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COOKING FROZEN DESSERTS WITH SPLENDA

A stylized illustration of a wooden bucket with a wooden spoon resting inside. The bucket has a handle on top and a small keyhole-like detail.

SPLENDA®
Reference to commercial products or
trade names including SPLENDA is
made with the understanding that no
discrimination is intended and no
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The Oklahoma State University Extension logo, identical to the one on the left page.

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Pineapple Pear Frosty

Serves: 5

Preparation Time: 10 Minutes

Total Time: 30 Minutes

Ingredients

2 (8 oz) cans crushed pineapple in its own juice

1 (15 oz) can drained sliced pears in light syrup

1 cup plain fat-free yogurt

1/2 cup SLENDA® No Calorie Sweetener, Granulated

1/2 teaspoon vanilla extract

Directions

1. Place pineapple and pears in freezer for 20 minutes or until frozen.
2. Process frozen pineapple and pears and remaining ingredients in a blender on low speed until smooth (blender will be full), stopping frequently to scrape sides down.

Submitted by: **Maker of SLENDA® Sweetener Products**

Nutrition Info (per serving)

Calories 120 | Calories from Fat 0 | Fat 0g (sat 0g) | Cholesterol 0mg | Sodium 40mg | Carbohydrate 27g | Fiber 3g | Sugar 20g | Protein 3g



Apple Shake

Serves: 2 Preparation Time: 10 Minutes Total Time: 10 minutes

Ingredients:

1 apple—peeled, cored and chopped

1 1/2 cups fat-free milk

3 cups vanilla no-sugar-added, fat-free ice cream

2 TBS SLENDA® No calorie Sweetener, Granulated

Directions: Place the apple, milk, ice cream, and SLENDA® Granulated Sweetener in a blender, and blend until smooth. Serve cold.

Submitted by: Maker of SLENDA® Sweetener Products.

Nutrition Info per serving—Calories 350—Calories from Fat 5—Fat 1g (sat 0g—Cholesterol 5mg—Sodium 300mg—Carbohydrate 73g—Fiber 2g—Sugar 34g—Protein 18g

Note: Serving size: 1/2 recipe—3 1/2 starches, 1/2 fat-free milk, 1/2 fruit

Banana Split Freeze

Serves: 18 Preparation Time: 15 Minutes Total Time: 8 hrs 15 min.

Ingredients

3/4 cup SLENDA® No calorie Sweetener, Granulated

8 oz cream cheese, softened

1 (20 oz) can crushed pineapple, drained

1 (10 oz) package frozen strawberries, thawed

2 bananas, diced

1 (8 oz) tub frozen whipped topping, thawed

Directions: In a medium bowl, cream together SLENDA® Graduated Sweetener and cream cheese until smooth. In a separate bowl, mix together the pineapple, strawberries, bananas & whipped topping. Fold the fruit mixture into the cream cheese mixture until evenly blended. Spread into 9x13 inch glass dish or divide among several smaller serving dishes. Cover with plastic wrap and freeze overnight. Thaw for approximately 20 minutes before serving.

Nutrition Info per serving: Calories 120—Calories from Fat 70—Fat 8g (sat 6g—Cholesterol 15 mg—sodium 45 mg—carbohydrate 12g—sugar 10g—protein 2g





Icy Lemon Sorbet

Serves: 8 Preparation Time: 10 Minutes
Total Time: 6 Hours 20 Min.

Ingredients

4 cups boiling water
2/3 cup freshly squeezed lemon juice
1/2 cup SPLENDA® No Calorie Sweetener, Granulated
8 lemons (for optional decorative serving)
1 tablespoon grated lemon rind **Optional Garnish:** fresh mint sprigs

Directions

1. Combine boiling water and SPLENDA® Granulated Sweetener in a large bowl, stirring until SPLENDA® Granulated Sweetener dissolves; cool slightly. Stir in lemon rind and juice. Pour mixture into a 9-inch square pan; cover and freeze.
2. Cut tops from lemons; remove pulp. Set aside.
3. Remove sorbet from freezer; let stand about 10 minutes. Scrape sorbet surface with a spoon; scoop or spoon sorbet into lemon shells or into small serving dishes. Garnish with fresh mint, if desired.

Nutrition Info (per serving)

Calories 35 | Calories from Fat 0 | Fat Og (sat Og) | Cholesterol Omg | Sodium 5mg | Carbohydrate 15g | Fiber 5g | Sugar 4g | Protein 1g

Malted Mocha Frappe

Serves: 2 Preparation Time: 5 minutes Total Time: 5 Minutes

Ingredients

1 packet SPLENDA® Flavors for Coffee, Mocha
1 cup skim milk
1 cup light, slow churned, vanilla Ice cream
1/2 cup crushed ice
1/3 cup chocolate malt powder
1 tablespoon instant coffee granules 1/2 cup crushed ice

Directions

1. Place ingredients in blender and puree.

Submitted by: Maker of SPLENDA® Sweetener Products

Nutrition Info (per serving) Calories 180 | Calories from Fat 30 | Fat 4g (sat 2g) | Cholesterol 10mg | Sodium 200mg | Carbohydrate 33g | Fiber 0g | Sugar 26g | Protein 7g Note: Serving Size; 1 (8 fl oz) drink
Exchanges per Serving: 3 Starches, 1/2 Reduced Fat Milk



Raspberry Ice

Serves: 8
Preparation Time: 10 minutes
Total Time: 8 Hours 10 minutes

Ingredients

3 (12 ounce) packages frozen unsweetened raspberries
thawed
1 cup SPLENDA® No Calorie Sweetener Granulated
3/4 cup orange juice
1 tablespoon grated orange zest
1 tablespoon fresh lemon juice

Optional Garnish: strips of orange rind

Directions

1. Process first raspberries, orange juice, lemon juice, and SPLENDA® Granulated Sweetener in a food processor or blender 30 seconds, stopping to scrape sides down. Pour mixture through a wire mesh strainer into a bowl, pressing the back of a spoon against the strainer to squeeze out juice. Discard seeds and pulp. Stir in orange zest.
2. Pour mixture into an 8-Inch square pan; freeze 8 hours or until firm.
3. Remove from freezer and let stand at room temperature 20 minutes. Spoon mixture into serving dishes. Garnish, If desired.

