

Low Calorie *Sweets*

www.tarladalal.com



*A blend of Indian
& International recipes*

TARLA DALAL
INDIA'S #1 COOKERY AUTHOR

❄ INTRODUCTION ❄

Dear friends,

I know of people who eat light during the main course, so as to reserve space for the dessert! I don't blame them. Sweets, whether *halwa*, *basundi*, *barfi* or chocolate mousse, are the most awaited and relished course of most meals. “Low Calorie Sweets” offers a way out for even health conscious people to enjoy delicious sweets without fearing about calorie overload or compromising on the taste!

This book is a compilation of 43 delicacies to satisfy your sweet tooth - the low cal way. It includes both traditional Indian as well as International recipes and has been divided into distinct sections to help you choose the right dessert for the right occasion. The book is broadly divided into INDIAN SWEETS, which includes sections like *Halwas & Barfis*, *Kheer & Phirni*, *Traditional Sweets with a Twist* and *Fruity Favourites*; and INTERNATIONAL SWEETS, which includes *Fruit Delights*, *Ice-Creams & Frozen Desserts* and *Choco Treats*.

To make low calorie sweets, all you need to learn is the art of substituting calorie and fat-laden ingredients with their low calorie counterparts. Dairy products (especially milk) are one of the major ingredients for making sweets. But they contribute quite generously to the high calories! So, use 99% fat-free milk available in the market. This itself helps bring down the calories from 234 to 71, and fat from 6.5 gm to 1 gm. Make low fat curds and *paneer* using this milk whereas make low fat mava (*khoya*) using skim milk powder to ward off all worries about increase in waistline. The recipes for all these low calorie ingredients have been provided in the Basic Recipes section, for easy reference.

Another ingredient that makes the calorie meter shoot up is sugar, which in most recipes has been substituted with sugar substitute. Choose the sugar substitute wisely. Substitutes, which contain aspartame, cannot withstand the high temperature of cooking, hence read the labels carefully. However, some recipes which call for very little sugar have not been substituted with sugar substitute, so as to let you enjoy the actual flavours without any guilt.

Other tips and tricks to reduce the calorie count are replacing high fat cream with low fat cream or corn flour, butter with low fat butter, and so on. I have also carefully chosen all-time favourite chocolate recipes, for all you chocolate lovers, and reduced the calorie

and fat content by using cocoa powder instead of the high fat chocolate.

Ah, and I am sure none, not even the health-conscious can resist the temptation to binge on Rose Barfi (page 16), Angoori Rabdi (page 28), Shahi Poli (page 39), Pineapple Crumble (page 68), Apple Cinnamon Ice-Cream (page 73), Eggless Chocolate Mousse, (page 93) and so on, but now you can indulge in their low fat alternatives without any guilt.

So go ahead and treat yourself with these mouth-watering low calorie sweets. But remember that even low calorie sweets are best eaten in moderation, as an occasional treat!

With warm regards,

A handwritten signature in black ink, reading "Tarla Dalal". The script is cursive and fluid, with the first name "Tarla" and last name "Dalal" clearly distinguishable.

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❄️ *Rose Barfi* ❄️

80 calories &
0.3 gm fat
~~~~~  
*per piece*

*This eye-appealing sweet is sure to appeal to your taste buds. Just relish its sweet and fresh rose flavour without worrying about gaining those extra kilos, as it's not only low in calories and fat but also rich in nutrients like protein and calcium.*

Preparation time: 15 minutes. No cooking. Makes 8 pieces.

¾ cup crumbled low fat paneer (cottage cheese), page 97

3 tbsp crumbled low fat mava (khoya), page 99

2½ tbsp powdered sugar

A few drops rose essence

2-3 drops red food colour

Other ingredients

¼ tsp ghee for greasing

1. Mix all the ingredients except the red colour in a bowl, add 2 tbsp of water and knead it till the mixture becomes smooth. Add a tbsp of water if required.

2. Divide this mixture into 2 equal portions. Add red colour to one portion and mix well. Keep aside.
3. Spread the white mixture on a greased thali and keep aside.
4. Spread the remaining pink coloured mixture over the white coloured mixture.
5. Refrigerate for at least 1 hour and just before serving cut into 8 pieces.

Variation: *Almond Pista Rolls*

In the above recipe, substitute rose essence for almond (*badam*) essence. Follow step 1, then divide the mixture into 8 equal portions, shape them into cylinders and roll them in 2 tbsp of finely chopped pistachios. Refrigerate for at least 1 hour before serving.



# Rose Barfi



## ❄ *Apple Cinnamon Ice-cream* ❄

|                                                            |
|------------------------------------------------------------|
| 68 calories &<br>0.3 gm fat<br>~~~~~<br><i>per serving</i> |
|------------------------------------------------------------|

*An age-old combination of apples and cinnamon combines here to make an ice-cream which tastes equally great.*

Preparation time: 10 minutes. Cooking time: 15 minutes. Serves 4.

2 cups low fat milk  
1 cup sliced apples  
1 tbsp skim milk powder  
1 tsp cornflour  
2 tsp low fat cream  
2 tsp sugar substitute  
A pinch of cinnamon (*dalchini*) powder  
3 to 4 drops of lemon juice

For the garnish  
A few apple slices

1. Add ½ cup of water to the apples and cook it in a non-stick pan for 8 to 10 minutes till they turn soft. Remove from flame and keep aside.
2. Combine the milk powder and cornflour with 1 tbsp cold milk in a bowl and keep aside.
3. Boil the milk in a non-stick pan, when it starts boiling add the milk powder and cornflour mixture while stirring continuously.
4. Simmer for 5 to 7 minutes till the milk thickens and keep aside to cool.
5. To the cooled mixture add the apples, cream, sugar substitute, cinnamon powder and lemon juice and mix well.
6. Pour the mixture into an aluminium vessel, cover it and place in the freezer for 3 to 4 hours.
7. Once the mixture has set, remove from the freezer and blend in a mixer till it is smooth.
8. Pour the mixture into the same vessel, cover and place it in the freezer again till it sets.
9. Just before serving, place the scoops of ice-cream in 4 individual bowls. Serve immediately garnished with apples.

# Apple Cinnamon Ice-cream



## Green Goddess Sorbet



Even for the health conscious, sweets and desserts happen to form the most enticing part of any meal! This book is the best solution for those of you who are torn between limiting your calorie and fat intake, and the temptation to enjoy authentic Indian and International sweets at the same time.

This book is a compilation of low calorie versions of 43 all-time favourite (traditional and new) sweets, such as Angoor Rabdi, Shahi Poli, Rose Barfi, Pineapple Crumble, Apple Cinnamon Ice-cream and Eggless Chocolate Mousse.

Judiciously replace calorie and fat-laden ingredients with low calorie alternatives as shown in this book and satisfy your sweet tooth without any guilt. So here's a surprise for all those health conscious with sweet-loving taste buds.

*Tarla Dalal*



**"Padma Shri"** awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, **'Cooking & More'**, which is the best selling cookery magazine in India, under her own name.

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