

11 Healthy Baking Tips from Top Chefs

'Tis the season for sweet treats—which isn't a bad thing. Experts say that from-scratch desserts are better for your waistline than ho-hum packaged versions. "Whole, minimally processed ingredients are generally more satisfying from a flavor and texture standpoint," explains Kristy Del Coro, R.D., the senior culinary nutritionist at SPE Certified and Rouge Tomato restaurant in New York City. So a smaller portion of foods made from them will crush your cravings. To help you indulge your sweet tooth without regret, we asked the experts for their healthy baking secrets. See, you really can have your cake and eat it too.



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Spice It Up

"Spices contain high amounts of polyphenols, compounds that have antioxidant and anti-inflammatory properties," nutritionist Kristy Del Coro says. Make them even better by grinding your own for a fresher taste and a more in-your-face (in a good way) aroma. Use a fine handheld grater for nutmeg, and whir star anise and cloves in a spice or coffee grinder.



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