

Light Vanilla Frosting

This frosting works well for cupcakes, cakes, or cookies.

Ingredients:

3/4 cup powdered sugar
1/4 cup Splenda® sweetener or other sugar alternative for baking
2 tablespoons less-fat margarine
1 1/2 teaspoons fat-free half-and-half or low-fat milk
1/4 teaspoon vanilla extract
About 8 drops food coloring (for colored frosting)

Preparation:

1. Add powdered sugar, Splenda®, margarine, milk and vanilla to a small mixing bowl and beat on medium speed to blend until smooth. This will take a few minutes, because the Splenda® takes a while to dissolve.
2. Add food coloring, if desired. About 8 drops will do.
3. Frost your goodies.

Yield:

About 2/3 cup of frosting (enough for 12 medium sugar cookies or 24 small cookies—make a double batch for a classroom's worth of cupcakes)

Vanilla Pudding Whipped Frosting

Ingredients:

1 box sugar free/fat free vanilla pudding

1 tub low fat or fat free Cool Whip

Whip together until smooth and frost

Be sure to keep cupcakes in a cool place until serving.

(The Cool Whip by itself can also be used.)

Greek Yogurt Frosting Recipe

- 1 C Greek yogurt (I used Stonyfield Farms)
- A good splash of vanilla extract (I used 1 t)
- 1/2 C powdered sugar, sifted

1. Whisk all ingredients until they become a bit thick.
2. Place in the fridge to thicken even more (at least 30 minutes).
3. Spread on cupcakes.

Nutritional Information:

Per serving (if frosting 12 cookies): 35 calories, 0 g protein, 6 g carbohydrate, 1.2 g fat, 0.2 g saturated fat, 0.6 g monounsaturated fat, 0.4 g monounsaturated fat, 0 mg cholesterol, 0 g fiber, 12 mg sodium.

Healthier Cupcake Recipe

1 box cake mix (check the boxes for the lowest fat & sugar content) Substitute applesauce for oil in a 1:1 ratio (canned pumpkin can be used in a chocolate cake recipe) Substitute egg whites for half of the eggs (or 2 eggs for a 3 egg recipe), or use Egg Beaters

instead of eggs

Bake according to directions on the box

The kids won't know the difference :)

Pumpkin Dip

(from the Dannon Institute)

Mix the following ingredients

3 tablespoons canned pumpkin

1 cup low fat vanilla yogurt

1 tablespoon orange juice concentrate (use 100%)

½ tsp. cinnamon (optional)

1 tablespoon maple syrup (optional)

Dip in with graham crackers