



## KHSC Healthier Desserts Cooking Class

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Keeping Healthy Simple Club  
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## KHSC Healthier Desserts Cooking Class

6 servings  
10 minutes

### Ingredients

1/2 tsp Vanilla Extract

### Directions

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Do not include this page in the recipe packet. This file is just the COVER PAGE but the software won't let me export it without a recipe attached.

You deserve to be happy and healthy, which means you are allowed to eat dessert!

It is possible to enjoy the sweet deliciousness of desserts and still stay on track with your health and wellness goals. When making a dessert healthier, focus on swapping out ingredients that will:

1. Reduce sugar, carbs, and fats
2. Increase protein and fiber
3. Replace less healthy fats with healthier fats

In this cooking class, you will make two desserts that are pre-portioned into single servings and have ingredient swaps that make them healthier than their conventional versions.

**Tropical Fruit Mini Cheesecake.** This dessert keeps that creamy cheesecake flavor with whipped cream cheese and boosts protein with Greek yogurt. We use tropical fruit for this recipe, but you can use any fruit you can find in a “fruit cup with natural juice” container. In the summertime, we love making this with a peach fruit cup and topping it with half of a diced fresh peach.

**Tiramisu.** We made this dessert more affordable by swapping out some of the pricier ingredients. Then, we took the decadent tiramisu flavor up a notch by adding a dash of cinnamon. We love that this dessert has 80% fewer calories and 95% less fat than the traditional recipe.

Recipes are at the end of this packet.

## Shopping List.

Your shopping list is in this packet before the recipes.

The dessert shells may be found in the bakery section of the grocery store.

If you have any questions about the ingredients or potential substitutions, please ask at least 4 days before class so we have time to respond before you shop.

## Equipment Needed.

- Medium sized bowl
- Spoon and small spatula
- Measuring cups and spoons
- Small serving plates (2)
- Small fine mesh strainer (optional, but recommended)



## Steps to Prepare Before Class Begins.

Gather all ingredients and equipment before class begins.

Brew one cup of decaffeinated coffee and set aside to cool.

## Nutrition Information.

The information provided with the recipes **estimates the nutrition content** per serving based on the brands we used when creating the recipes. Therefore, nutrition information will vary based on chosen ingredients and brands. If accuracy is important, we recommend calculating nutrition information with your brands.

## Classes are Educational.

The material and information provided as part of our online cooking classes and any comments or information provided by the presenter are for educational and entertainment purposes only. The information provided during cooking classes is intended for healthy adults. It may not apply to you specifically based on your health history and health concerns. Information provided is based on guidelines from credible national organizations (ex: American Heart Association, the Centers for Disease Control, and Dietary Guidelines for Americans) and the latest, credible research.

## No Medical or Dietary Advice.

The information provided in recipes and during class is not meant to diagnose, treat, cure, prevent, or advise on any disease or medical condition. It should not be used in place of a consultation with your physician or other health care provider. Please consult your medical provider or your registered or licensed dietitian for any guidance regarding your health and before altering your diet. You should never disregard medical advice or delay seeking it because of the information provided during this class.

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### Breakfast

- 1/3 cup Decaffeinated Coffee, Brewed And Cooled

### Seeds, Nuts & Spices

- 1/4 tsp Cinnamon, Ground

### Boxed & Canned

- 3 packets Alternative Sweetener
- 1 Sugar Free Vanilla Pudding (snack Pack Or 3.25 Ounce Size)
- 2 Tropical Fruit Cups, In Natural Juice

### Baking

- 1/4 tsp Cocoa Powder, Unsweetened, Baking
- 6 Mini Graham Cracker Pie Crust
- 1 1/2 tsps Vanilla Extract

### Cold

- 1 1/4 cups Plain Non-Fat Greek Yogurt
- 1 cup Whipped Cream Cheese

### Other

- 2 Vanilla Dessert Shells - Mini (5 Ounce Size)



## KHSC Tropical Fruit Mini Cheesecakes

6 servings  
 10 minutes

### Ingredients

- 1 cup Plain Non-Fat Greek Yogurt (with a thick consistency like Fage brand)
- 1 cup Whipped Cream Cheese
- 1/2 tsp Vanilla Extract
- 2 packets Alternative Sweetener
- 2 Tropical Fruit Cups, In Natural Juice
- 6 Mini Graham Cracker Pie Crust

