

Sweet, healthier treats from your stand mixer

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(HealthDay)—Are you in the mood to mix up something sinful, but don't want to wreck your healthy eating plans? Use a stand mixer to do the heavy blending and whipping for three better-for-you treats.

Do-ahead pizza dough: To get more [whole grains](#) into your diet, use whole-wheat pastry flour instead of white flour. It's a lighter version of whole wheat that's perfect for baking. In the stand mixer, blend 3 cups of whole-wheat pastry flour, 2-1/2 teaspoons of yeast, 1/2 teaspoon salt and 1-1/2 cups of warm water. Let the dough rise for an hour. Then cut into four equal portions and freeze.

Frozen yogurt: For a protein-rich way to curb an ice cream craving, in the stand mixer blend 2 cups fresh berries with 2 teaspoons honey, 2 cups plain 2% Greek yogurt and 2 tablespoons [chocolate](#) chips. Transfer to a container and freeze for about four hours.

Chocolate chip cookies: Here's an easy way to turn that all-American favorite into a healthier whole-grain treat with half the butter and half the sugar.

Lighter Chocolate Cookies

- 1 cup brown sugar
- 1/2 cup unsalted butter
- 2 eggs
- 1 tablespoon vanilla extract
- 1-1/4 cups white whole wheat or whole-wheat pastry flour
- 1 cup oats
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup 70% cocoa chocolate chips

Preheat your oven to 350 degrees.

Combine sugar and butter in the stand mixer, then add eggs, vanilla, [flour](#), oats, baking powder and salt.

When mixed, take the bowl off the stand and add the chips, stirring with a large spoon to distribute.

Place tablespoonfuls of batter on an ungreased [baking](#) sheet about 1-inch apart. Bake 12 to 14 minutes until edges are golden brown.

Yield: About 4 dozen small cookies

More information: Consumer Reports has a helpful guide to [buying a stand mixer](#) including features to consider.

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