

461559 -- DIABETIC DATE DAINITIES

2 eggs
1 1/2 tsp. liquid sweetener
1 1/2 tsp. baking powder
1/3 c. dates, chopped
1/4 c. flour
1/2 c. nuts
1 1/2 c. bread crumbs

Beat eggs, sweetener and baking powder. Add dates, flour and nuts. Stir in bread crumbs. Chill, then measure by teaspoon on a greased cookie sheet. Bake at 375 degrees for 12 minutes.

461560 -- SUGAR - FREE CRANBERRY RELISH

2 c. cranberries
2 apples
1 c. orange juice

Grind together the cranberries and apples, using a sweet apple. (May also use blender). Add orange juice, chopped nuts and sweetener to taste. Refrigerate several hours before using.

461561 -- IT COULD BE A SNICKERS BAR

12 oz. soft diet ice cream
1 c. diet Cool Whip
1/4 c. chunky peanut butter
1 pkg. sugar-free butterscotch
pudding (dry)
3 oz. Grape-Nuts cereal

Mix first 4 ingredients in mixer, then stir in cereal. Pour into 8 inch square pan. Cover and freeze. Makes 4 servings.

461562 -- BAKED CHICKEN FOR ONE

1 (3 oz.) chicken breast, boned &
skinned
2 tbsp. (any brand) bottled diet
Italian dressing

Marinate chicken in dressing overnight in covered casserole. Bake for one hour at 350 degrees. No additional seasonings are necessary. Very tender and juicy,.

461563 -- CHOCOLATE CHIP COOKIES

1/4 c. margarine
1 tbsp. granulated fructose
1 egg
1 tsp. vanilla extract
3/4 c. flour
1/4 tsp. salt
1/2 c. mini semi-sweet chocolate chips

Cream together margarine and fructose, beat in egg, water and vanilla. Combine flour, baking soda and salt in sifter. Sift dry ingredients into creamed mixture, stirring to blend thoroughly. Stir in chocolate chips. Drop by teaspoonsful onto lightly greased cookie sheet about 2 inches apart. Bake at 375 degrees for 8 to 10 minutes. Makes 30 cookies.

461564 -- ORANGE RICE

1 c. rice, uncooked
1 c. water
1 c. orange juice
1 tsp. reduced calorie margarine
Dash of salt
1 tbsp. orange rind, freshly grated
1/2 c. fresh orange sections, seeded

In a 2-quart microwave safe casserole, combine the rice, water, orange juice, margarine and salt. Cover, microwave on High for 5 minutes. Stir in the orange rind. Turn the bowl 1/4 turn. Microwave on High for an additional 10 minutes, turning the bowl after 5 minutes. Do not uncover the bowl. Allow to set, covered for an additional 10 minutes or until all of the liquids have been absorbed. Immediately before serving, fluff with a fork, add orange sections and mix gently. Serve with pride. Makes about 6 (100 calories) servings.

461565 -- BLACK BOTTOM PIE

--GRAHAM CRACKER CRUST:--

1 1/4 c. graham cracker crumbs
1/2 c. diet margarine

--FILLING:--

1 envelope unflavored gelatin
3/4 c. part-skim ricotta cheese
12 packets sweetener
1 packet low-calorie whipped topping
 mix
1 1/2 c. skim milk
1 tbsp. vanilla extract
1/4 c. cocoa

Combine crumbs with diet margarine by cutting in softened margarine until mixture resembles coarse crumbs. Press firmly in bottom and sides of 8 or 9 inch pie pan. Bake in preheated 350 degree oven for 8 to 10 minutes. Cool. In small saucepan, sprinkle gelatin over 1/2 cup skim milk. Let stand one minute. Heat, stirring constantly until gelatin dissolves. In blender or food processor, blend ricotta until smooth and add gelatin mixture, remaining 1 cup milk and vanilla. Continue blending until completely smooth. Remove half the mixture, set aside. To mixture still in blender, add 6 packs sugar substitute and cocoa. Blend thoroughly. Pour blender mixture into crust, chill for 30 minutes or until partially set. At the same time, chill remaining mixture for 30 minutes. Prepare whipped topping mix according to package directions gradually adding remaining 6 packets sugar substitute. Whisk into reserved, chilled mixture until blended smoothly. Spoon over chocolate layer; chill until set. Garnish with dusting of cocoa. Makes one (8 or 9 inch) pie (filling and crust) or 8 servings.

