**Quick and Light Summer Desserts**
Serves 4. Total time 10 minutes + at least 1 hour to chill.

**Home-style Chocolate Pudding**
This rich dark chocolate pudding can be prepared in minutes.

1/3 cup sugar  
3 T. unsweetened cocoa powder  
3 T. cornstarch  
1/8 tsp. salt  
2-½ cups 1% milk  
1 tsp. vanilla extract

In a medium saucepan, whisk together sugar, cocoa powder, cornstarch, and salt. Place over medium heat and whisk in milk. Bring to a gentle boil, and simmer 5 minutes until mixture is slightly thickened. Remove from heat and add vanilla. Pour into 4 individual dishes and chill in the refrigerator for at least 1 hour.

Nutrition Information (per ¼ recipe, about 2/3 cup): 159 calories, 6 g protein, 2 g fat, 1 g saturated fat, 0 g trans fat, 31 g carbohydrate, 24 g sugar, 1 g fiber, 8 mg cholesterol, 143 mg sodium, 40% Daily Value vitamin D, 19% Daily Value calcium

1 serving equals: 1 protein/dairy, 1 sweet

**Shopping List**

**Dry Goods Section**
- 1/3 cup sugar (see tip #1)
- 3 T. unsweetened cocoa powder (see tip #2)
- 3 T. cornstarch
- 1 tsp. vanilla extract
- 1/8 tsp. salt

**Meat/Dairy Section**
- 2-½ cups 1% milk

**Smart Shopper Tip #1:**
If desired, Splenda® artificial sweetener may be substituted for the small amount of sugar. When prepared with Splenda®, each serving will contain 104 calories, 17 grams of carbohydrate, and 8 grams of sugar.

**Smart Shopper Tip #2:**
Cocoa powder is produced when most of the cocoa butter (fat and saturated fat) are removed from chocolate. Look for cocoa powder on the baking isle of your local supermarket.

Like dark chocolate, cocoa powder contains antioxidants called flavonoids that have been associated with decreased inflammation and improved blood flow through the arteries.

Dutch processed cocoa powder is treated with alkali to produce a milder taste but it contains fewer flavonoids. Natural or Dutch processed cocoa may be used in this recipe.
Quick and Light Summer Desserts
Serves 8. Total time 15 minutes + at least 2 hours to chill.

Fresh Strawberry Cheesecake
This delicious pie brings together the flavors of a strawberry cheesecake with a graham cracker crust, lemon cream cheese filling, and fresh berry topping.

- 8 oz. block reduced-fat cream cheese
- 1/2 cup plain non-fat yogurt
- 2 tsp. grated lemon zest
- ½ cup powdered sugar
- 1 (9-inch) graham cracker pie crust
- 2 cups fresh sliced strawberries

Let cream cheese soften at room temperature for about 15 minutes. In a medium bowl, mix cream cheese, yogurt, and lemon zest with an electric mixer at medium speed for about 2-3 minutes until well blended. Add powdered sugar and mix for another 1-2 minutes until blended and slightly whipped with air. Spoon cream cheese mixture into graham cracker crust. Top with fresh strawberries. Cover and chill for 2 hours or overnight.

Nutrition Information (per 1/8 recipe): 177 calories, 4 g protein, 10 g fat, 5 g saturated fat, 0 g trans fat, 19 g carbohydrate, 14 g sugar, 1 g fiber, 22 mg cholesterol, 189 mg sodium, 23% Daily Value vitamin C; 1 serving equals: 0.5 fruit, 0.5 grain, 1 fat, 1 sweet

Shopping List

Produce Section
- 2 cups fresh sliced strawberries (see tip #1)
- 1 large lemon (see tip #2)
  (to yield 2 tsp. grated lemon zest)

Dry Goods Section
- ½ cup powdered sugar
- 1 (9-inch) graham cracker pie crust (see tip #3)

Meat/ Dairy Section
- 8 oz. block reduced-fat cream cheese, softened
- ½ cup plain non-fat yogurt

Smart Shopper Tip #1:
Feel free to substitute any fresh, seasonal berries such as blackberries, blueberries, or raspberries. A combination of berries makes an impressive presentation.

Smart Shopper Tip #2:
The lemon zest provides a burst of freshness to the cream cheese mixture.
To zest a lemon, use the fine holes on the side of a box grater or use a microplane zester to remove the yellow zest from the lemon. Be careful not to include the bitter white pith underneath the yellow zest.

Smart Shopper Tip #3:
Most store-bought graham cracker pie crusts contain trans fats. Look for a brand that does not contain trans fat such as Arrowhead Mills. Another option is to make your own crust with graham cracker crumbs.