

Fruit Substitutes

Want to substitute tasty fruits for sugary treats but aren't totally sure where to start? Check out our handy-dandy sweet substitutes chart. It's a great way to determine which of our fabulous fruit recipes you may want to make first!

If You Like...

Breakfast Pastries

Brownies

Cake

Candy

Chocolate

Cookies

Crepe Brulee

Cupcakes

Ice Cream Sundaes

Milk Shakes

Mousse

Pastries

Pie

Then Try...

Peach Custard Tart

Apple Blueberry Pizza

Watermelon "Cake"

Strawberry Sparklers

Chocolate Date Truffles

Fruit Tostadas

Baked Bananas

Citrus Cup

Berry Parfaits

Smoothies

Tapioca Parfait

Apple Blueberry Tart

Blueberry Cobbler

Banana Split

Serves: 4

Serving Size: 1 cup

Ingredients:

- 4 bananas
- 2 cups low-fat vanilla frozen yogurt (get one with extra calcium if you can find it)
- 2 tablespoons light chocolate syrup
- 4 teaspoons chopped pecans

Directions:

Peel the bananas and split them in half lengthwise. Place each set of halves in a dessert bowl. Top each with 1/2 cup frozen yogurt, a small drizzle of light chocolate syrup, and a sprinkle of chopped pecans. Serve immediately.

Nutrition Information:

Serves 4. Each 1 cup serving contains 234 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 2 mg cholesterol, 103 mg sodium, 47 g carbohydrate, 4 g dietary fiber, 31 g sugar, and 9 g protein.

Each serving also has 1% DV vitamin A, 21% DV vitamin C, 25% DV calcium, and 5% DV iron.

Chef's Tips:

Feel free to top your splits with a little light whipped cream or fresh berries.



Cooking Lesson:

You can make a great classic dessert out of fruit if you are willing to be creative with your presentation. Bananas have a smooth consistency and can take the place of ice cream. Google “Yonanas” to find a neat ice cream maker that uses frozen bananas.

Nutrition Lesson:

Pecans are high in vitamin E, which is an amazing antioxidant that can help improve immune function.

Words of Wisdom:

I want to give a huge shout-out to CIA Pastry Chef Albert Kumin, who explained the scientific reasoning behind countless baking, chocolate, and bread recipes. His courtesy and grace under pressure and his ability to teach and share his talent will always be with me.

Berries with Vanilla Custard Sauce

Serves: 6

Serving Size: 1 cup

Ingredients:

Sauce Ingredients:

2 cups skim milk or soy milk

1/4 cup sugar

1 tablespoon cornstarch

1/4 cup nonfat egg substitute (or one egg)

1 tsp real vanilla extract or the seeds of 1/4 of a vanilla bean

Fruit Ingredients:

Use 3 cups of a variety of fruits. Try a mixture of strawberries, blackberries, and blueberries.

Any soft fruit (like kiwi, bananas, mangoes, peaches, etc.) will also work.

Directions:

Mix the milk, sugar, and cornstarch together in a small mixing bowl with a whisk. Add the egg substitute and mix again.

Pour the custard into a small saucepan. Heat over medium high heat, stirring constantly, until the mixture thickens and comes to a simmer. Remove from heat and add the vanilla.

Transfer the custard to the refrigerator and let chill. Feel free to adjust the consistency with a little more milk or some fat-free half and half. Serve over chilled fruit.

Nutrition Information:

Serves 6. Each serving contains 87 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 2 mg cholesterol, 63 mg sodium, 18 g carbohydrate, 1 g dietary fiber, 15 g



sugar, and 4 g protein.

Each serving also has 8% DV vitamin A, 51% DV vitamin C, 18% DV calcium, and 0% DV iron.

Chef's Tips:

Crème anglaise is the base of classic vanilla ice cream and crème brûlée. It is also delicious when served over cake, cookies, fruit, or meringues. The term “crème anglaise” refers to an English-style custard otherwise known as a “pouring custard.” It’s a sauce made with heavy cream, egg yolks, and real vanilla pods. It’s delicious, but also loaded with calories and fat. That’s why I created this tasty alternative.

Angel Food Cake with Berries

Serves: 4

Serving Size: 1 slice of cake with 1/3 cup berries

Ingredients:

1/2 cup orange juice
1 teaspoon cornstarch
Leaves from 1 sprig of fresh mint, chopped fine
3/4 cup fresh blueberries
1 cup sliced fresh strawberries
4 1/2-inch thick slices of angel food cake

Directions:

Combine orange juice, cornstarch, and blueberries in a small saucepan over medium heat. Stir until mixture comes to a boil, then remove from the stove. Add mint and strawberries, stir well, and serve over angel food cake. Allow 1/3 cup berry mixture per portion.

