

Low Fat Spreads & Dips

Low Fat Spreads - spiced, red and green, and toasted pecan spreads and butter substitutes to help you cut the fat and cholesterol from your diet.

Low Fat Dips - Use in place of sour cream and other fat-laden dips.



Spiced Spread

8 ounces low-fat or fat-free cream cheese, softened
1 teaspoon apple pie spice (or, 1/4-teaspoon each: cinnamon, nutmeg, allspice and mace)
Sugar or low calorie sweetener to taste

Cream all ingredients together and put in a pastry bag.

Pipe filling onto reduced fat crackers.

Garnish with apple slices, raspberries, and a sprig of mint.

Red and Green Appetizer Spread

1 (8-ounce) package fat free cream cheese
3 tablespoons basil pesto
1/4 cup sour cream
1/4 cup pine nuts, toasted
3 cloves of roasted garlic rosemary sprigs
1/2 cup roasted red peppers

Mix cream cheese and sour cream in food processor. Remove half of mixture, set aside.

Add 1/2 of the red peppers and the garlic to the mixture in the food processor and pulse until smooth, set aside.

Pour remaining mixture in food processor with basil pesto and pulse until smooth. Alternate spoons of each mixture into pastry bag with star tip.

Pipe onto crackers with pine nuts and rosemary.

Toasted Pecan Fruit Spread

8-ounce package cream cheese
3 tablespoons honey
3 tablespoons apple juice
1/2 cup chopped apples
1/2 cup seedless grapes, chopped
1/2 cup chopped pecans
Toasted whole toasted pecans or walnuts

Soften cream cheese.

In medium bowl, stir together cream cheese, honey and apple juice. Stir in apples, grapes and toasted pecans.

Spread topping onto individual sesame crackers. Top with toasted pecan or walnut halves.

Alternate suggestion: Or serve in a crock with sesame and bunches of grapes.

Nutty Carrot Spread

Nutty Carrot Spread with cream cheese, orange juice mixed together with carrots, pecans and raisins stirred in. Spread on pumpernickel bread slices or Melba toast rounds.

6 ounces fat free cream cheese, softened
2 tablespoons thawed frozen orange juice concentrate
1/4 teaspoon ground cinnamon
1 cup shredded peeled carrot
1/4 cup finely chopped pecans, toasted
1/4 cup raisins
36 party pumpernickel bread slices, toasted, or Melba toast rounds

Combine cream cheese, orange juice, and cinnamon in small bowl; stir until well blended. Stir in carrot, pecans and raisins. Spread about 1 tablespoon cream cheese mixture onto each bread slice. Garnish with carrot curls, if desired. Makes 18 servings.

Calories: 68; Fat: 1g; Cholesterol: 2mg; Sodium: 149mg

Better Butter

This Better Butter recipe does contain saturated fat from the butter, but can be a good alternative for those of you who do not want to use a processed spread. This keeps well in the refrigerator and spreads easily even when cold! It liquefies if left at room temperature, but will solidify when refrigerated. The olive oil of "good" fats.

1 cup butter at room temperature
1 cup olive oil
2 tablespoons skim milk or reconstituted dry milk (optional)
1/2 teaspoon salt (optional)

Place all the ingredients in a blender or food processor. Process until smooth. Pour into containers and store in the refrigerator. Yield: 2-cups. Serving size: 1 tablespoon.

Calories: 110; Protein: 0g; Carbohydrate: 0; Fat: 13g; Saturated fat: 4g; Cholesterol: 16mg; Sodium: 59mg; Fiber: 0g

Apple Butter with Honey

This Apple Butter with Honey is so versatile! Use your imagination. It is good on English muffins, toast, bagels, pancakes -- just about anything you would put a jam or sauce on!

3 cups apple cider
2 pounds apples, peeled, cored and chopped
1/3 cup honey
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground allspice

In a large saucepan over medium heat, boil the cider 15 minutes. Stir apples into the cider and reduce heat. Cover and simmer, stirring frequently. Cook for one hour, or until the apples are tender. Remove apples from heat. Mash with a potato masher. Stir in the honey, cinnamon, cloves and allspice. Return to low heat and cook uncovered, stirring often, until thick. Transfer to sterile jars and chill in the refrigerator until serving.

Recipe makes about 4 jars, 1-cup each.

Butter Replacer

Experts I received this recipe for Butter Replacer from swear by it. Try at your own risk, although it definitely is healthy! In spite of butter's problems, it is by far a much wiser choice than margarine. Butter does have cholesterol, and when eaten in large quantities can contribute to cardiovascular disease. But moderate amounts of cholesterol are far more natural to the body than transformed fatty acids.

1/2 cup cold pressed flax oil
1 tablespoon powdered lecithin
1/2 cup nutritional yeast
Salt to taste

Mix all ingredients together and chill.

