

# eat<sup>smart</sup>

The latest nutritional know-how for a better body

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PERFECT  
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## TRAYBAKES

Forget cupcakes and whoopie pies, the new kids on the baking block are traybakes. Mariella Crosthwait, owner of the Skinny Bakery, shows you 10 recipes that all have fewer than 200 calories







**T**he nights are drawing in and the weather has turned, which can mean only one thing: cake, and lots of it. If you don't want your waistline to expand at the same rate as your box set collection, we're here to help. Tray bakes are so easy to make and perfect for sharing. These recipes, created by master baker Mariella Crosthwait, play with different flour and sugar types to deliver the healthiest sweet treats you can find. Now, about that sharing...



**Egg-stra tip:** Lighten any bake by substituting each whole egg with 55g egg whites. Whisk the whites until stiff, then carefully fold into the rest of your batter with a spatula. *Two Chicks Liquid Egg White (£3, ocado.com) saves you the separating.*

CUT OUT & KEEP



**1 GLUTEN-FREE BANANA FLAPJACK**  
Serves 9 | Cals 164 | Ready in 35 mins

- ♦ 50g fructose ♦ 25g unsalted butter
- ♦ 25g agave syrup ♦ 50g gluten-free flour
- ♦ ½ tsp bicarb soda ♦ ½ tsp baking powder
- ♦ 200g porridge oats ♦ pinch xanthan gum
- ♦ 140g ripe banana, puréed

Right, start by preheating your oven to 170°C. Now melt the fructose, butter and agave syrup in a pan. Combine the flour, bicarb, baking powder, oats and xanthan gum. Add to the melted mixture. Then add the puréed banana with 2 tbsp cold water. Bake in a non-stick 9in x 9in tray for 20 mins. Cut into 3in x 3in squares when cooled. Scoff in front of some good TV.

**Tray trivia:** Xanthan gum is a natural ingredient that stops gluten-free cakes from crumbling. See, you learn something new every day.



**2 WORKOUT-FUELLING TIRAMISU**  
Serves 9 | Cals 114 | Ready in 20 mins†

- ♦ 50g egg whites ♦ 10g fructose ♦ 250g light cream cheese
- ♦ 20ml marsala wine ♦ 3 tsp stevia ♦ 150g sponge fingers
- ♦ 100ml strong coffee ♦ 2 tsp cocoa powder ♦ 10g dark chocolate, grated

This one's easy. Whisk the whites to stiff peaks, add the fructose until it's all lovely and glossy. Separately, blend the cream cheese with the marsala and stevia. Dip the fingers (sponge ones, not yours) in the coffee and layer in a 9in x 9in tray. Spread the cream over the fingers, dust with cocoa and sprinkle with chocolate. Refrigerate overnight. Cut into squares, devour.

**Tray trivia:** Caffeine has a great effect on exercise\*, increasing athletic activity by up to 12%. Tiramisu the new gym fuel? Hell yeah.



**3 SUPERFOOD CHOCOLATE BROWNIE**  
Serves 9 | Cals 191 | Ready in 35 mins

- ♦ 85g gluten-free flour ♦ pinch xanthan gum
- ♦ 25g cocoa powder ♦ ¼ tsp bicarb soda
- ♦ 150g fructose ♦ 25g seed mix (linseed, sunflower and pumpkin seeds, dried apricots, cranberries, blueberries, all chopped)
- ♦ 1 egg ♦ 80g light mayo ♦ ½ tsp vanilla extract
- ♦ 50g low-fat yoghurt ♦ 50g dark chocolate, melted

Preheat the oven to 180°C. Combine the dry ingredients, then add the wet ingredients, with 2 tbsp water. Bake for 25 mins in a non-stick 9in x 9in tray. It's cooked when it pulls away from the edges. Cut into 3in x 3in squares when cool.

**Tray trivia:** Mayonnaise seems strange but it's a great swap for butter – the fat content is fairly low and it keeps the brownies moist. Clever.



**4 HEALING PUMPKIN PIE BITES**  
Serves 9 | Cals 151 | Ready in 50 mins

- ♦ 3 eggs ♦ 80g fructose ♦ 130g grated pumpkin
- ♦ zest of 1 orange ♦ 1 tsp corn oil ♦ 100g flour
- ♦ 1 tsp bicarb soda ♦ 1 tsp baking powder
- ♦ 1 ½ tsp cinnamon ♦ ½ tsp cream of tartar
- ♦ Icing: ♦ 175g light cream cheese ♦ 2 tbsp stevia ♦ 2 tbsp fructose ♦ 3 drops almond essence

Preheat the oven to 170°C. Separate the eggs. Whisk the yolks, fructose, pumpkin, zest, oil and 2 tbsp water. Separately, mix flour, bicarb, powder and cinnamon. Whisk the whites with the tartar until stiff. Add the dry to the wet mix, then fold in the whites. Bake for 30 minutes. Cool. Mix the icing and spread over. Sprinkle with seeds.

**Tray trivia:** Pumpkins have more potassium than bananas so are great post-exercise. Super.



**5 LOW-CALORIE LEMON MERINGUE**  
Serves 9 | Cals 117 | Ready in 1 hour†

- ♦ 15g xylitol ♦ juice and zest of 2 lemons
- ♦ 2 eggs, beaten ♦ 100g trifle sponges, halved
- ♦ Meringue: ♦ 6 egg whites ♦ ¼ tsp cream of tartar ♦ 100g sugar

Now then, preheat the oven to 160°C, then dissolve the xylitol in the juice over a low heat. Remove and whisk in the eggs. Add the zest. Return to the heat until thick. Layer half the curd in the tin, then sponge, then the remaining curd. Refrigerate overnight. Whisk the whites with cream of tartar until stiff. Whisk in the sugar, then pipe the meringue on the curd and bake in a non-stick 9in x 9in tray for 35 minutes. Phew!