Nutrition Information:

Serves 4. Each serving contains 116 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 211 mg sodium, 27 g carbohydrate, 2 g dietary fiber, 7 g sugar, and 2 g protein.

Each serving also has 1% DV vitamin A, 65% DV vitamin C, 5% DV calcium, and 0% DV iron.

Chef's Tips:

To finely chop the mint, roll the leaves into a cylindrical shape and slice on a diagonal. This should leave you with long, thin slivers, which you can use as a garnish. Chop slivers in the opposite direction to get small mint flakes.



Cooking Lesson:

Macerating is like marinating, only you do it with fruit instead of meat or vegetables. The sugar in the orange juice draws liquid out of the fruit while infusing everything with a bright and sunny flavor. In this recipe, I macerate and simmer, which further concentrates the flavors and really makes this dish sing.

Nutrition Lesson:

Angel food cake is low in fat. Since it is not frosted, it is a lower-calorie choice than many other cakes. It makes an excellent base for all kinds of fruit concoctions.

Deep Dish Apple Cranberry Pie

Serves: 12

Serving Size: 1/12 of a pie

Ingredients:

4 large apples, peeled, cored, and sliced
2 and 1/2 cups cranberries, fresh or frozen
3/4 cup sugar
1/4 cup flour
1 tsp apple pie spice
1 prepared pie crust

Directions:

Preheat your oven to 375 degrees Fahrenheit.

Stir all the ingredients (except the pie crust) together in a medium mixing bowl and place the mixture in a 10-inch deep dish pie pan. Place the pie crust on top of the fruit and cut 3 or 4 slits in the crust to allow steam to escape. Bake for about an hour.

Serve warm and then promptly refrigerate any leftovers.

Nutrition Information:

Serves 12. Each serving contains 187 calories, 5 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 79 mg sodium, 36 g carbohydrate, 2 g dietary fiber, 21 g sugar, and 1 g protein.

Each serving also has 0% DV vitamin A, 10% DV vitamin C, 0% DV calcium, and 0% DV iron.

Chef's Tips:

Any apple will work in this pie, but I especially like Granny Smiths.



Cooking Lesson:

Ready to bake? Dry heat still produces a lovely and moist pie.

Nutrition Lesson:

By limiting the pie to one crust instead of two, you significantly reduce the calorie count and fat content, yet allow enough crust to remain that the dessert has a lovely flavor and texture.

Light Pumpkin Pie

Serves: 8

Serving Size: 1/8 pie

Ingredients:

- 1 Pillsbury Ready Pie Crust
- 16-ounce can pumpkin
- 1/2 cup nonfat egg substitute or egg whites
- 1/3 cup sugar
- 1 and 1/2 cups evaporated skim milk
- 2 tsp pumpkin pie spice

Directions:

Preheat your oven to 350 degrees Fahrenheit. Put your crust into a pie pan, crimping the edges if you like that look (I do!).

Mix the rest of the ingredients in a medium bowl and pour them into the crust. Bake until a knife inserted in the center comes out clean and free of pumpkin goo, about 45 minutes.

Refrigerate until ready to serve.

Nutrition Information:

Serves 8. Each serving has 177 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 1 mg cholesterol, 281 mg sodium, 26 g carbohydrate, 2 g dietary fiber, 13 g sugar, and 5 g protein.

Each serving also contains 190% DV vitamin A, 5% DV vitamin C, 8% DV calcium, and 11% DV iron.

Chef's Tips:

I like to serve each wedge with a dollop of fat-free whipped cream and a few slices of candied ginger.



Cooking Lesson:

Be careful with your ingredients – check to make sure you picked up pure canned pumpkin and not premade pumpkin pie filling. The latter doesn't taste very good and is full of sugar. Plus, it would totally throw off the flavor profile of this dish.

Nutrition Lesson:

This recipe is a good example for making lower fat substitutions: egg whites in place of whole eggs, skim milk in place of whole milk, reduced sugar, etc. To lower calories even more, you can cut the pie dough into circles and just line the edge of the pan.

Watermelon Cake

Ingredients:

Half of a large, seedless watermelon
Berry compote (see page 17) or marmalade
2 cups assorted fresh berries
Ground pistachios (optional)

Directions:

Slice a three-inch tall horizontal ring out of the watermelon. To do this, place the cut side of the melon half on a cutting board, then measure three inches up from the base. Make a mark in the rind at that spot. Thinly slice an edge of rind from the opposite side of the watermelon so that you can lay it flat, with the cut side facing you. Once the melon is rotated and steadied, align your knife with the mark you made at the three inch point, and slice down through the rind, fruit, and the rind on the opposite side. Now you have a three inch ring of watermelon as the base for your “cake.”

