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Have Your Cake and Eat It Too: Guilt-Free Desserts with *A Sweet Dash of Aloha*

The holidays may be a time of overindulgence, but *A Sweet Dash of Aloha* is your guide to enjoying desserts and sweets guilt-free. “There is no such thing as ‘bad’ food in nature,” the editors remind us. “Sugar is not your enemy. Our goal is to show you how to enjoy your treats while maintaining good health.” Designed to satisfy any sweet tooth, the new cookbook offers nearly 100 recipes for delicious—and healthy—snacks and desserts.

Assembled by the chefs and faculty of the Kapi’olani Community College Culinary Arts Department, this companion guide to the best-selling *A DASH of Aloha: Healthy Hawai’i Cuisine and Lifestyle* presents healthful sweet treats along with nutritional values, sensible alternatives, tips from the experts and seasonality charts for buying local. *A Sweet Dash of Aloha* is an excellent resource for Island families—childhood obesity is a major concern in Hawai’i, and the Islands’ multi-generational households must often consider healthier options for adults who need to limit sugar or fat intake. To encourage keiki to eat healthy and prepare their own nutritious food, a chapter is dedicated to child-friendly recipes.

Other chapters are devoted to gluten-free dishes and alternatives to refined sugar and eggs. Each recipe has been chosen to appeal to the Hawai’i-style palate and is accompanied by a Nutrition Facts chart. Taste-tempting treats such as Chocolate-Dipped Macaroons, Peppermint–Chocolate Chip Cookies, Gluten-Free Liliko’i Bars, and Almond Thumbprint Cookies, all 120 calories per serving or below, are bound to please. Contributing chefs Sharon Kobayashi, Alyssa Moreau and Carol Nardello all specialize in creating recipes for healthy foods. Editor Wanda Adams is a former *Honolulu Advertiser* features and food editor.

A Sweet Dash of Aloha (ISBN 978-1-9356901-2-2) will be available for \$15.95 at bookstores, other retail outlets, online booksellers, or direct from the publisher at www.bookshawaii.net beginning Thanksgiving week. Contact Watermark Publishing, 1088 Bishop St., Suite 310, Honolulu, HI 96813; telephone (808) 587-7766; toll-free (866) 900-BOOK; fax (808) 521-3461; e-mail sales@bookshawaii.net.

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A Sweet DASH OF ALOHA

We believe that all foods are meant to be eaten. There is no such thing as “bad” food in nature. Sugar is not your enemy. We are not here to tell you not to enjoy sweet things (or, for that matter, foods that contain certain fats, starches or proteins). Our goal is to show you how to enjoy your treats while maintaining good health. We believe in providing options, not setting restrictions.

–The Editors, *A Sweet Dash of Aloha*

Confronted with chocolate, our thoughts race. Every warning about sweets, fats, desserts and, yes, decadent chocolate rings in our ears. Doctors, mothers, classmates, friends and even casual acquaintances have weighed in on how our heart, thighs, calves, tummy and other body parts will be compromised by such indulgences. We sigh and turn away. Or we bite into that piece of chocolate cake anyway and then are weighed down by guilt.

For every one of us caught up in the incessant progression of sugar spikes and blues, this book offers alternatives. These pages include an expansive selection of healthy, heart-conscious and body-conscious snacks and sweets that won’t wreck your physical and mental state. They offer an array of ways to substitute “good” sugars for “bad” ones, “good” fats for “bad” ones, whole grains for processed ones, providing recipes for treats made with wholesome fruits, nuts and even vegetables, many grown here in Hawai‘i.

You may think it can’t be as easy as it sounds: Just opt for alternatives. But it is. Here are three ways to help you begin making choices that will allow you to enjoy satisfying sweets and snacks without the downsides.

- Make a decision. You must believe that you need to change and you must want the results of change more than the comfort of your old ways.
- Know that you are not defined by your body. When you understand and embrace this idea, you can take care of yourself as your primary process. That means not accepting self-defeating thoughts but changing those thoughts to “I want to take care of me.”
- Finally, you need to master the specifics of how to change: the elements of a healthy diet, the techniques for cutting back on unhealthful ingredients. That’s where this book comes in. It will enable you to translate your decision in favor of positive change into seamless action.

So many people believe that healthy foods can’t taste good, or are too difficult to make. In this book, you’ll discover that these are the same kinds of myths that have kept you from changing until this moment. You will eat well; the flavors will be fantastic and the cooking generally easy. You’ve got nothing to lose but your health problems and risks. You could even start today.

