

Glasgow & Clyde
Weight Management
Service
Recipe Booklet
Desserts



Strawberry, melon & ginger sundaes

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Baked pears in cinnamon syrup

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Blackcurrant & mint sorbet

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Mango & passionfruit fool

*

Kheer (milky rice pudding)

*

Rainbow tumbler

Strawberry, melon and ginger sundaes.

Serves 4



Ingredients:

½ medium cantaloupe melon (about 350g), cut into chunks

300g strawberries, hulled and sliced

4 ginger nut biscuits, roughly crushed

2 pieces of stem ginger

2 x 150g pots of low fat natural yoghurt

Method:

Gently mix the melon and strawberries together in a large bowl and then pile half into four glass tumblers. Sprinkle with half the biscuit crumbs.

Stir the chopped ginger into the yoghurt and spoon into the tumblers. Place the rest of the fruit on top then scatter the remaining crumbs.

Take out of the fridge about 15mins before serving so they are not chilled.

Total portions:

4 ½ Fruit & vegetables

2 Dairy

280 calories of extras for ginger nut biscuits

Portions per serving:

1 Fruit & vegetable

¼ Dairy

70 calories of extras

Total calories per serving: 160

Baked pears in cinnamon syrup

Serves 6



Ingredients:

6 pears, peeled
2 lemons, juiced
1 ½ tablespoons of half spoon sugar
1 vanilla pod, split lengthways
4 cloves
3 small cinnamon sticks
Natural low-fat yoghurt to serve

Methods:

Heat the oven to 150c/fan 130c/ gas mark 2.

Cut the pears into quarters. Remove the cores and arrange in a single layer in a large heavy pan with a lid, then pour over the lemon juice.

Core and chop the remaining pears. Put them in a large pan with the sugar and scrape in the vanilla seeds, then place in the pod.

Add about 300mls of water or enough to cover the pears. Bring to the boil then simmer for about 15 minutes, or until the pears are soft and the liquid has turned syrupy.

Strain the syrup and discard the pulp.

Pour the syrup over the pear quarters, adding the cloves and cinnamon. Make sure the pears are covered by the syrup. Cover and cook in the oven for about 30-40 minutes until the pears are tender.

Serve the pears with a drizzle of syrup and some natural yoghurt.

Total portions per dessert:

6 Fruit & vegetables

3 Dairy

50 calories of extra's

Portions per serving:

1 Fruit & vegetable

½ Dairy

Total calories per serving: 100

Blackcurrant and mint sorbet

Serves 4-6



Ingredients:

100g half spoon sugar

200mls water

20g of pack fresh mint plus some sprigs to decorate

650g of blackcurrants

Juice of 2 lemons

Method:

Make a syrup by stirring the sugar with the boiling water until dissolved, then steep the mint sprigs in it until cool, approx 15 minutes. Then discard the mint. Cook the blackcurrants in the syrup for about 5 minutes until the fruit is soft.

Whizz in a food processor, then strain into a bowl through a sieve, rubbing with the back of a ladle or spoon to remove the pips. Stir in the lemon juice and cool.

Pour into a freezable container and freeze, beating 3 to 4 times as it freezes. Before serving, allow to thaw and soften for about 10 minutes, then serve with sprigs of mint.

Total portions per dessert:

4 portions of fruit & vegetables

100 calories of extras for half spoon sugar

Portions per serving: (when served between 4)

1 fruit & vegetable

25 calories of extras for half spoon sugar

Total calories per serving: 65

Mango and passionfruit fool

Serves 4



Ingredients:

2 ripe mangoes, peeled
½ lime, juiced
500g 0% fat greek yoghurt
2 passion fruits

Method:

Chop the mango and dice into chunks. Divide almost half of the fruit into 4 small bowls, save some for the topping.

Put the remaining mango into a blender with the lime juice and whizz into a puree. Beat the yoghurt until smooth then swirl in the mango puree.

Pour into the bowls, scatter with the remaining diced mango and scoop the seeds of the passion fruit onto each glass tumbler.

Cover and put in the fridge to chill and thicken for 1 hour.

Total portions per dessert:

4 Fruit & vegetables

4 ½ Dairy

Portions per serving:

1 Fruit & vegetable

1 Dairy

Total calories per serving: 140

Kheer (Milk Pudding)

Serves 6



Ingredients:

- 75g khichdi or pudding rice
- 50ml water
- 600ml semi-skimmed milk
- ½ carrot, peeled and finely grated
- 2 tsp granulated sweetener
- ½ tsp cardamom, coarsely ground
- 6 almonds, roughly chopped
- ¼ tsp saffron
- 2 drops rose essence
- ½ tsp vanilla essence

Method:

Wash the rice and boil in 50ml water for 5-10 minutes, until the water evaporates. When the rice is almost cooked, add the milk and carrots.

Simmer over a low heat for 1 hour, stirring to stop it sticking. Cook until the kheer looks thick and creamy. Remove from the heat and add the sweetener, cardamom, almonds, saffron, rose essence and vanilla essence.

Either serve hot, or leave in the fridge and serve cold. Try adding a tablespoon of sultanas for added sweetness and a boost to your fruit intake.

Total Portions:

3 Starches

½ Fruit & vegetable

3 Dairy

1 Meat, fish & alternative

Portions per serving:

½ Starches

½ Dairy

1/6 (25kcal) Meat, fish & alternatives

Total calories per serving: 110

Rainbow Tumbler

Serves 1



Ingredients:

115g of low fat natural yoghurt

1 banana or handful of soft berries or sliced
peach/apricot/grapes/plums

40g muesli or wholemeal breakfast cereal.

Method:

Scatter some fruit in the base of a tumbler and add a spoonful of yoghurt. Scatter with muesli.

Repeat to the top of the glass to make an attractive dessert.

Total portions per serving:

1 Dairy

1 Fruit & Vegetable

½ Starch

Total calories per serving: 170

Acknowledgements:

Recipes have been taken and adapted from:

BBC Good Food website

British Heart Foundation 'Healthy Meals Healthy Heart'