Place the watermelon ring on your cutting board and slice off the rind all around the melon until only the fruit remains. Transfer to a platter.

Spread your berry compote (recipe on page 17) or marmalade in a thin layer across the top of the watermelon. Arrange berries over that layer and finish with a sprinkle of ground pistachios (if you’re using them, of course).

Refrigerate until it’s time to present your cake, then slice into wedges and serve!

Cook’s Notes:

Make sure the watermelon that you use is a relatively round shape and is seedless.



Make The Switch: Watermelon and Chocolate Cake Comparison:

One slice of watermelon cake weighs about 8.5 ounces and has just 75 calories. It contains <1 gram of fat, 0 grams of saturated fat, 0 grams of trans fat, 0 mg cholesterol, 2 mg sodium, 18 grams of carbohydrate, 1 gram of fiber, 15 grams of sugars, and 1 gram of protein.

An 8 ounce slice of chocolate cake with chocolate frosting, on the other hand, has 832 calories. It contains 37 grams of fat, 10 grams of saturated fat, 1 gram of trans fat, 95 mg cholesterol, 758 mg sodium, 123 grams of carbohydrate, 1 gram of fiber, and 9 grams of protein.

The ENTIRE watermelon cake has only 450 calories, which is still about half the calories in a single slice of that chocolate cake. So... which will you choose?

Watermelon Cookies

Ingredients:

Half of a large watermelon

Powdered sugar, cocoa powder, and/or chocolate chips

Directions:

Place the cut side of the melon half on a cutting board, then measure 1/2 inch up from the base. Make a mark in the rind at that spot. Measure 1/2 inch up from that spot and mark the rind again. Repeat until you have reached the top of the melon. Thinly slice an edge of rind from the opposite side of the watermelon so that you can lay it flat, with the cut side facing you and the 1/2 inch marks facing up.

Once the melon is rotated and steadied, align your knife with the mark you made at the first 1/2 inch point, and slice down through the rind, fruit, and the rind on the opposite side. Set segment aside, and repeat until you have several 1/2 inch thick watermelon rounds.

Set aside whatever watermelon remains, and place one of your 1/2 inch thick watermelon rounds on the cutting board. Use your favorite cookie cutters to slice the rounds into whimsical shapes. Repeat with remaining rounds until you've used up all of your watermelon.

Place “cookies” on a platter and sprinkle a tiny bit of powdered sugar, cocoa powder, or chocolate chips at the center of each “cookie.”

Refrigerate until ready to serve.

Nutrition Information:

2-3 medium “cookies” contain 75 calories, <1 gram of fat, 0 grams of saturated fat, 0



grams of trans fat, 0 mg cholesterol, 2 mg sodium, 18 grams of carbohydrate, 1 gram of fiber, 15 grams of sugars, and 1 gram of protein.

Cook's Notes:

Use a seedless watermelon for best, and most “cookie-like” results.

Not a fan of any of the topping options? Make your own! Try a dash of colorful sprinkles or a drizzle of fresh berry compote.

Make the Switch:

It's all in the name, isn't it? These “cookies” are a great substitute for actual cookies. They are also a fantastically cool treat that would have a popsicle or ice cream cone beat any time of the week.

Summer Fruit Kabobs

Ingredients:

- 1 cup watermelon chunks
- 1 cup pineapple chunks
- 1 cup red seedless grapes
- 1 cup stemmed strawberries
- 2 kiwi, peeled and quartered
- 8 6-inch bamboo skewers
- 1 cup nonfat light strawberry yogurt

Directions:

Thread alternating types of fruit chunks onto each bamboo skewer and arrange on a platter. Serve with a side of nonfat light strawberry yogurt.

Nutrition Facts:

This dish makes 8 single kabob servings. Each serving has 77 calories, 1 gram of fat, 0 grams of saturated fat, 0 grams of trans fat, 1 milligram of cholesterol, and 19 milligrams of sodium. It also contains 14 grams of sugars, 1 gram of fiber, 17 grams of carbohydrates, and 2 grams of protein.

Cook's Notes:

Replace the nonfat light strawberry yogurt with nonfat plain Greek yogurt for a protein kick that is lighter in sugar.

A side of any of the compotes in this recipe book would also make a great dipping sauce. Or swirl it into the yogurt directly for an all new taste sensation.



Make the Switch:

Are you into chocolate fondue? This recipe keeps the fruit, but skips most of the added sugars and fats. Now you can dip all your favorite fruits in tasty sauces -- without filling up on empty calories.