–Dr. Laurie Steelsmith, N.D., L.Ac.
licensed naturopathic physician and acupuncturist



A Healthier Way of Eating Tips to Improve Your Dietary Well-Being

- **Remember these numbers: 5-2-1-0** (“5-2-1-almost none”). Each day, eat a minimum of 5 servings of fruits and vegetables, engage in no more than 2 hours of “screen time” (television, computer, video games, etc.) and at least 1 hour of physical activity, and avoid sugary drinks and other highly refined, sugar-packed products. These guidelines were developed by an expert committee convened by the American Medical Association, the State of Hawai‘i Department of Health and Human Service’s Health Resources and Service Administration, and the Center for Disease Control with children in mind, but are an excellent formula for adults, too.
- Encourage your family to love water. Serve it. Choose it. If it’s all that’s offered, people will drink it. Try enlivening plain water with fresh herbs such as chopped mint or lemon verbena, or with slices of fruit.
- Use fresh and dried fruits to sweeten desserts, baked goods and snacks adds layers of flavor and texture in addition to natural sugars. The natural tanginess (acid) in many fruits excites our palates. For example, a squeeze of lime juice on fresh papaya yields a totally different, more refreshing experience.
- The American Heart Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that’s no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it’s 150 calories per day, or about 9 teaspoons. Cut the sugar called for in cookies, brownies or cakes by one-third to one-half. Often you won’t notice the difference and it won’t affect the success of the recipe.
- Use extracts such as almond, vanilla, orange or lemon to incorporate flavor without sweetening.
- Enhance foods with spices instead of sugar; try ginger, allspice, cinnamon or nutmeg or more exotic additions such as cardamom, sea salt flakes or cayenne.
- Using alternative sweeteners isn’t a license to pour it on. Moderate use of all forms of sugar and sugar substitutes helps wean your palate away from oversweet foods and your brain away from sugar cravings.
- Bread recipes that don’t rely on fat and sweeteners and make use of higher-fiber whole grains are both satisfying—giving a feeling of fullness—and more healthful. However, because of their higher oil content, whole wheat flours pick up flavors and go rancid more rapidly than cake or all-purpose flours. Store them in an airtight container in the freezer if you’re keeping them longer than a week or two.



A Sweet DASH OF ALOHA

Gluten-Free Peanut Butter Cookies with Guava Jelly



Recipe by Alyssa Moreau

Makes about 24 cookies

There is something that brings out the kid in all of us with peanut butter cookies. In this peanut butter and jelly cookie, you can play with the flavors by alternating jams in the filling. Other ideas: crystallized ginger in the batter; making a peanut butter "sandwich" by rolling out the dough between two sheets of parchment then spreading jam on half of the dough, folding over and baking and cutting into bars. (Baking time is a bit longer due to the increased thickness; add about 3-5 minutes)

½ c.	sorghum flour	4 pkcts.	Truvia sweetener
½ c.	brown rice flour	2 c.	peanut butter
½ c.	millet flour	½ c.	agave or honey
1 tsp.	baking powder	½ c.	almond milk (or any milk)
½ tsp.	baking soda	1 T.	vanilla
½ tsp.	salt	½ c.	guava jelly
½ tsp.	guar gum (or xanthan)		

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. In a medium mixing bowl, combine dry ingredients. In a separate bowl, combine the peanut butter, agave, almond milk and vanilla. You may need to whisk or pulse-blend with a stick blender to incorporate all the ingredients. Add the liquid mixture to the dry and stir until it looks like a thick cookie batter.

Form into balls (about the size of a quarter) and press in the middle with your thumb or small spoon to form an indent. Place on cookie sheet and bake for 10-12 minutes; cookies should be slightly browned around the edges. Cool 5 minutes on rack, then fill cookies with a small spoonful of jelly and transfer to cooling rack.

Variation:

- Omit the jelly and roll the balls in cane sugar, then flatten (criss-cross style) with a fork ; baking time will be a bit shorter, so check at 8-10 minutes.

