Lower your SmartPoints® in the kitchen

Banana bread. Been there, baked that. After months filled with cooking and baking... and cooking and baking some more, you’ve mastered the kitchen (or are straight out of ideas for trying). Now it’s time for a summer of savvy swaps, fresh tips, and free rein to experiment. Our SmartPoints system was created with flexibility in mind, meaning you can still enjoy your favorite foods and reach your weight and wellness goals. No matter what food you choose, enjoy them!

WHAT TO DO
If you’re looking for ways to have those favorites and cut back on SmartPoints, try one of these cooking and baking ideas this week. Bring on the savvy swaps!

SWITCH YOUR METHOD.
Ditch frying and sautéing (hello, added oils and fats) for grilling, broiling, and steaming.

MAKE SUBSTITUTIONS.
Lean on lower-SmartPoints ingredients like swapping no added sugar applesauce for butter. Or try our Fudge Ice Cream Bar-ice box cake below!

Spice up your life.
It’s time to make friends with your (zero SmartPoints) spice rack. Try adding curry powder or smoked paprika to meat or fish, rosemary to potatoes, or cinnamon to oatmeal.

BUY PARCHMENT PAPER.
Lining pans will cut down on the oil you’ll use—and the time spent washing up.

JUST A SPRITZ!
Use a spray bottle to minimize how much oil you’re using. A little goes a long way!

Don’t forget to head to your Connect Studio Group to share your savvy baking and cooking swaps—and get inspired by other members’ tips!
Vegetarian
Nut-free

Fudge Ice Cream Bar-ice box cake
Prep 10 min | Chill 3 hrs | Serves 8

4 WW Giant Chocolate Fudge Ice Cream Bars
12 chocolate graham cracker squares
2 cups frozen low fat whipped topping, divided
1 thinly sliced medium banana (and/or sliced strawberries)
1 cup fresh raspberries, or mixed berries

1. Let ice cream bars defrost for 1 to 2 minutes.
2. Meanwhile, with a long sheet of plastic wrap or aluminum foil, line a standard loaf pan, making sure it hangs over the sides by a few inches to use as handles. Place 6 graham cracker squares in bottom of pan to cover bottom in an even layer; top with 1 cup whipped topping.
3. Slide sticks out of ice cream bars; over graham crackers, place bars, side by side in an even layer, and press down gently. Top with a layer of thinly sliced bananas and/or strawberries; top with another layer of 6 graham cracker squares.
4. Spoon remaining whipped topping over top; refrigerate for 1 hour and then freeze for 1 to 2 hours. Let sit at room temperature a few minutes; garnish with berries. Slice into 8 equal pieces.

SERVING SIZE: 1 piece

This recipe's star ingredient? Our WW Giant Chocolate Fudge Ice Cream Bars! Visit WW.com/productlocator to find a location near you to buy them.