Nutrition Info (per serving)

Calories 80 | Calories from Fat 0 | Fat Og (sat Og) | Cholesterol Omg | Sodium umg | carbohydrate 18g | Fiber 3g—Sugar 11g | Protein 2g

Note: Exchanges per Serving: 1 1/2 Fruits





Chocolate Yogurt Pops

Serves: 4

Preparation Time: 3 Minutes

Total Time: 3 Hours 3 Minutes



Ingredients

1 (8 ounce) container plain nonfat yogurt

1/4 cup sugar-free cocoa mix

4 popsicle sticks

1/4 cup SLENDA® No Calorie Sweetener, Granulated

Directions

1. Mix all Ingredients In a small mixing bowl. Spoon mixture into four, 3 ounce paper cups. Set cups in a muffin pan or on a flat plate. Place popsicle sticks in the center. Freeze about 3 hours or until solid.

2. Peel paper cups away from popsicles before serving.

Submitted by: Maker of SLENDA® Sweetener Products

Nutrition Info (per serving)

Calories 50—Calories from Fat 0—Fat 0g (sat 0g) - cholesterol 0mg—sodium 80 mg—Carbohydrate 10g—Fiber 0g—Sugar 8g—Protein 4g

Serving Size: 1 (3 oz) popsicle

Exchanges per Serving: 1/2 Starch



Rebecca Rather's Peach Frozen Yogurt

Serves: 24

Preparation Time: 12 Minutes

Total Time: 1 Hour 42 Minutes

Ingredients

1 1/2 cups low-fat evaporated milk

3 egg yolks

6 ripe peaches- Peeled and sliced

2/3 cup SLENDA® Sugar Blend

1 tablespoon vanilla extract

2 (32 oz) containers plain low-fat yogurt

Note: Exchanges per Serving (1/2 cup): 1 Low-fat milk

Directions

1. Whisk together evaporated milk, egg yolks, and SLENDA® Sugar Blend for baking in a medium saucepan, whisking until SLENDA® Sugar Blend for Baking dissolves.
2. Cook over medium heat, whisking constantly, until mixture is near boiling and thickens slightly. Stir in vanilla. Spoon custard into a large bowl; refrigerate until cold or let stand until cooled completely, 1 to 2 hours.
3. Place peach pieces in food processor or blender; process until smooth. Combine peaches and yogurt in a large bowl; cover and refrigerate until ready to freeze.
4. Combine peach mixture and custard. Pour into freezer container on an ice cream freezer; freeze according to manufactures instructions. Spoon frozen yogurt into a freezer-safe container; cover and freeze 1 hour or until firm

Nutrition Info (per serving)

Calories 100—Fat 2g (sat 1g) - Cholesterol 30mg—Sodium 70mg—Carbohydrate 13g—Fiber 0g—Sugar 13g—Protein 6g





Vanilla-Orange KOOL-AID® Yogurt

Serves: 4

Preparation Time: 5 Minutes

Total Time: 5 Minutes



Ingredients

3/4 cup SPLENDA® No Calorie Sweetener, Granulated

1 (0.13 oz) package KOOL-AIDE® Orange Flavor Unsweetened Soft Drink Mix

1 liter seltzer water, chilled

2 cups reduced-fat vanilla frozen yogurt, divided

Directions:

1. Combine SPLENDA® Granulated Sweetener, KOOL-AIDE® Soft Drink Mix and 1 cup of the seltzer in a pitcher stirring until SPLENDA® Granulated Sweetener dissolves. Stir in remaining seltzer.
2. Pour 1 cup of the mixture into each of 4 tall glasses; top each serving with 1/2 cup of the frozen yogurt. Serve immediately.

Calories 120—Calories from Fat 10—Fat 1g (sat 1g) - Cholesterol 5 mg—sodium 125mg—Carbohydrate 22g—Fiber 0g—Sugar 22g—Protein 4g

Note:

Serving Size: 1 1/2 cups

Exchanges per Serving: 1 1/2 Starches, 1 Reduced-Fat Milk



Chocolate-Banana Shake

Serves: 2

Preparation Time: 5 minutes

Total Time: 5 minutes

Ingredients

1 banana

1 3/4 cups milk

2 tablespoons SPLENDA® No Calorie Sweetener, Granulated

1 tablespoons powdered chocolate drink mix

Directions

In a blender, combine banana, milk, chocolate drink mix and SPLENDA® Granulated Sweetener. Blend until smooth. Pour into glasses and serve.

Submitted by: Inspired by Home Cooks

Nutrition Info (per serving)

Calories 190 | Calories from Fat 40 | Fat 5g (sat 3g) | Cholesterol 15mg | Sodium 125mg | Carbohydrate 32g | Fiber 2g | Sugar 28g | Protein 8g

Note:

This recipe has not been tested by the SPLENDA® Test Kitchens.

