**Fat Free, Low Calorie Pineapple Cake**

 16 oz box Angel Food cake mix

 20 oz can crushed pineapple

 Cool Whip Free (optional)

 Shredded coconut (optional)

1. Preheat oven to 350. Grease and flour a 9x13 pan thoroughly.
2. In the bowl of your mixer, beat cake mix and can of crushed pineapple (juice and all) on medium speed for one minute. Scrape batter into prepared pan and smooth the top. Bake for 20-25 minutes until puffy and dark golden brown all over the top.
3. Remove from oven and let cool completely before serving.

**Coconut Macaroons III**

2/3 cup all-purpose flour

5 1/2 cups flaked coconut

1/4 teaspoon salt

1 (14 ounce) can sweetened condensed milk

2 teaspoons vanilla extract (I used 1 ½ t. vanilla and ½ t almond extract)

1. Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper or aluminum foil.
2. In a large bowl (I used a mixer), stir together the flour, coconut and salt. Stir in the sweetened condensed milk and vanilla using your hands until well blended. Use an ice cream scoop (I used a 2 T scoop) to drop dough onto the prepared cookie sheets. Cookies should be about golf ball size.
3. Bake for 10 minutes in the preheated oven, until coconut is toasted. Yield: 32 cookies. 160 calories each. Fat 8g. Carbohydrate 21g. Protein 3g.

**3 Ingredient Spice Cake Muffins**

1 box moist-style spice cake mix (15.25 - 18.25 oz.)

One 15-oz. can pure pumpkin (not pumpkin pie filling!)

2 tbsp. powdered sugar

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine cake mix with pumpkin until completely smooth and uniform. (Batter will be thick.). Evenly distribute batter among the cups of the muffin pan. Bake until a toothpick inserted into the center of a muffin comes out mostly clean, about 20 minutes. Let cool completely, about 10 minutes in the pan and 25 minutes out of the pan. Sprinkle with powdered sugar. Makes 12 servings.

**Skinny Blueberry Muffins**

1 1/2 cups all-purpose flour

2 teaspoons baking powder

1/4 teaspoon salt, or to taste

1 large egg

1/2 cup granulated sugar

1/2 cup 2% milk

1/4 cup canola or vegetable oil (liquid-state coconut oil may be substituted)

1/4 cup plain Greek yogurt (I used 0% fat but other Greek yogurt or sour cream may be substituted)

1 teaspoon vanilla extract

1 and 1/2 cups fresh blueberries tossed in 2 tablespoons flour (helps prevent sinking)

1. Preheat oven to 425F. Spray the cavities of a [Non-Stick 12-Cup Regular Muffin Pan](http://www.amazon.com/gp/product/B003YKGQN8/ref%3Das_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B003YKGQN8&linkCode=as2&tag=lovvegyogruna-20) very well with cooking spray or grease and flour the pan; set aside.
2. To a large bowl, add all the flour, baking powder, salt, and whisk to combine; set aside.
3. To a separate large bowl, add the egg, sugar, milk, canola oil, Greek yogurt, vanilla, and whisk until smooth and combined.
4. Add the wet ingredients to the dry ingredients, stirring gently until smooth and combined, without needlessly over-mixing or muffins will become tough.
5. Add the blueberries and fold gently to incorporate.
6. Using a [large cookie scoop](https://www.amazon.com/MIU-France-Stainless-Portion-2-Ounce/dp/B00CPFY2CA/ref%3Das_li_ss_til?tag=lovvegyogruna-20&linkCode=w01&creativeASIN=B00CPFY2CA) or 1/4-cup measure, evenly distribute the batter into the cavities of the prepared pan, filling each cavity about 3/4-full. Tip – Add a couple blueberries to the top of each muffin for a nice pop of color.
7. Bake for 5 minutes at 425F. The short baking time at very high heat helps the muffins get a more domed top.
8. Lower the temp to 375F and bake for about 19 to 20 minutes or until tops are set, lightly golden, springy to the touch, and a toothpick inserted in the center comes out clean or with a few moist crumbs, but no batter. Use your judgment when evaluating doneness because muffin pans, ovens, ingredients, and climates vary. Start watching closely at about 16 minutes.
9. Allow muffins to cool in pan on top of a wire rack for about 10 minutes before removing and placing on rack to cool completely. Muffins are best fresh but will keep airtight at room temp for up to 1 week or in the freezer for up to 6 months.

