

Veggies for Dessert

With creativity you can fit veggies anywhere into any meal - even dessert! Carrots, pumpkin and sweet potatoes, rich in beta-carotene, make great dessert ingredients; enjoy them in southern-style pudding. Corn and zucchini appear in sweet breads; tofu in cheesecake and frozen desserts; rhubarb in pie; even cucumber in a refreshing sorbet!

For vegetables in your dessert menu:

- Blend a pumpkin smoothie. Whirl canned pumpkin, fat-free milk, frozen vanilla yogurt, a dash of pumpkin pie spice or cinnamon in a blender.
- Use carrot juice as the liquid in baked goods. It won't taste like carrots!