

Sweet Enough: Low Sugar Desserts & Treats

Living Web Farms

French Broad Food Co-op

Oct 6th, 2016

Molasses & Honey Bars

¾ C sorghum syrup or molasses

¾ C raw honey

3 T butter

1 C whole wheat flour, sifted

1 C all purpose flour, sifted

1 T. baking powder

2 t. ground cinnamon

¼ t. ground cardamom

¼ t. ground clove

¼ t. ground allspice

½ C. chopped walnuts

up to ¾ additional flour, as needed

Get all ingredients ready before mixing to prevent cooling and hardening.

Sift together the 1 C whole wheat flour, 1 C all purpose flour, baking soda, walnuts, and spices. Set aside.

In a saucepan, heat the sorghum/molasses and honey together over low heat with the butter until runny. Stir in the flour and spice mixture until a dough begins to form. Add additional flour as needed to get the dough to a consistency that is soft but not too sticky.

Press the dough into a greased 9x13 inch glass pan, using damp fingers to spread it evenly, into a layer about 3/8" thick. Bake in a 350F oven for about 20 minutes, taking care not to overbake.

Cool before cutting into bars.

Consider adding glaze, sesame seeds, or anything else to the top of the bars before serving.

Coconut Macaroons

1-1/2 C. whole milk or almond milk

scant ½ C. sugar or coconut sugar

3 T. butter

1 t. vanilla

¼ lb. shredded, unsweetened coconut

1/8 t. sea salt
3 stiffly beaten egg whites (optional)
1 t. almond extract (optional)

In a heavy bottomed saucepan, combine the first four ingredients and allow to simmer until the sugar is dissolved and the mixture has reduced to about 1-1/4 cups. Allow to cool while you beat the egg whites.

In a bowl, combine coconut, almond extract (if using), and salt. Add the milk and sugar mixture just until you've formed a thick paste. Fold in the beaten egg whites (if using). Roll the batter into balls or drop onto greased cookie sheets about 2 inches apart and bake at 350F until lightly browned and held together.

Consider: after cooling, dip the macaroons halfway into melted dark chocolate and allow to harden before serving.

Buttermilk Buckwheat Strawberry Shortcakes

For the shortcake:

1-1/2 C all purpose flour
1/2 C buckwheat flour
1 T. baking powder
1 t. sea salt
1 t. cane sugar
2/3 C. cold unsalted butter
1 C. buttermilk **or** 1/2 C plain yogurt and 1/2 C milk

For the filling:

1 qt fresh or frozen strawberries
5 leaves of lemon balm, minced
2 t. cane sugar
juice from 1/2 lemon

For the whipped cream:

2 C. cold heavy cream
2 t. cane sugar
1 t. vanilla extract
lemon zest

Halve the strawberries into a glass bowl, then combine them with the remaining filling ingredients and allow to rest and come to room temperature. Set aside.

Make the shortcake: Preheat the oven to 425F. Combine flour, buckwheat flour, baking powder, salt, and sugar in a medium bowl. Using a box grater, grate in the butter and then combine it with the flour mixture until you have soft crumbles. Stir

in the buttermilk until just combined, and arrange the batter into a 9x9 inch pan. Bake until golden and fluffy, about 12-15 minutes.

While the shortcake bakes, beat the cold cream until it is whipped. Stir in the vanilla, lemon zest, and sugar.

To serve, slice a hot shortcake in half lengthwise and place the bottom on a plate. Top with the strawberries and some whipped cream, then place the top of the shortcake. Add a little more cream and some of the juices from the strawberries and enjoy.

Tips for substituting alternative sweeteners.

<https://www.bastyr.edu/news/health-tips/2014/08/make-switch-alternative-sweeteners>

Why we should reduce indeed consider eliminating sugars. This one costs but I believe is worth it.

<http://www.cbsnews.com/videos/is-sugar-toxic/?lumiereId=50122492&videoId=6773f603-8bdf-11e2-9400-029118418759&cbsId=7403942&site=cbsnews>

List of alternative sweeteners.