**Raisin Cinnamon Bars Recipe**

½ cup unsweetened applesauce

½ cup brown sugar

1 egg

½ cup hot brewed coffee

1 cup flour

½ cup ground oatmeal

1 t baking powder

½ t ground cinnamon

¼ t baking soda

¼ t salt

½ cup raisins

¼ cup chopped walnuts

In a mixing bowl, combine applesauce and brown sugar. Add egg; mix well. Gradually beat in coffee. Combine the flour, oatmeal, baking powder, cinnamon, baking soda and salt. Add to the coffee mixture; mix well. Stir in raisins and walnuts. Transfer to a 13-in. x 9-in. baking pan coated with cooking spray. Bake at 350° for 18-20 minutes or until edges begin to pull away from the sides of the pan and a toothpick inserted near the center comes out clean. Cool on a wire rack for 5 minutes.

**Skinny Brownie Batter Dip**

 1 (18.4 oz) box brownie mix, dry

2 cups fat free PLAIN yogurt (I have tried it with Greek yogurt and it gives it more of a sour flavor)

 2 cups lite cool whip, thawed

Mini chocolate chips, optional

Stir brownie mix, yogurt and cool whip together in a large bowl. If desired you can stir in some mini chocolate chips as well. Garnish with mini chocolate chips. Serve with graham crackers, vanilla wafers and teddy grams.

**Mini Greek Spinach Pies**

1 tablespoon extra-virgin olive oil

1/2 cup scallions, finely chopped

1 clove garlic, minced

2 plum tomatoes, finely chopped (about 1 cup)

15 oz package frozen chopped spinach, thawed, all excess liquid squeezed out

1 tbsp fresh dill, chopped

2 tbsp fresh parsley, chopped

1/2 cup (2.5 oz) reduced fat crumbled feta

2 tbsp grated parmesan cheese

kosher salt and freshly ground black pepper

30 shells (2 packages) mini fillo shells (such as Athens)

In a medium skillet, heat the oil over medium heat. Add the scallions
and garlic and cook until soft, about 2 minutes. Add the tomatoes,
spinach, dill, parsley and a pinch salt. Cook about 3 to 5 minutes.
Adjust salt and pepper, to taste and cook for another minute. Remove
from the heat; mix in feta and parmesan cheese; set aside.
When ready to serve, preheat the oven to 350°F.  Fill the fillo cups with spinach filling, place on a baking sheet and bake until hot, about 10 to 15 minutes.

**Peppermint Biscotti**

2-3 broken candy canes (about 3/4 cup)

8 tablespoon reduced fat, trans-fat free margarine

3/4 cup sugar

2 eggs

2 teaspoons vanilla extract

1 1/4 cups all-purpose flour

1/2 cup cocoa powder

1/2 teaspoon baking powder

1/4 teaspoon salt

Non-stick cooking spray

* Place candy canes in a large zipper lock bag. With the back of a heavy spoon, smash the candy canes until small pieces, 1/8-inch thick. Preheat an oven to 350°F. Coat 2 large cookie sheets with cooking spray.
* In a large bowl, beat the margarine and sugar on medium speed until well incorporated. Reduce the speed to low and add the eggs one at a time, beating well after each addition. Beat in the vanilla until blended.
* Over a sheet of waxed paper, sift together the flour, cocoa powder, baking powder, and salt. Gradually add the flour mixture to the egg mixture and beat on low speed or stir with a wooden spoon just until incorporated.
* Turn the batter out onto a generously floured work surface and divide in half. With well-floured hands, transfer one-half onto the greased baking sheet and shape into a log about 12 inches long and 1 1/2 inches in diameter. Place on one side of the sheet. Repeat with the remaining batter, leaving at least 4 inches between the logs. (They will slightly spread as they bake.)
* Bake the logs until the edges are golden, 25 to 30 minutes. Transfer the pan to a wire rack and let the logs cool for 10 minutes. Using a serrated knife, cut the logs, still on the pan, on the diagonal into slices 1/2 inch wide. Carefully turn the slices on their sides and return them to the oven. When you run out of room on one baking sheet, start transferring slices to the other sheet. Sprinkle the tops of each slice with the candy canes bits.
* Bake until the edges are golden, about 10 minutes more and the candy has melted. Let the biscotti cool completely on the pans on wire racks. Store in an airtight container for up to 2 weeks. Makes about 4 dozen biscotti.