



# Food & Dining

MICHELLE DUDASH DISH WITH DUDASH

## Naturally sweet treats keep 'Doctors' happy



It's always fun when the tables turn and I can teach doctors — "The Doctors" — something new.

I recently appeared on their TV show to demonstrate how to make naturally sweetened desserts. Co-host Dr. Jennifer Berman had cut processed sugar from her diet — she realized that her sweet tooth was not healthy. So I created recipes that rely on whole-foods ingredients

that are naturally sweet.

If you're an iced-coffee lover like us, you'll enjoy my Ooh La Latte Pops, which get their creaminess from Greek yogurt and their flavor profile from agave nectar, vanilla and unsweetened cocoa powder. I will definitely be making more of these to quell the summer heat, because you can whip these up in just 5 minutes and finish in

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Ooh La Latte Pops take just a few minutes to mix. Put them in the freezer for a cool treat later. MICHELLE DUDASH



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Pump-Cakes get their flavor from canned pumpkin; serve them with unsweetened applesauce. They're a good source of iron and vitamin A.

## Dudash

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the freezer. After the segment, Dr. Travis Stork let me know he loved the pops, saying, "These are so money." And there you have it.

Although I love a good pancake, I avoid boxed pancake mixes filled with refined flour and cheap hydrogenated oils. As its replacement, I created Pump-Cakes, which are flourless. I pulverize rolled oats in a blender and puree with canned pumpkin for flavor and moisture and applesauce for natural sweetness. Rather than slathering the cakes in maple-flavored syrup, you can dunk them in unsweetened applesauce. A tiny drizzle of real maple syrup is OK, too.

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### Pump-Cakes

These pancakes (three per serving) boast 13 grams of high-quality protein and 5 grams of fiber to help keep you energized and satisfied throughout the morning. They also are a good source of iron and vitamin A. Dip the pancakes into applesauce instead of syrup, if you're avoiding added sugars, for a sweet addition.

**Prep time:** 5 minutes.

**Cook time:** 5 minutes.

**Servings:** 2 (3 pancakes per serving).

½ cup old-fashioned rolled oats

1 teaspoon baking powder

¼ teaspoon each ground cinnamon and ginger

2 large eggs

¼ cup canned 100 percent pure pumpkin

2 tablespoons no-added-sugar applesauce, plus extra for dipping

1 teaspoon vanilla extract

Cooking oil spray

Grind the oats, baking powder and spices in a blender until pulverized, about 1 minute. Add the eggs, pumpkin, applesauce and vanilla, and blend just until all dry ingredients are moistened, scraping the bottom of the blender a couple of times with a small spoon or rubber spatula while the blender is off.

Heat a large skillet on medium and coat with cooking oil spray. Scoop a scant ½ cup batter for each pancake into the pan and cook on each side until golden, about 2 minutes. Serve pancakes with additional applesauce.

*Per serving: 245 calories, 8 g total fat (2 g saturated fat, 0 trans fat), 450 mg sodium, 212 mg cholesterol, 30 g total carbohydrate (5 g fiber), 13 g protein.*

FROM MICHELLE DUDASH

### Ooh La Latte Pops

These refreshing, tangy pops made with Greek yogurt contain 6 grams of protein per serving with only 95 calories and 15 grams of carbs.

**Prep time:** 5 minutes.

**Freeze time:** 6 hours.

**Servings:** 4 pops.

1 cup 2 percent plain Greek yogurt

½ cup strong brewed coffee, cooled

3 tablespoons agave nectar

1 tablespoon unsweetened cocoa powder

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

Puree all of the ingredients in a blender until

smooth. Pour mixture into freezer-pop molds, stopping about ½ inch from the tops. Freeze until firm, about 6 hours. When ready to enjoy, briefly run hot water over the outsides of molds right before removing.

Note: If you don't have freezer-pop molds, use 5-ounce paper cups. Cover with aluminum foil and poke a small hole in the center of each foil. Push pop sticks through the foil and into the molds.

*Per serving: 95 calories, 1 g total fat (1 g saturated fat, 0 trans fat), 24 mg sodium, 3 mg cholesterol, 15 g total carbohydrate (0.5 g fiber), 6 g protein.*

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