Pineapple Apple Ambrosia

Ingredients:

- 2 apples, cored and diced
- 1/4 cup crushed pineapple in juice
- 1 cup light nonfat vanilla yogurt
- 2 tablespoons whipped cream
- 1 tablespoon toasted almonds, chopped

Directions:

Combine ingredients in a medium bowl and mix well. Cover and chill for up to 12 hours, until ready to serve.

Place ambrosia in a medium glass bowl and top with more crushed pineapple and toasted almonds.

Nutrition Information:

Serves 4. Each 1/2 cup serving has 111 calories, 4 grams of fat, 2 grams of saturated fat, 0 grams of trans fat, 9 milligrams of cholesterol, and 37 milligrams of sodium. It also has 15 grams of sugars, 3 grams of fiber, 19 grams of carbohydrates, and 3 grams of protein.

Cook's Notes:

For a creamier texture and a protein boost, use nonfat Greek yogurt instead of light nonfat vanilla yogurt.

Remember to toast the nuts before adding them to the ambrosia. Toasting brings out a rich, full flavor.

Save a few slices of apple before mincing the rest. You can use these as a garnish.



Make the Switch:

As the name implies, this dish is a great substitute for more traditional ambrosias. It can also replace pound cakes and cupcakes.

A single serving (0.16 of a loaf) of Entemann's All Butter Pound Cake has 200 calories, 8 grams of fat, 4.5 grams of saturated fat, and 250 milligrams of sodium. Compare that to the Pineapple Apple Ambrosia's 111 calories, 4 grams of fat, 2 grams of saturated fat and mere 37 milligrams of sodium per serving!

Berry Compote

Ingredients:

- 2 tablespoons sugar
- 1 tablespoon lemon juice
- 1 tsp cornstarch
- 1 cup orange juice
- 1/2 tsp cinnamon
- 2 cups frozen raspberries

Directions:

In a large nonstick skillet or other wide pan, combine sugar, lemon juice, cornstarch and orange juice.

Whisk to dissolve the cornstarch then bring the liquid to a boil over high heat. Stir in the cinnamon, reduce to a simmer and cook 2 or 3 minutes, stirring frequently.

Add the berries and remove from the heat.

Serve warm in an elegant dessert dish or stemmed glass.

Nutrition Information:

Makes 4 servings (1/2 cup each). Each serving: 90 calories, 0 grams of fat, 0 mg of cholesterol, 0 mg of sodium, 18 grams of sugar, 3 grams of fiber, 21 grams of carbohydrates, 1 gram of protein.

Cook's Notes:

This compote is an excellent topping for everything from pancakes to frozen yogurt. Be creative!

No frozen raspberries? Try fresh rasp-



berries, fresh blackberries, or even frozen blackberries.

Make the Switch:

This compote is a great stand-in for sugary syrups and sauces. It is also a fantastic replacement for jams or jellies, which are much higher in sugar than what this recipe produces. Make the switch and save tons of extra calories. You'll often get an extra nutrient and fiber boost too!

Berry Tostada

Ingredients:

4 corn tortillas
3 tablespoons sugar
1/2 teaspoon ground cinnamon
Vegetable oil cooking spray
1 cup fresh sliced strawberries
1 cup frozen mango sorbet
2 lowfat cereal bars, chopped into fine pieces

Directions:

Preheat oven to 375°.

Combine cinnamon and sugar in a medium mixing bowl. Spray corn tortillas on both sides with vegetable oil cooking spray. Dredge tortilla in cinnamon sugar on both sides, then place flat on cookie sheet. Repeat with remaining tortillas, and be sure that they don't overlap on the cookie sheet.

Bake for 5 minutes, then flip all tortillas. Bake for an additional 5 to 10 minutes until tortillas are golden and crispy, then remove from oven.

While the tortillas are still warm, top each with 1/4 cup of sliced strawberries, then top those berries with 1/4 cup of sorbet. Sprinkle crumbled nonfat cereal bars over the top and serve.

Nutrition Information:

This recipe makes 4 servings. Each serving contains 205 calories, 4 grams of fat, 1 gram of saturated fat, 0 grams of



trans fat, 3 milligrams of cholesterol and 83 milligrams of sodium. Each serving also has 23 grams of sugar, 3 grams of fiber, 39 grams of carbohydrates and 6 grams of protein.

Cook's Notes:

Feel free to replace the cup of strawberries with a mix of your favorite berries.

Make the Switch:

This is a great replacement for sugary cookies like snickerdoodles. For example, just two generic grocery store medium-sized sugar cookies contain around 300 calories, 14 grams of fat, and 20 grams of sugar. They also usually have no fiber, way more sodium, and only a hint of protein. These berry tostadas are a much more healthful choice!