

Cooking Corner

Tips To Help You

Enjoy Sweetly Satisfying Desserts While Limiting Sugar

(NAPSA)—You can limit your sugar intake without cutting taste, and you definitely don't have to sacrifice sweetly satisfying desserts! All you need is a little creativity and the right ingredients.

Recently, America's most popular brand of sugar-free cookies challenged top pastry chefs from around the country to develop original dessert recipes using any of the 18 delicious varieties of **MURRAY® Sugar Free Cookies**.

The award-winning recipes can be found at www.murraysugarfree.com, including Strawberries Napoleon, created by Ann Moynihan of Chez Louis in Boston.

Strawberries Napoleon

Ingredients

- 2 packages (6 oz. each)
MURRAY Sugar Free Shortbread Cookies
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{3}{8}$ cup fat-free milk
- $\frac{1}{4}$ cup light butter, melted
- 4 cups sliced fresh strawberries
- 1 tablespoon **SPLENDA® Granular (sugar substitute)**
- 2 teaspoons grated orange peel, divided
- $\frac{1}{2}$ cup cold fat-free milk
- 1 envelope (1.3 oz.) whipped topping mix
- 1 package (8 oz.) reduced-fat cream cheese, softened
- $\frac{1}{4}$ cup fat-free sour cream
- 1 teaspoon vanilla
- Whole strawberries (optional)

Directions

1. Place cookies in food processor bowl. Cover and process until finely ground. Transfer to small bowl. Stir in baking powder. Add $\frac{3}{8}$ cup milk and butter; mix well. (Mixture will be wet.)



This delicious Strawberries Napoleon recipe was made using sugar-free cookies.

2. Drop into 1-inch balls onto baking sheet lined with parchment paper. Flatten with back of spoon into $2\frac{1}{4}$ - to $2\frac{1}{2}$ -inch circles. Bake at 350°F for 8 to 10 minutes or until set. Transfer on parchment paper to wire rack. Cool completely.

3. In medium bowl stir together strawberries, Splenda and 1 teaspoon of the orange peel. Let stand for 30 minutes.

4. In small mixer bowl beat $\frac{1}{2}$ cup milk and topping mix on low speed of electric mixer until combined. Increase speed to high. Beat about 4 minutes or until stiff peaks form (tips stand straight). Add cream cheese, sour cream, vanilla and remaining 1 teaspoon orange peel. Beat until combined.

5. Carefully remove cookie wafers from parchment paper (wafers will be fragile). Spoon or pipe small dollop of cream cheese mixture on 12 serving plates. Carefully top each dollop with one of the wafers. Layer additional cream cheese mixture on top. Spoon some berries on each. Top berries with additional cream cheese mixture. Repeat layers two more times. Garnish with whole strawberries, if desired.

Makes 12 servings.

Visit www.murraysugarfree.com for more delicious dessert recipes and tips for enjoying sweet satisfaction.