

## DESSERTS



Scandi Banana Pudding (page 12), Strawberry Simply Scandi (page 3), and Scandi Chocolate Chip and Pecan Cookies (page 13).



## Scandi Pound Cake

- 3 cups sugar
- 1 cup margarine or butter
- 1/2 cup shortening
- 5 large eggs
- 3 cups flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup whole milk
- 3/4 cup vanilla SCANDISHAKE®
- 1/2 teaspoon lemon extract
- 1 teaspoon almond extract

Cream sugar, margarine and shortening with electric mixer for 10 minutes. Add eggs, one at a time. Beat well. Gradually add flour, baking powder, and salt. Mix well. Add milk, SCANDISHAKE®, and extracts. Pour batter into a greased and floured 10-inch tube pan. Bake 350° F for 1 hour and 20 minutes. NOTE: Start baking in cold oven. Yield: twelve slices.

PER SLICE: CALORIES 605  
PROTEIN 7G

## Scandi Chocolate Nuggets

- 1 1-pound box powdered sugar
- 4 cups shredded coconut
- 1/2 cup vanilla SCANDISHAKE®
- 2 cups chopped walnuts or pecans
- 1/2 cup margarine or butter, melted

- 1 teaspoon vanilla extract
- 2/3 cup sweetened condensed milk
- 3 cups semi-sweet chocolate chips
- 1 1/2 tablespoons vegetable oil
- 1/2 cup chocolate SCANDISHAKE®

In a large bowl, combine powdered sugar, coconut, vanilla SCANDISHAKE® and nuts. In a small bowl, stir together melted margarine, vanilla extract and condensed milk until well blended. Add to large bowl. Mix well. Form mixture into 70 (1 inch) balls. Place on wax paper-lined baking sheets and refrigerate until firm (approximately 1 to 2 hours).

In a medium glass bowl, combine chocolate chips and oil. Melt chocolate in microwave according to oven directions (approximately 4 minutes on medium, stirring every minute) until melted. Add chocolate SCANDISHAKE®. Mix well.

With a fork, dip chilled balls, one at a time, into melted chocolate. Place on wax paper. Let stand at room temperature until set (approximately 1 hour). Store in airtight container in refrigerator up to 4 weeks. Yield: seventy nuggets.

PER NUGGET: CALORIES 140  
PROTEIN 1.26G

## Scandi Banana Pudding

- 2 cups whole milk
- 1 package instant banana pudding
- 1 1/2 cups vanilla SCANDISHAKE®
- 1 1/2 cups whipping cream
- 3 bananas
- 1 box vanilla wafers

Mix cold milk, banana pudding mix and SCANDISHAKE® with electric mixer at lowest speed. Beat until well blended, 1-2 minutes. Add one cup whipping cream. Layer bananas and vanilla wafers in dish, pouring pudding mixture over each layer. Garnish with whipping cream. Yield: twelve servings.

PER SERVING: CALORIES 279  
PROTEIN 3.44G

## Scandi Marshmallow Fudge

- 3 cups semi-sweet chocolate chips
- 4 tablespoons margarine or butter
- 1 can (14-ounce) sweetened condensed milk
- 1/2 cup chocolate SCANDISHAKE®
- 1 1/2 teaspoons vanilla extract
- dash salt
- 1 cup chopped walnuts
- 2 cups miniature marshmallows

Line 9 x 9-inch pan with foil. In heavy saucepan, over low heat,

melt chocolate chips, 2 tablespoons margarine, condensed milk, SCANDISHAKE®, vanilla extract and salt. Blend until smooth. Remove from heat. Stir in nuts. Spread evenly into prepared pan. In medium saucepan, over low heat, melt marshmallows and remaining margarine. Spoon over fudge. With table knife, swirl through fudge. Refrigerate 2 hours or until firm. Remove from pan, peel off roll. Cut into squares. Store at room temperature. Yield: twenty-four squares.

PER SQUARE: CALORIES 229  
PROTEIN 3.10G

## Scandi Deluxe Strawberry Supreme

- 1 cup flour
- 1/2 cup margarine
- 1 cup chopped pecans
- 8 ounces cream cheese
- 1 cup powdered sugar
- 3/4 cup strawberry SCANDISHAKE®
- 1 large tub frozen whipped topping
- 1 3-ounce instant strawberry mousse pudding mix
- 2 cups whole milk
- 1 cup strawberries

Mix flour, margarine and pecans. Press into 9 x 13-inch pan. Bake at 350° F for 20 minutes. Cool. Beat cream cheese, powdered sugar, 1/4



cup SCANDISHAKE®, and 1 cup whipped topping until smooth. Spread over crust. Beat pudding mix (with electric mixer or by hand), remaining SCANDISHAKE® and milk until thick. Spread over cream cheese mixture. Top with remaining whipped topping. Place strawberries on top. Yield: fifteen servings.

PER SERVING: CALORIES 274  
PROTEIN 4.44G

*NOTE: To vary the flavor, substitute strawberry mousse pudding mix with instant coconut or chocolate mousse pudding mix and change the flavor of SCANDISHAKE® to vanilla or chocolate.*

### Scandi Chocolate Chip and Pecan Cookies

3/4 cup butter or all vegetable shortening  
1 1/4 cups firmly packed brown sugar  
2 tablespoons milk  
1 tablespoon vanilla extract  
1 egg  
3/4 cups all purpose flour  
1 teaspoon salt  
1/2 cup vanilla SCANDISHAKE®  
3/4 teaspoon baking soda  
1 cup semi-sweet chocolate chips  
1 cup coarsely chopped pecans

Combine shortening, brown sugar, milk, and vanilla extract in large bowl. Beat at medium speed with electric mixer until well blended. Beat egg into

creamed mixture. Combine flour, salt, SCANDISHAKE® and baking soda. Mix into creamed mixture just until blended. Stir in chocolate chips and pecan pieces. Drop by rounded teaspoons 3 inches apart onto ungreased baking sheet.

Bake one baking sheet at a time at 375° F for 8 to 10 minutes for chewy cookies (cookies will appear moist, do not over bake) or 11 to 13 minutes for crisp cookies. Cool 2 minutes on baking sheet. Place sheet of foil on counter-top. Remove cookies to foil to cool completely. Yield: five dozen.

PER COOKIE: CALORIES 53  
PROTEIN .69G

### Chocolate Scandi Mousse

1 cup whole milk  
3/4 cup chocolate SCANDISHAKE®  
1 package chocolate instant mousse whipping cream and almonds for garnish

Pour milk, SCANDISHAKE® and mousse into mixing bowl. Blend on lowest speed until well mixed. Slowly increase speed to highest speed. Whip for 5 minutes. Pour into 4 dessert dishes and refrigerate for two hours before serving. Garnish with whipping cream and almonds. Yield: four servings.

PER SERVING: CALORIES 280  
PROTEIN 5.67G