

# Make healthy holiday desserts



**We all tend to indulge during the holiday season.** A party on a work night, an extra drink when you're out with friends, overspending on just one more gift. And then there are the meals and sweets. Who hasn't left the table during the holidays wishing you were wearing elastic-waist pants?

**The average American eats a lot of extra calories during a holiday dinner.**

Between Thanksgiving and the end of the year, it's not uncommon to see a 10-pound weight gain. If an individual is not careful, what's gained during the holidays could stick around all year.<sup>1</sup>

Luckily, it's possible to add a dash of health and lighten up desserts. Keep the flavor without missing calories or fat. **Try the healthy hacks provided on the following page:**

## Less sugar

You can lower sugar content in recipes by replacing granulated sugar with dry sweeteners like sucralose or stevia. Both are much sweeter than sugar. Before making the substitution, try using them in coffee, tea or cereal to determine how much you want to use. In the case of corn syrup, try using fruit juice or molasses instead.



## Add flavor

Spices add plenty of flavor without adding sugar or fat. Add flavor to your recipes by adding spices. You can also add nutritious and delicious ingredients like dark chocolate, maple syrup, almond flour, walnuts, citrus zest and berries to enhance your flavors.

## Less fat

Fat from butter and oil adds moisture and flavor and makes us feel full. To keep your baked goods dense and delicious, try these substitutes:

- Use mashed avocado or banana instead of butter or oil in a one-for-one substitution.
- Use half of the butter required with an equal amount of unsweetened applesauce.<sup>2</sup>
- Replace  $\frac{1}{3}$  cup of oil with 1 cup of milled flaxseed.<sup>3</sup>



## More fiber

In some cases, fiber helps offset carbohydrate counts. Try using oat flour in place of regular white flour or adding unflavored fiber powders, finely ground flaxseed or chia seeds. As a bonus, this could reduce calories.

Try out these new tactics on your favorite recipes  
or try some of ours below

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## Almond snowballs

The combination of fruits, almonds and spice is nice.

**Makes 18 servings | Prep: 15 minutes | Cook: 12-15 minutes**

### Ingredients

- 2 egg whites
- Pinch coarse salt
- 1/3 cup sugar
- 1 1/2 cup coconut, shredded (approx 6 oz.)
- 1 tsp almond extract
- 1/4 tsp nutmeg, grated or ground
- 3 Tbsp all-purpose flour
- 9 candied red cherries, halved
- 1/4 cup sliced almonds

### Preparation

Preheat oven to 350°F. In a mixing bowl, beat egg whites and salt to soft peaks. Add sugar and beat again until peaks are stiff. Beat in almond extract. Using a rubber spatula or wooden spoon, stir in half of the coconut. Sprinkle in the nutmeg and flour, stir, then fold in the remaining coconut. Using a melon baller or other small scoop, or working with 2 spoons, form 18 "snowballs." Place them about 2 inches apart on 2 cookie sheets. Bake snowballs 12 to 15 minutes or until lightly golden. Remove from oven. Garnish each snowball with half a cherry and a couple of slivered almonds. Transfer to a rack or serving plate to cool.

### Nutrition information | Serving size: 1 snowball



Calories: 60 | Total fat: 3 g | Saturated fat: 2 g | Sodium: 16 mg | Cholesterol: 0 mg  
Total carbs: 7 g | Fiber: 1 g | Sugars 6 g | Protein: 1 g | Potassium: 83 mg



# Chocolate yogurt mousse & berries

Sweet berries complement the bitter flavor of chocolate.

**Makes 1 serving | Prep: 5 minutes**

## Ingredients

- 1 (5 oz) container low-fat plain Greek yogurt
- 2 tsp unsweetened cocoa powder
- 2 tsp honey
- ¼ cup berries

## Preparation

Combine yogurt, cocoa powder and honey. Serve with berries.

**Nutrition information | Serving size: 5 oz**



Calories: 180 | Total fat: 4 g | Saturated fat: 2 g | Sodium: 96 mg | Cholesterol: 23 mg  
Total carbs: 26 g | Fiber: 2 g | Sugars: 19 g | Protein: 16 g | Potassium: 94 mg

Healthy desserts are not too good to be true. These tips may help you **stick to your health goals** and give you a **healthier start to the new year.**

Not a Livongo member? See if you're eligible for personalized health support at **[Go.Livongo.com/ACSHIC/New](https://www.livongo.com/ACSHIC/New)**.

<sup>1</sup><https://www.heart.org/en/news/2020/11/19/tackling-turkey-day-strategies-for-a-healthy-feast>

<sup>2</sup><https://www.bhg.com/recipes/how-to/cooking-basics/butter-substitute/>

<sup>3</sup><https://healthyflax.org/recipes/how-to.php>

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