461566 -- CHICKEN BREASTS WITH CARROT AND ZUCCHINI STUFFING

2 sm. whole chicken breasts
1 c. carrots, shredded (about 2 sm.)
1 c. zucchini, shredded (about 1 med.)
1 tsp. salt
1/4 tsp. poultry seasoning
1 envelope chicken-flavored bouillon
1/4 c. water

With sharp knife, remove skin and excess fat from chicken breasts. Cut each breast in half, along breastbone; remove breastbone. From cut side of each chicken breast half, with tip of sharp knife, cut and scrape meat away from rib cage, gently pulling back meat to form pocket; set aside. In medium bowl, combine carrots, zucchini, salt and poultry seasoning. Spoon about 1/2 cup mixture into each pocket; secure with toothpicks. In 10 inch skillet, place chicken, sprinkle with bouillon. To skillet add water, over medium high heat, heat to boiling. Reduce heat to low; cover and simmer about 40 minutes or until chicken is fork tender. Remove toothpicks. Makes 4 servings, 180 calories per serving.

461567 -- BAKED ONIONS

Cover pie plate in foil (for easy cleaning). Use two to three onions per person, cooking size. Do not peel. Place onions on pie tin and bake one hour at 400 degrees. When done cut root end off, squeeze stem end and it should come out whole. Spread margarine/butter over onions, season with salt and pepper. Not for microwaves. Great with baked potatoes.

461568 -- SUGARLESS CAKE

1 c. dates, chopped
1 c. prunes, chopped
1 c. raisins
1 c. cold water
1 stick margarine, melted
2 eggs
1 tsp. baking soda
1/4 tsp. salt
1 c. plain flour
1 c. nuts, chopped
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1 tsp. vanilla

Boil dates and prunes in the one cup of water for 3 minutes; add margarine and raisins and let cool. Mix flour, soda, salt, eggs, nuts, spices and vanilla. Add to fruit mixture. Stir to blend. Pour into baking dish. Bake at 350 degrees for 25 to 30 minutes.

461569 -- DIABETIC ORANGE SUNBEAMS

1 1/2 c. all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. shortening
1/2 c. raisins
1 egg
2 tbsp. orange juice
2 tsp. grated orange rind
1 1/2 tsp. Sucaryl

Sift together flour, baking powder and salt. Cut in shortening until crumbly. Add all at once: raisins, eggs, orange juice, orange rind and Sucaryl. Mix well. Make into small balls; flatten on cookie sheet. Bake 12 to 15 minutes at 375 degrees.

461570 -- ALMOND BISCUIT RING

1/4 c. granulated brown sugar,
replacement
2 tbsp. diatetic maple syrup
2 tsp. reduced calorie margarine
2 tsp. water
1/3 c. almonds, coarsely chopped
1 (8 oz.) tube refrigerator biscuits

In a 1 1/2 quart microwave safe casserole, combine the brown sugar replacement, maple syrup, margarine and water. Cover with a paper towel and microwave on high for one minute. Allow to sit, covered for one minute, then stir to mix in the melted margarine. Stir in the almonds. Cut each of the biscuits into four pieces. Roll each piece into a ball. Dip each piece into the syrup mixture then place in a microwave safe ring mold. Arrange all coated balls uniformly around the ring mold. Pour any remaining syrup over the balls in the mold. Microwave on medium (50% power) for 5 to 6 minutes, turning the mold 1/4 turn after each two minutes. Remove from oven and immediately cover with waxed paper. Allow to sit undisturbed for 5 minutes; then turn out onto a serving dish. Divide into 10 servings. This dish has only about 80 calories per serving.

461571 -- BANANA SPLIT PIE

1 graham cracker crust
1 (4 oz.) pkg. sugar-free instant
vanilla pudding mix
2 c. low-fat milk
2 bananas, sliced
1 (15 oz.) can crushed pineapple
1 c. Cool Whip
1 tsp. vanilla
1/2 c. pecans, chopped

Mix pudding with milk and beat until thick, pour into crust. Put bananas over pudding. Squeeze pineapple to remove all juice. Sprinkle on top of bananas. Cover with Cool Whip, sprinkle pecans on top. Chill well.

461573 -- FRUIT DIP

1 c. plain yogurt
8 oz. light cream
8 packets Equal sugar
1 tsp. vanilla.

Mix.

461574 -- BROWNIE TORTE

1 1/2 c. chilled whipping cream
3 tbsp. Fruit Sweet or to taste
1 tsp. vanilla

Prepare Fudge Sweet Brownies (see recipe). Whip cream, Fruit Sweet and vanilla and use as filling and topping for layers of brownies. Low-Fat Substitute: Try 3 cups frozen whipped topping, thawed. Substitute your favorite flavoring for the vanilla, try 1 tablespoon instant coffee or 1 tablespoon concentrated orange juice.

461575 -- FANCIFUL FREEZE

4 ripe bananas, peeled
1/2 c. Raspberry Fanciful

Wrap bananas in plastic wrap and freeze overnight. Remove from freezer, break into 4 or 5 pieces and let stand at room temperature for about 10 minutes to slightly soften for the processor. Blend the bananas in a processor or blender until creamy. Add the Raspberry (or other flavor) Fanciful and blend briefly. This can be served immediately, or stored in the freezer. Serves 4.