<https://www.verywell.com/natural-sweeteners-eating-healthy-to-stay-healthy-430039>

The sugar alcohols and Stevia.

http://www.huffingtonpost.com/jj-virgin/natural-sweeteners_b_3053890.html

Sweet Potato Pecan Pie original recipe from Paul Prudhomme's Louisiana kitchen

Pie Dough: bake entire pie at 325 for 1 ½ hours, 8 inch pie pan

3 tablespoons unsalted butter, 2 tablespoons sugar, ¼ teaspoon salt half of the whole egg vigorously beaten until frothy (reserve the other half for sweet potato filling), 2 tablespoons cold milk, 1 cup all-purpose flour,

Sweet Potato Filling

2 to 3 sweet potatoes are enough to yield 1 cup cooked pulp (baked), ¼ cup packed light brown sugar, 2 tablespoons sugar, the other half of the beaten egg from the pie dough, 1 tablespoon heavy cream, 1 tablespoon unsalted butter (softened), 1 tablespoon vanilla, ¼ teaspoon salt, ¼ teaspoon ground cinnamon, 1/8 teaspoon ground allspice, 1/8 teaspoons ground nutmeg,

Pecan Pie Syrup

$\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cups dark corn syrup, two small eggs, one and $\frac{1}{2}$ tablespoons unsalted butter (melted), 2 teaspoons vanilla extract, pinch of salt, pinch of ground cinnamon, three-quarter cup pecan pieces or halves

Much Less Sweetener Sweet Potato Pecan Pie (same baking instructions as above)

3 tablespoons butter, pinch of Stevia, $\frac{1}{4}$ teaspoon coconut sugar., $\frac{1}{8}$ teaspoons salt, 2 tablespoons cold milk, half cup whole wheat pastry flour, half cup unbleached all-purpose flour,

Sweet Potato Filling

1 cup big mashed sweet potato, 1 tablespoon coconut sugar, $\frac{1}{8}$ teaspoon Stevia, half an egg (reserved from the dough recipe), 1 tablespoon milk, 1 tablespoon unsalted butter (softened), 1 tablespoon vanilla, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon ground cinnamon, $\frac{1}{8}$ teaspoon ground allspice, $\frac{1}{8}$ teaspoon ground nutmeg

Gingerbread recipe from *The New Laurel's Kitchen* by Laurel

Robertson, Carol Flanders and Brian Ruppenthall

Original Gingerbread bake in a 9 x 9 pan and oven preheated to 350 for 40 minutes or until done

$\frac{1}{3}$ cups soft or melted butter, 1 cup dark molasses, one egg, 1 cup buttermilk or orange juice, 2 $\frac{1}{2}$ cups whole wheat flour, 1 teaspoon soda, 1 teaspoon cinnamon, half teaspoon salt, half cup raisins, 1 tablespoon orange zest (optional) half teaspoon mustard powder (optional)

Gingerbread Recipe with reduced sweeteners: baking instructions same as above

$\frac{1}{3}$ cup soft or melted butter, $\frac{1}{2}$ dark molasses less 1 tablespoon, one egg, 1 cup orange juice, 2 $\frac{1}{4}$ cups whole wheat flour, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon powdered ginger +5 teaspoons fresh grated ginger, half teaspoon salt half cup raisins, 1 tablespoon orange zest (optional) teaspoon and $\frac{1}{2}$ prepared mustard

Joy of Cooking's Quick Oatmeal Cookie preheat oven to 350 bake until light brown (about 10 minutes) original recipe

$\frac{1}{2}$ cup brown sugar firmly packed, $\frac{1}{2}$ cup granulated sugar, cream with $\frac{1}{2}$ cup butter, combine in beat until smooth one egg, 1 teaspoon vanilla, 1 tablespoon milk. Sift together and add to the above ingredients 1 cup

all-purpose flour, half teaspoon soda, half teaspoon double acting baking powder, half teaspoon salt. When beaten smooth add 1 cup uncooked quick rolled oats optional three-quarter cups chocolate chips, optional 1 teaspoon grated orange rind

Reduce sweetener Quick Oatmeal Cookies same cooking instructions as above

6 tablespoons agave syrup or coconut nectar or coconut sugar or White Stevia or 8 tablespoons brown rice syrup 5 tablespoons honey. Cream with half cup butter combine and beat until smooth one egg 1 teaspoon vanilla 1 tablespoon milk. Sift together and add to the above ingredients 1 ¼ cup whole wheat pastry flour unless using one of the dry sweeteners than one cup whole wheat pastry flour, ¼ teaspoon soda ½ teaspoon double acting baking powder ½ teaspoon salt, when beaten smooth add 1 cup uncooked quick rolled oats (optional raisins half cup to ¾ cup) optional teaspoon grated orange rind