

The Healthy Cook

Chocolate, Fruit, & Nut Clusters

Prep  Cooling  YIELDS 30 PIECES

- 9 oz. dark chocolate (minimum 70% cocoa), chopped
- 2 cups roasted pistachios, unsalted
- 1 cup dried cherries, unsweetened
- 1 cup diced dried apricots
- 1 cup golden raisins



1. In a small pot, bring 2 cups of water to a boil. Remove from the heat. Put the chocolate in a large, heat-resistant bowl. Put the bowl on top of the pot, and stir until the chocolate has melted.
2. Mix the pistachios, cherries, apricots, and raisins into the chocolate, then spread into a 10" x 3" rectangle on a parchment-paper-lined baking sheet.
3. Allow to set at room temperature (about 30 minutes), then cut into 1" squares.

Per piece: calories 140 | total fat 8 g | sat fat 3 g | sodium 0 mg | carbs 16 g | fiber 3 g | protein 3 g | added sugar ½ tsp.

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Pear Crisp

Prep  Cooking  SERVES 12

- 8 ripe, firm pears, cored and chopped
- 2 Tbs. lemon juice
- 1 Tbs. + ½ cup packed brown sugar
- ¼ cup whole-wheat flour
- 1½ cups old-fashioned rolled oats
- ½ tsp. cinnamon
- ¼ tsp. salt
- ¼ cup chopped walnuts
- ¼ cup butter, cut into small pieces
- ¼ cup canola oil



1. Preheat the oven to 350°F.
2. In a large bowl, mix the chopped pears with the lemon juice and 1 Tbs. of sugar. Transfer to a 9" x 13" baking dish.
3. In a medium bowl, mix the ½ cup of sugar with the flour, oats, cinnamon, salt, and walnuts. With a fork, thoroughly mix in the butter and oil.
4. Sprinkle the crumble evenly over the top of the pears.
5. Bake until the topping is browned and the pears are tender, 50-60 minutes.

Per serving: calories 250 | total fat 11 g | sat fat 3 g | sodium 55 mg | carbs 37 g | fiber 5 g | protein 3 g | added sugar 2½ tsp.

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Apple Almond Custard Cake

Prep  Cooking  SERVES 8

- 1 Tbs. butter
- 1 Tbs. + ¼ cup sugar
- 1 cup 2% milk
- 3 large eggs
- ¾ cup almond meal (flour)
- ¼ cup whole-wheat flour
- ½ tsp. almond extract
- 4 apples, cored, peeled, and thinly sliced
- ¼ cup sliced almonds



1. Preheat the oven to 325°F.
2. Generously butter a 9" round baking dish with the butter and sprinkle with 1 Tbs. of sugar.
3. In a large bowl, whisk the ¼ cup of sugar, milk, eggs, almond meal, whole-wheat flour, and extract into a smooth batter.
4. Arrange the apples flat in the baking dish. Pour the batter over the apples. Sprinkle the almonds across the top.
5. Bake until the center is firm and the almonds are starting to brown, 55-60 minutes.
6. Serve warm.

Per serving: calories 220 | total fat 11 g | sat fat 2.5 g | sodium 45 mg | carbs 26 g | fiber 3 g | protein 7 g | added sugar 2 tsp.