Facts on Margarine

Margarine may advertise that it is free from cholesterol, but there is something even more dangerous in margarine. Due to processing and super heating of oils, the natural essential fatty acids that are found in vegetable oil are transformed into a damaging, sticky substance that contributes to heart disease, hardening of the arteries and cancer.

In the New England Journal of Medicine, a study revealed conclusive evidence that trans-fatty acids increase cholesterol. It increased low-density lipoprotein (LDL) which contribute to cardiovascular disease. In short, margarine may be free from cholesterol, but it encourages the production of bad cholesterol in the body.

Cooking oils are the most toxic food in the modern day diet. The ingredients in 100 percent pure corn oil margarine are about as natural as the plastic container it comes in.



Courtesy of FitnessandFreebies.com

Low Fat Guacamole

This Low Fat Guacamole uses cubed or mashed avocados with tomato, garlic, sweet white onion, sour cream, chili seasoning and fresh lime juice.

2 avocados, cubed or mashed
1 medium tomato, seeded and chopped
1 clove garlic, minced
1/4 cup sweet white onion, chopped
1/2 cup non fat sour cream
1 teaspoon chili seasoning
1 tablespoon fresh lime juice

Combine all ingredients in a bowl. Cover tightly and chill for one hour prior to serving.

This recipe can be made ahead and stored in an airtight container for up to three weeks in the refrigerator or at room temperature.

When preparing guacamole at home, always mash the avocado with a fork to keep the texture chunky. Recipe makes 4 servings. Serving size: 1/2 cup.

Nutrition Information: Calories: 195; Carbohydrates: 14g; Protein: 3g; Total Fat: 13.9; Saturated fat: 2.2g; Fiber: 5g; Calories from fat: 64-percent

Nutrition Nibble

Avocados have suffered a bad reputation for their high fat content, but one fourth of a medium avocado contains only 81 calories and contributes a wealth of nutrients. Avocados are virtually the only fruit that has monounsaturated fat, plus it has a bonus of polyunsaturated fat. According to the American Heart Association, these fats help reduce blood cholesterol levels and decrease risk for heart disease.



Layered Taco Dip

Using fat free sour cream in this Layered Taco Dip really defats this recipe while taco seasoning, refried beans, onion, tomatoes, avocado and Cheddar give it plenty of flavor.



1 cup sour cream, fat-free
1/2 cup Kraft Miracle Whip Nonfat Dressing
1 package taco seasoning mix
1 can (16 ounce) fat free refried beans
2 bunches green onions, diced
3 medium tomatoes, chopped/drained
1 large avocado, peeled and chopped
2 cups non-fat Cheddar cheese, shredded

Combine sour cream, Miracle whip and taco seasoning, mix well.

To assemble, spread refried beans on large serving plate evenly.

Top with sour cream mixture.

Sprinkle on onions, tomatoes and avocados in layers. Cover with shredded cheese.

Serve Layered Taco Dip chilled.

Serving size: 2 tablespoons.

Nutrition information: Calories: 118; Fat: 2.4g; Cholesterol: 4g; Carbohydrates: 11.2g;
Protein: 12g; Sodium: 540mg

Spicy Cream Cheese Dip

Spicy Cream Cheese Dip made with tomatoes, green chilies, onion flakes, fat free cream cheese and salt and garlic to taste. Great for dipping low-fat nacho's in!

2 ripe large tomatoes
1 small can green chilies, chopped
1 tablespoon onion flakes
1 8-oz. package fat free cream cheese
Garlic salt to taste

Simmer 10 to 15 minutes (until tomatoes are tender) tomatoes, green chilies and onion flakes.

Pour hot mixture over cream cheese and mix well with electric mixer.

Recipe note: This recipe can be made ahead and stored in an airtight container for up to three weeks in the refrigerator or at room temperature.

Smoky Cheese Dip

Liquid smoke flavoring gives this smoky cheese dip a nice flavor. No one will notice the fat reduction, either.

1 cup fat-free cream cheese
1 cup fat lite sour cream
1/2 cup fat-free mayonnaise
1/2 cup reduced-fat shredded Cheddar cheese
1/2 cup cooked crumbled low-fat turkey sausage
1 teaspoon Worcestershire sauce
1/2 teaspoon liquid smoke
2 cloves garlic, minced



In a food processor, combine the cream cheese, sour cream, and mayonnaise. Process until smooth. Fold in by hand the remaining ingredients. Yield 16 servings, 2-tablespoons per serving.

Serve with crackers or pita bread.

Nutrition information: Calories: 50; Total Fat: 1g; Cholesterol: 7mg; Carbohydrates: 5g;
Fiber: 0g; Sodium: 224mg; Sugars: 2g
Diabetic Exchange: 1/2 Carbohydrate