

Coastline Nutrition News

December Nutrition Newsletter

Bake with Lower Calories and Fat this Holiday!

Did you know that there are ways to decrease the sugar and fat in your favorite holidays treats without compromising taste? Try some of these ideas listed below!

- * Use applesauce in place of half the fat in baked goods like muffins and quick breads or use tub margarine in place of butter or stick margarine.
- * Substitute 1/4 cup egg whites or liquid egg substitute for each whole egg.
- * Use “white” whole wheat flour in place of all-purpose flour. It adds the fiber and nutrients from the whole grain.
- * Eliminate frosting or use sparingly on cakes.
- * Use skim milk in place of whole milk.
- * Use just one pie crust on top of pies.



Pumpkin Trifle

Ingredients

1 package gingersnap cookies, crumbled	4 cups low-fat milk
4 packages sugar-free instant butterscotch pudding mix	1 (15oz) can pureed pumpkin
¼ teaspoon each ground ginger, nutmeg and cloves	1 teaspoon ground cinnamon
1 (12oz) container frozen reduced-fat whipped topping, thawed	

Directions

In a large bowl, whisk milk and pudding mixes for 2 minutes or until thickened. Stir in pumpkin and spices until well blended.

In a trifle bowl (or 3 ½ quart serving bowl) layer a fourth of the cookie crumbs, than half of the pumpkin mixture, then another fourth of the cookie crumbs and half of the whipped topping. Repeat layers. Garnish with reserved cookie crumbs. Serve immediately or refrigerate until serving.