

Sweet, healthier treats from your stand mixer

June 4 2019, by Len Canter, Healthday Reporter



(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.

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: Sweet, healthier treats from your stand mixer (2019, June 4) retrieved 19 April 2024 from <https://medicalxpress.com/news/2019-06-sweet-healthier-mixer.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--