



Baking Smarter

Light Brownies

- 3/4 cup cocoa
- 1/2 tsp baking soda
- 5.5 Tbsp tub margarine
- 1/2 cup boiling water
- 2 cups Sugar Lite or 1 cup Splenda Sugar Blend for Baking
- 5.5 Tbsp melted tub margarine
- 1/2 cup egg whites
- 1-1/3 cups all-purpose flour (spoon into cup to measure)
- 1 tsp vanilla extract
- 1 cup chocolate chips

Directions:

1. Preheat oven to 350 °F. Grease two 8"-by-8" baking pans.
 2. Stir together the cocoa, baking soda and margarine.
 3. Add the boiling water, and stir until smooth and thick.
 4. Add the light sugar then the melted margarine and egg whites.
 5. Then add the flour and vanilla. Add the chips last.
 6. Divide batter between pans and bake for 25-35 minutes or until firm in center. Freeze one pan for later. Cut in 12.
- Serves 24. Each brownie: 133 calories, 7 g fat, 1.7 g saturated fat, 0 mg cholesterol, 109 mg sodium, 17 g carbohydrate, 2 g protein, 1 g fiber.

Light Chocolate Chip Cookies

- 1/2 cup tub margarine
- 3/4 cup brown sugar
- 3/4 cup Sugar Lite or 1/3 cup Splenda Sugar Blend for Baking
- 1/4 cup egg whites
- 1/2 Tbsp vanilla extract
- 1-1/2 cups all purpose flour (spoon into cup to measure)
- 1/2 tsp baking soda
- 1 cup chocolate chips

Directions:

1. Preheat oven to 350 °F.
 2. Cream the margarine, brown sugar and light sugar together until fluffy.
 3. Add the egg whites slowly and mix well.
 4. Add the rest of the ingredients, scrape the bowl and mix well.
 5. Drop small tablespoonfuls of the batter onto a nonstick cookie tray. You should get about 30 cookies out of this recipe.
 6. Bake cookies for 10 minutes or until slightly firm in the center.
 7. Allow cookies to cool slightly; then remove from pan.
- Serves 30. Each cookie: 82 calories, 3.3 g fat, 1 g saturated fat, 0 mg cholesterol, 63 mg sodium, 12 g carbohydrate, 0 fiber, 1 g protein.

Modify Baking Recipes

Here are easy ways to lower calories, fat, saturated fat and sodium from baking recipes.

1. Use applesauce in place of half or more of the fat in baked goods like muffins and quick breads. Use tub margarine in place of butter or stick margarine.
2. Eliminate salt.
3. Substitute 1/4 cup egg whites or nonfat egg substitute for each whole egg.
4. Use white whole-wheat flour in place of all-purpose flour. Find this product in whole-foods markets. It adds the fiber and nutrients from the whole-grain.
5. Use a light sugar for baking such as *Sugar Lite* or *Splenda Sugar Blend for Baking* to help lower calories.
6. Use skim milk in place of whole milk.
7. Use just one pie crust on the top.
8. Eliminate frosting or use sparingly on a frozen cake.
9. Bake smaller batches.
10. Cut smaller pieces and make smaller cookies..

Sugar Blends: Costs Higher Than Calorie Savings

	Cost per Pound*	Calories per Cup†	Calories Saved Per Brownie
Sugar	\$0.39	768	0
Splenda Blend	\$1.57	384	42
Equal Lite	\$2.00	384	42

*Per pound of sugar equivalent (1 pound sugar, 1/2 pound Splenda Sugar Blend, 1 pound Sugar Lite)
 †Per one cup of sugar equivalent (1 cup of sugar, 1/2 cup Splenda Sugar Blend, 1 cup Sugar Lite)

Take a stroll in the baking aisle of your grocery store and you are likely to see two new sugar blends, *Sugar Lite from Equal* and *Splenda Sugar Blend for Baking*.

While our very favorite fudgy brownies are made with less fat, they still weigh in at 220 calories each when made with sugar. The new version of brownies, made with 100% of the sugar replaced with *Equal Sugar Lite* or *Splenda Sugar Blend for Baking* came up to 178 calories per serving, or only a 20% calorie reduction.

This is because the brownie recipe still contains flour, margarine and cocoa – all calorie-dense ingredients.

The sugar blends are more expensive than sugar. Equal Sugar Lite costs \$3.99 for a 17-ounce bag that is equal to 2 pounds of sugar. Splenda costs \$6.29 for a 2-pound bag equal to 4 pounds of sugar. See the chart above to realize cost and calorie differences.

So, the question remains, how do you enjoy your favorite

cookies and brownies AND watch your calorie intake?

Here are tips to help reduce the calories you consume from baked goods:

- **Cut the recipe in half** or make 2 small pans instead of one large pan and freeze half for later.
- **Cut baked goods into smaller** pieces and eat as a garnish for fresh fruit. Look what smaller servings do to calories per serving:
 - Brownies per 9"-by-12" pan (made with sugar):
 18 servings = 220 calories
 21 servings = 188 calories
 24 servings = 165 calories
 - Brownies per 9"-by-12" pan (with *Sugar Lite from Equal* or *Splenda Sugar Blend for Baking* in place of sugar):
 18 servings = 178 calories
 21 servings = 152 calories
 24 servings = 133 calories
- **Use these new sugar blends in place of sugar**, but don't eat more of the baked goods thinking they are now calorie free! They are still calorie-dense at 1550 calories per pound.

The Baker Says...

“We do like to bake and eat cookies and brownies, so we were initially excited when we became aware of the new sugar blends by Equal and Splenda.

“The excitement even held after the initial test batches of chocolate chip cookies and brownies came out of the oven. These products were very good and similar to ones made with sugar. (The testers preferred the Splenda product in the cookies and the Equal product in the brownies.)

“However, the excitement dwindles upon nutrition analysis of the products. Although both products tout that you use just half the sugar, which cuts the calories from sugar in half, you don't really save that many calories per serving.”

