

## Healthy Pizzelle

This pizzelle recipe is my light version of the classic Italian holiday recipe. I use unbleached flour and less butter and sugar.

Because I swapped out the butter, the batter may not crisp up. This is exactly what you want, a soft cookie that purees easily.

I recommend making the cookies at a lower heat on your pizzelle maker and removing them before they crisp.

Puree the pizzelle while they are still warm and soft. Then add gel thickener to bind. This is your cake layer. Add the remaining ingredients from the main Class 3 recipe which uses my "Cooking for Dysphagia" cookbook.

My No Sugar Added Pudding Mix in chocolate and vanilla is far superior to the familiar blue box instant pudding. I do not use additives or preservatives.

## Healthy Pizzelle

4 cookies for one slice of cake

IDDSI Level 4 Puree, good for IDDSI 4-7

Equipment: Pizzelle Maker, adjustable heat function preferred

Small stainless ice cream scoop, 1 tbsp. size

### Ingredients:

3 large eggs, room temperature

1/2 cup maple syrup or honey

1/2 cup olive oil or melted coconut oil

1 to 2 teaspoons good vanilla extract

1 ¾ cups to 2 cups flour. Use unbleached all-purpose flour or gluten-free blend.

(I recommend the King Arthur brand, available in supermarkets or online).

2 tsp. baking powder

¼ tsp. sea salt, fine

### Directions:

Heat your pizzelle maker on the lower heat setting. Lightly spray with olive oil or coconut oil.

Mix wet ingredients. Beat the eggs and syrup until well combined and slightly fluffy. Stir in the olive oil and vanilla extract.

Combine dry ingredients. In a separate bowl, whisk together flour, baking powder, and salt.

Using a placemat for a guide, add the dry ingredients slowly to the wet ingredients. Stir until just combined.

Cook in a pizzelle maker. Add a generous tablespoon of batter onto each mold slightly behind the center.

Bake for 30 to 45 seconds until lightly golden. Do not bake until crisp. Do not dry out. You want a moist cookie that will puree with the addition of boiling water. You do not want any sharp edges.

Remove from the pizzelle maker. Cookies will be soft. This is what you want.

Being careful not to burn your fingers, break up pizzelle and add them to your mini food processor.

Pulse for 10 seconds to break up.

For two cookies, add 2 tablespoons of boiling water, 1 tbsp at a time. Puree until smooth, Level 4 IDDSI Pureed.

Add one pump of Simply Thick gel. thickener to bind the puree. Test for Level 4.

Make as much of the pizzelle puree as you are going to use for a week.

Add to a thick silicone piping bag and seal. Label with the date created and a 2-week use by date. Freeze.

Note: Freezing the pizzelle puree in a silicone zip bag saves a freezer space. The zip bag lies flat.

When you are ready to assemble the no-bake cake, place the piping bag in the refrigerator for 4 hours.

Using a cake slice mold, available in cooking stores or craft stores, pipe in the cake element, and any other toppings or layers to create the cake.

Note to chefs and cooks in healthcare facilities: if you are scaling the No Bake Cake recipe up for multiple residents, you will need a number of chefs with a number of pizzelle machines to create larger numbers of pizzelle.

See the main No Bake Cake recipe in the Class 3 materials.

Note: In conducting a tasting for a food product development executive, I was paid the compliment that my desserts are enjoyable for family members and friends, as well as for the

person with a swallow disorder. The sharing of food has a positive effect on the social isolation that may be a source of depression for the person with a swallow disorder.

Tip: Making Pizzelle is a great way to involve children in the creation of desserts for Grandma and Grandpa. The appliance gets hot, so one has to exert due care and caution when involving young people.

As always, consult your healthcare provider for individual medical history advice. This dessert may be made with granulated stevia for No Sugar Added to make it acceptable for diabetics. I would use a 4 tsp. to replace ½ cup of maple syrup and adjust to individual taste. The Trivia Sweet Complete brand does not have an aftertaste. It is best to store granulated stevia in the refrigerator in a sealed bag.

Disclosure: I do not have a commercial relationship with any of the brands or stores mentioned. I do product review as a critic, not as a spokesperson.