and cut bananas in half. Arrange banana in an oven safe dish or on tinfoil. Sprinkle with cinnamon and honey. Cover and bake for 10 to 15 minutes, depending on how soft you like them.

Meringue Nest



- 1 meringue nest 13g
- ½ pot of vanilla 'Muller light' yogurt
- Handful of fresh mixed berries.

Nutritional Info per serving

Kcal	Fat	Sugars
128	0.1	22

Fill meringue nest with yogurt. Top with berries and decorate with mint sprig.

Baked Apple



- 1 green apple
- ½ teaspoon brown sugar
- Teaspoon raisins.
- ½ teaspoon cinnamon (or to taste)
- 30ml Aldi 0 fat crème fraiche

Nutritional Info per serving

Kcal	Fat	Sugars
124	0.6	26

One tennis ball size apple cored and filled with mixture of sugar, cinnamon and raisins. Bake until tender. Serve with dollop of zero fat crème fraiche.