### Nutrition

Amount per serving	
Calories	209
Fat	11g
Saturated	7g
Carbs	22g
Fiber	0g
Sugar	13g
Protein	7g
Cholesterol	22mg
Sodium	244mg
Potassium	51mg
Calcium	73mg
Iron	0mg

### Directions

- 1 Make Cheesecake Filling. Mix together yogurt, cream cheese, vanilla extract, and sweetener in medium size bowl. Add juice from fruit cups (do not add fruit) and stir until well combined and the filling mixture is smooth. Taste and add more sweetener if desired.
- 2 Make Cheesecakes. Add approximately 1/3 cup of the cheesecake filling to each mini pie crust. Smooth over the top of the filling. Add approximately 1/3 of the fruit from each fruit cup to the top of each pie.
- 3 Enjoy! Serve immediately or place on a baking sheet (to prevent spilling) in the freezer for 30 minutes to thicken before serving.

### Notes

**Nutrition Information:** One serving = 1 Mini Cheesecake. Nutrition information will vary based on the brands used. Please use this information as an estimate.

**To Store:** Store for up to 3 days in a sealed container in the refrigerator. Or you can freeze these for up to 3 months. Place on a baking sheet until frozen, then transfer to a sealable container. Move from freezer to refrigerator for 24 hours to defrost.

**Variations:** Try different types of fruit cups or fresh fruit. If using fresh fruit, you may need additional sweeteners unless you routinely eat plain yogurt.

**Make It Even Healthier:** Skip the pie crust and eat from a small parfait-style cup to save 100 calories, 13g carbs, 5g added sugar, 3g saturated fat, and 100mg sodium.

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## KHSC Tiramisu

2 servings  
 10 minutes

### Ingredients

- 2 Vanilla Dessert Shells - Mini (5 Ounce Size)
- 1/3 cup Decaffeinated Coffee, Brewed And Cooled
- 1 Sugar Free Vanilla Pudding (snack Pack Or 3.25 Ounce Size)
- 1/4 cup Plain Non-Fat Greek Yogurt
- 1 tsp Vanilla Extract
- 1 packets Alternative Sweetener (optional: add more to taste)
- 1/4 tsp Cocoa Powder, Unsweetened, Baking
- 1/4 tsp Cinnamon, Ground

### Nutrition

Amount per serving	
Calories	114
Fat	2g
Saturated	1g
Carbs	21g
Fiber	0g
Sugar	9g
Protein	4g
Cholesterol	11mg
Sodium	159mg
Potassium	37mg
Calcium	35mg
Iron	0mg

### Directions

- 1 Place each dessert shell on a separate serving plate. Add 3 Tablespoons of coffee to each shell, doing your best to distribute the coffee so it saturates the entire dessert shell. Set aside.
- 2 In a small bowl, mix together the pudding, yogurt, vanilla extract, alternative sweetener, a dash of cocoa powder, and a dash of cinnamon. Taste and add more sweetener, cocoa powder, or cinnamon to suit your taste.
- 3 Spoon half of the pudding mixture into each dessert shell, dividing it evenly between the 2 dessert shells.
- 4 Use a fine mesh strainer to top each dessert with a dash of cocoa powder and a dash of cinnamon. To do so: hold the strainer over the dessert, add the cocoa powder and cinnamon, then tap the edge of the strainer gently. If you don't have a strainer, sprinkle these ingredients on top of the dessert.

### Notes

**Nutrition Information:** One serving is one dessert shell with topping. Nutrition information provided is an estimate and will vary based on the brands you choose.

**Yogurt Substitution:** If the yogurt is too tart and you don't want to use much alternative sweetener, choose vanilla yogurt instead of plain. The yogurt boosts the nutrition of this recipe by adding a little protein and probiotics.

**Leftover Ingredients:** To keep dessert shells fresh, store unused dessert shells in a sealed baggie (suck out as much air as you can before sealing!) until ready to use.

**Do NOT meal prep:** This recipe does not meal prep well as the dessert shell gets too soggy over time. Instead, make these just before serving.

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