Nutrition Facts

Serving Size (64g)
Servings Per Container

Amount Per Serving

Calories 200 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **8%**

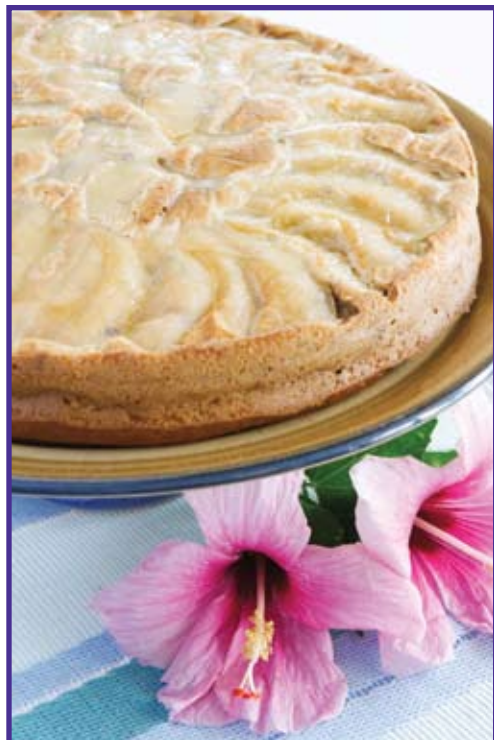
Sugars 12g

Protein 6g



A Sweet DASH OF ALOHA

Healthy Applesauce-Spice Cake



Recipe by Carol Nardello

Makes 10 servings

Picture a cinnamon apple upside-down cake containing no oil, butter or sugar that tastes as good as it looks!

- 1 apple, peeled, cored and thinly sliced
- 2½ c. flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- ½ tsp. nutmeg
- ½ tsp. salt
- 2 eggs
- 1½ c. unsweetened applesauce
- ¾ c. apple juice concentrate
- 1½ tsp. vanilla
- ½ c. walnuts, chopped

Preheat oven to 350 degrees. Grease an 11-inch tart pan OR a 9-inch spring-form pan. Line the bottom with parchment paper. Arrange apple slices attractively in a spiral on the pan's bottom. Sift together the flour, baking powder, baking soda, spices and salt. Beat the eggs with the applesauce, apple juice concentrate and vanilla. Add the liquids to the sifted dry ingredients and beat until smooth. Stir in nuts and pour over apples in prepared pan. Bake for 60 minutes or until a toothpick inserted in the center comes out clean.

Nutrition Facts	
Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 260mg	11%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 4g	



A Sweet DASH OF ALOHA

Orange-Couscous Cake



Recipe by Sharon Kobayashi
Makes 12 servings

This is a unique and impressive special-occasion cake, somewhere between orange chiffon and bread pudding. Couscous holds the flavors and keeps the cake moist, while the egg whites keep it light. Fresh oranges add even more moisture and flavor. Use sweet, local oranges when available. Select fruit that feel heavy for its size. If your oranges are not sweet enough, you may need to add a tablespoon of honey to the fruit. Serve at room temperature. If you must refrigerate the cake, cover with a damp paper towel and microwave for a few seconds before serving. Orange flower water is available at Down to Earth, Mediterranean food stores (such as the Olive Tree Café near Kahala Mall), online spice sources and some kitchen supply stores. Whole-wheat couscous can be found at natural food stores and near the rice section of some grocery stores.

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| 1 c. water | 8 egg whites |
| 2 T. unsalted butter | 1/3 c. sugar |
| 1/4 tsp. salt | 1/2 c. all-purpose flour |
| 1/4 c. orange juice concentrate (frozen) | 1/4 c. pistachio nuts, 1 oz. minced (or substitute almonds) |
| 1 T. orange zest (or zest of 2 oranges) | 2 sweet, local oranges |
| 1/2 tsp. pumpkin pie spice | Optional: 1/2 c. Greek yogurt to top cake, offered at the table. |
| 2 T. honey | |
| 1/2 c. whole wheat couscous | |
| 2 T. orange flower water | |

Nutrition Facts	
Serving Size (170g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 13g	

Bring water, butter, salt, orange concentrate, zest, spice and honey to a boil, turn off heat. Add couscous and orange flower water, let sit till it's cool and most of the liquid is absorbed. Preheat the oven to 350 degrees. Beat egg whites and sugar to soft peaks; add flour a little at a time while beating. Add 1/4 of whites to couscous, and mix (to lighten). Very gently, fold couscous into remaining whites. Pour batter into an ungreased pan (with removable bottom), and sprinkle with nuts. Bake for 40 minutes, or till golden brown. Remove from the oven and immediately turn cake upside down. Cool completely before turning cake right side up. Run a butter knife around edges of cake pan, remove side and run knife around bottom. Cut the peel and white pith from oranges. Over a bowl, cut fruit away from tough dividing membranes. Squeeze juices from membrane into bowl, and discard membrane. Serve slices topped with some of the orange and juices.