



**Fitness with PJ**  
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## **Vanilla Cupcakes with Raspberry Frosting**

*Makes about 14 cupcakes*

### **Ingredients**

5 organic egg whites  
Pinch of salt  
3 tablespoons honey  
2 teaspoons vanilla extract  
1/4 cup nonfat Greek yogurt  
1/2 cup whole wheat flour  
1 teaspoon baking powder

### **Raspberry frosting:**

1 cup nonfat cream cheese, at room temp  
1 cup fresh raspberries  
Fresh raspberries to garnish

### **Method**

- Preheat the oven to 325F.
- Place the egg whites in a large bowl and using a handheld mixer whip the whites on medium speed for 3 to 4 minutes or until the whites begin to lighten up and hold their shape.
- Increase speed to high and whip in the salt and honey until the whites hold a soft peak, then add the vanilla extract.
- Fold in the yogurt.
- In a separate medium mixing bowl combine the flour and baking powder and mix well.
- Sift the dry ingredients into the egg whites a little at a time, gently folding them in with a rubber spatula.
- Once fully incorporated, scoop the batter into cupcake tins lined with cupcake papers.
- Bake the cupcakes for 15 to 20 minutes or until they have colored and gently spring back when pushed with a finger.
- Remove from the oven and cool the cupcakes at room temp.
- Mix the cream cheese and the banana in a medium mixing bowl until well incorporated, leaving small chunks of banana throughout the frosting.
- Once cool, spread a little of the banana frosting over the cupcakes and (top each with a raspberry?) serve.

### **For raspberry frosting:**

- While the cupcakes are baking, puree the raspberries in a blender until smooth.
- Pass through a fine mesh strainer into a small saucepot and cook over medium heat for 5 to 7 minutes or until the puree reduces slightly.
- Cool completely.
- Place the cream cheese into a medium mixing bowl and fold the puree into the cream cheese until fully mixed.
- Once cupcakes are cool, spread a little of the berry frosting over the cupcakes, garnish each with one raspberry and serve.

### **Nutrition Facts:**

Calories 60

## 10 Easy Low-Cal Desserts

**1. Ricotta Fruit Cup.** Fill a wineglass or parfait glass half-full with blueberries or fresh sliced strawberries. Top with 1/2 cup fat-free ricotta cheese, then drizzle with honey and sprinkle with cinnamon.

**2. Roasted Fruits with Honey.** Halve fruits such as peaches or nectarines and remove the pits. Place on a baking sheet and drizzle each half with 1 teaspoon honey. Roast in a 350°F oven until tender and juicy, about 15 minutes.

**3. Banana-Peanut Butter Sandwich.** Peel a banana and cut it in half lengthwise. Spread 1 tablespoon creamy natural peanut butter onto the cut side of one half, then top with the other half to create a banana sandwich. Cut into bite-size pieces, if desired.

**4. Low-Cal "Ice Cream" Sandwich.** Create a homemade frozen treat by sandwiching 2 tablespoons sugar-free whipped topping between 2 fat-free chocolate graham crackers. Cover with plastic wrap and pop into the freezer for 1 hour.

**5. Baked Maple Apple.** Core and halve an unpeeled apple and place it in a small microwavable bowl. Cover with plastic wrap and heat on high power in a microwave for 2 minutes. Drizzle each half with 1 tablespoon organic maple syrup, then sprinkle with cinnamon or allspice.

**6. Low-Cal Peanut Butter Cup.** Stir 1 teaspoon creamy natural peanut butter into a sugar-free, fat-free chocolate pudding cup. It tastes just like a peanut butter cup!

**7. Banana Milkshake.** Peel an extra-ripe banana, cut it into chunks, and freeze in a zip-top bag. In a blender, process the frozen chunks with 1 cup fat-free milk or fat-free yogurt.

**8. Healthy Latte.** For a healthier alternative to the drinks sold at many coffee chains, pour 1 cup of cooled coffee over ice, add a small scoop of fat-free vanilla frozen yogurt, and top with a sprinkling of nutmeg or cocoa powder.

**9. Angel Food Trifle.** In a parfait glass, layer 2 small chunks of angel food cake (equal to one slice) with sliced berries of your choice and 1/2 cup fat-free frozen yogurt.

**10. Not-So-Decadent Chocolate-Covered Strawberries.** Dip 5 or 6 large fresh strawberries into 2 tablespoons fat-free chocolate sauce for a guilt-free version of chocolate-covered strawberries.