**Tray trivia:** Xylitol packs in 40% fewer calories, but make sure you use sugar in the meringue to stop it dropping. No droopy meringues here.

FOR MORE INFORMATION, VISIT SKINNYBAKERY.CO.UK. \*UNIVERSITY OF LUTON. †PLUS REFRIGERATION/SOAKING TIME. CALORIES ARE PER SLICE



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**LOW-FAT PEANUT BUTTER BAR**

Serves 9 | Cals 175 | Ready in 20 mins\*

- ◆ 100g **caster sugar** ◆ 85g **honey** ◆ 95g **reduced-fat peanut butter** ◆ 95g **puffed wholegrain rice**

If you love Snickers, you'll definitely love this. Melt the caster sugar, honey and peanut butter in a pan. The caster sugar is what makes the bars deliciously brittle and crunchy. Stir the puffed rice into the mixture, then press into a 9in x 9in non-stick baking tray. Refrigerate overnight (if you can wait that long). Remove from the fridge 30 mins before cutting it into 3in x 3in squares. That was so easy. Now you're allowed to devour it, guilt-free.

**Tray trivia:** Make your own treats to keep the sugar content down. Use unsweetened puffed rice or you could be adding extra nasties.

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**FULL UP FOR LONGER CHIA SEED BARS**

Serves 9 | Cals 139 | Ready in 10 mins\*

- ◆ 44g **wholegrain puffed rice** ◆ ½ tsp **dried ginger** ◆ ½ tsp **cardamom** ◆ 60g **chia seeds** ◆ 60g **mixed pumpkin seeds, sunflower seeds, linseeds**, chopped dried **apricots, dried cranberries** and **dried blueberries** ◆ 40g **almond butter** ◆ 50g **honey** ◆ 60g **xylitol**

Okay then, start by mixing together the dry ingredients. Then heat the almond butter, honey and xylitol until well dissolved, then pour over them. Mix and press into a non-stick 9in x 9in tin. Refrigerate overnight then cut into 3in x 3in squares. Easy peasy.

**Tray trivia:** Chia seeds expand in liquid, keeping you full. They also prevent blood sugar spikes to stop cravings. So add them to anything!

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**ANTIOXIDANT FESTIVE TREAT**

Serves 9 | Cals 127 | Ready in 45 mins\*

- ◆ 80g **mixed fruit and peel** ◆ 2 **tblsp rum** ◆ 3 **eggs** ◆ 25g **honey** ◆ 25g **fructose** ◆ 1 **tsp oil** ◆ 100g **flour** ◆ 1 **tsp bicarb soda** ◆ 1 **tsp baking powder** ◆ 1½ **tsp mixed spice** ◆ ¼ **tsp cream of tartar** ◆ 1 **tblsp reduced-sugar marmalade** ◆ **Royal icing**

Preheat the oven to 170°C. Soak the fruit in the rum and 3 **tblsp** water for a few hours. Separate the eggs and whisk the yolks, honey, fructose, fruits and oil. Separately, mix the flour, bicarb,

baking powder and spice. Whisk the whites with cream of tartar until stiff. Fold the flour into the yolks, then fold in the egg whites. Bake in a tray for 25 minutes. Microwave the marmalade with 1 **tblsp** boiling water for 30 seconds and spread over the hot bake. Cool, roll out the icing and cut out nine stars. Slice into squares and top with a star. Don't fret, we won't make you wait till December to eat it.

**Tray trivia:** The peel of citrus fruits contains antioxidants that are 20 times more powerful than the juice or fruit itself. So cram it in.

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**SLEEP EASY CHERRY BAKEWELL**

Serves 9 | Cals 148 | Ready in 50 mins

- ◆ 3 large **eggs** ◆ 75g **fructose** ◆ 75g **xylitol** ◆ 150g **plain flour**, sifted ◆ 1 **tsp vanilla essence** ◆ 15g **flaked almonds** ◆ 150g **low-sugar cherry jam**

Preheat the oven to 180°C. Whisk the eggs with the fructose and xylitol for 10 minutes. Fold in the flour, then the vanilla and 1 **tblsp** water. Divide into two greased and lined tins. Sprinkle one with flaked almonds. Bake both for 20 minutes. Cut nine hearts out of the almond layer. Mix the jam with 50ml warm water, then spread over the plain layer, placing the almond layer on top. Slice into 3in x 3in squares and serve. Yep, yum.

**Tray trivia:** Cherries are rich in isoqueritrin, queritrin and melatonin, which help regulate sleep patterns. So a slice before bed then...

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**IMMUNE-BOOSTING BAKLAVA**

Serves 9 | Cals 145 | Ready in 1 hour

- ◆ 18 sheets **filo pastry** ◆ **light oil spray** ◆ 225g **chestnuts**, chopped ◆ 25g **xylitol** ◆ 1 **tsp cinnamon** ◆ 90g **xylitol** ◆ 40g **honey** ◆ 2 **tblsp orange blossom water**

Get your pinny on. Preheat your oven to 170°C. Spray nine sheets of filo pastry with oil and cut to fit a 9in x 9in non-stick baking tray. Combine the chestnuts, xylitol and cinnamon and spread over. Layer over another nine sheets. Make criss-cross incisions with a knife. Bake for 40 minutes. Heat the remaining ingredients and 100ml water for 10-15 minutes. Pour over the hot baklava and cool. Cut along the incisions and serve.

**Tray trivia:** Cinnamon and local honey are strong immune boosters, so if you indulge in a piece or three, at least you're warding off winter germs. **WH**