



Try these tasty
Reduced Fat
Vanilla Wafers
dessert recipes!



LIGHT CHOCOLATE MOUSSE PARFAITS

- 32 Keebler Reduced-Fat Vanilla Wafers
 1/2 C packed brown sugar
 1/4 C unsweetened cocoa powder (Dutch process preferred)
 4 tsp cornstarch
 1 large egg
 1 can (12 oz) fat-free evaporated milk, divided use
- 2 oz bittersweet chocolate, chopped
 1/2 tsp vanilla extract
 1 C frozen, reduced-fat whipped topping, thawed

Place wafers in plastic bag. Seal bag. With palm of hand, crush into small pieces. Set aside. In medium bowl, whisk sugar, cocoa, cornstarch, egg and 1/4 C milk until smooth. Heat remaining milk in small saucepan over medium heat until steaming. Whisk into bowl. Return to saucepan and cook over medium heat, whisking constantly, until thickened, about 2 minutes. Remove from heat and stir in chocolate until melted. Stir in vanilla. Cool to room temperature, stirring occasionally. Stir in whipped topping. Place plastic wrap directly on surface of mousse and refrigerate until serving time. In 4 parfait glasses, layer half of wafer mixture, half of mousse, remaining wafer mixture and remaining mousse. Garnish with additional whipped topping and chocolate curls, if desired. Makes 4 servings.

VARIATIONS: Almond: Add 1/2 C chopped, toasted slivered almonds to crushed wafers.
 Raspberry: Layer 2 C fresh raspberries in alternating layers with wafers and mousse.
 Liqueur: Replace vanilla with 2 to 3 tablespoons of coffee-, almond-, raspberry- or hazelnut-flavored liqueur.

- 20 Keebler Reduced-Fat Vanilla Wafers
 3 tbsp chopped walnuts, toasted
 2 tbsp packed brown sugar
 1 tbsp butter, melted
 3/4 tsp ground cinnamon

Preheat oven to 350°F. Crush wafers to coarse crumbs. Mix wafers with nuts, brown sugar, butter and cinnamon. Peel apples and cut 3/4-inch slice from top of each to make flat tops. Trim bottoms, if needed, so apples stand upright. Rub apples with lemon juice. Carve out center of each apple to within 1/2-inch of side and bottom. Place apples in small, shallow baking dish. Pack wafer mixture into apples and sprinkle remainder on tops. Bring syrup and water to boil. Pour into bottom of dish. Bake for 40 minutes or until apples are tender, covering with foil after 30 minutes to prevent over-browning. To serve, spoon syrup in bottom of pan over apples. Makes 4 servings.

*Such as Granny Smith, Golden Delicious or Rome Beauty

Golden Vanilla Wafers

ARTIFICIALLY FLAVORED

Reduced Fat

BERRY CRISP

- 1/4 C granulated sugar
 3 tbsp all-purpose flour
 2 bags (12-oz) frozen mixed berries, thawed
- Crisp Topping:
 32 Keebler Reduced-Fat Vanilla Wafers
 3/4 C lowfat granola (without raisins)
 3 tbsp packed brown sugar
 2 tbsp butter, melted
 3/4 tsp ground cinnamon

Preheat oven to 350°F. Stir together granulated sugar and flour. Stir into undrained berries. Put in 8-inch square baking pan or 2-quart baking dish. Crush wafers to small pieces. Mix wafers with granola, brown sugar, butter and cinnamon. Sprinkle over berries. Bake for 20 to 25 minutes or until filling is bubbly. Makes 4 to 6 servings.

BLUEBERRY-PEACH CRISP: Replace berries with 1 bag (12-ounce) frozen blueberries, thawed, and 1 bag (12-ounce) frozen peaches, thawed. Increase flour to 4 tablespoons and increase cinnamon to 1 teaspoon.



MAPLE-GLAZED APPLES WITH VANILLA CRUNCH

- 4 medium baking apples (2 pounds)*
 Lemon juice (optional)
 1/2 C maple syrup
 1/3 C water



Preheat oven to 350°F. Crush wafers to coarse crumbs. Mix wafers with nuts, brown sugar, butter and cinnamon. Peel apples and cut 3/4-inch slice from top of each to make flat tops. Trim bottoms, if needed, so apples stand upright. Rub apples with lemon juice. Carve out center of each apple to within 1/2-inch of side and bottom. Place apples in small, shallow baking dish. Pack wafer mixture into apples and sprinkle remainder on tops. Bring syrup and water to boil. Pour into bottom of dish. Bake for 40 minutes or until apples are tender, covering with foil after 30 minutes to prevent over-browning. To serve, spoon syrup in bottom of pan over apples. Makes 4 servings.