461576 -- FROZEN APRICOT MOUSSE

1 c. apricot apple butter
1/2 c. whipping cream
2 egg whites
2 tbsp. Fruit Sweet

Beat egg whites until stiff but not dry. Fold into the apricot apple butter. Whip the cream until stiff, adding the Fruit Sweet. Fold the whipped cream into the apricot mixture. Freeze.

461577 -- FRUIT LEATHER

Place a sheet of plastic wrap in the bottom of a cookie sheet. Smooth a thin layer of fruit butter with the edge of a pancake turner. Place in the oven to dry at the lowest heat, about 120, for about 2 hours, or until dry, then remove and cool. Peel off and roll in plastic wrap. For variety, sprinkle with finely chopped walnuts before drying.

461578 -- FRUIT SALAD TOPPING

1 1/2 c. milk (skim or 1%)
1 (3 oz.) sugar free vanilla pudding

Add: 2 tbsp. frozen orange juice concentrate
1 tsp. grated orange peel (opt.)

Serve "on the side" with mixed fruit (fresh) or mix fruit and topping in bowl.

461579 -- RASPBERRY MOUSSE

2/3 c. Strawberry Fanciful
1/8 tsp. cream of tartar
2 egg whites
1/2 c. whipping cream

Add cream of tartar to egg whites, beat until stiff, but not dry. Fold into Strawberry Fanciful. Fold the whipped cream into the fruit mixture. Chill before serving or freeze for frozen mousse. Use any of the Fanciful flavors for variation: Strawberry, blueberry, orange pineapple, pineapple berry or peach.

461580 -- GOLDEN CARROT PIE

2 eggs
1/4 tsp. ground cinnamon
Pinch salt
1/2 c. Fruit Sweet
9" pie shell
Dash ground nutmeg
1/8 tsp. ground ginger
1 c. cooked carrots, riced or mashed
1/2 c. heavy cream

Beat the eggs, nutmeg, cinnamon, ginger and salt until thoroughly blended. Add the carrots and stir well. Pour in the Fruit Sweet and cream and stir until completely blended. Pour the filling into the pie shell and bake at 350 degrees for 35 minutes or until a knife inserted in the center comes clean. Serve with whipped topping.

461581 -- APPLESAUCE CAKE

2 eggs, well beaten
1 c. Apple Butter
1 1/2 c. flour
1/2 c. raisins
1/2 c. butter, melted
1/2 c. Fruit Sweet
1 1/2 tsp. baking soda
1/2 c. chopped walnuts

Combine the eggs, butter and apple butter. Sift the flour and bake soda. Add the walnuts and raisins to the flour mixture and blend. Add the flour mixture to the egg mixture alternately with the Fruit Sweet. Pour the batter into a greased tube pan and bake at 375 degrees for 30 to 35 minutes. Turn out and cool before serving. Serve with whipped cream.

461582 -- EASY CHOCOLATE GRAHAM TORTE

Line 13"x9"x2" pan with a layer of graham cracker squares. Prepare 1 large (6 oz.) package of instant sugar-free chocolate pudding as directed on the package. Spread over graham cracker layer. Place in refrigerator to let set some. Layer another layer of graham cracker squares over the pudding. Prepare a second package of chocolate pudding as above and spread over graham crackers. Refrigerate. Torte may be topped with whipped cream or Dream Whip when served. This easy dessert is one that diabetics may enjoy.

461583 -- FUDGE SWEET BROWNIES

2/3 c. flour
1/2 tsp. baking powder
2 eggs, beaten well
1/2 c. melted butter or oil
1/2 c. Fudge Sweet, softened
1/2 c. Fruit Sweet
1 tsp. vanilla
1/2 c. walnuts, chopped

Sift flour and baking powder; set aside. Blend the eggs, butter or oil, Fudge Sweet, Fruit Sweet and vanilla. Add the flour mixture and blend thoroughly. Add walnuts. Pour mixture into greased and floured 8"x8" baking pan. Bake at 350 degrees for about 15 minutes, until cake springs back at a light touch. Doubled recipe will fit into double size cookie pan.

461584 -- NO-SUGAR CUSTARD

6 egg yolks
1/4 c. Fruit Sweet
1/2 c. flour
2 c. milk
1 tsp. vanilla
1 tbsp. butter

In a medium bowl, beat egg yolks and Fruit Sweet until thick and pale. While continuing to beat, gradually sift in flour. Pour into a saucepan and place over low heat on the stove and gradually add milk and vanilla. Cook, stirring constantly, until mixture has thickened to a custard consistency, about 15 minutes. Remove from heat. Melt butter and pour over custard to prevent a skin from forming while it cools. Makes 3 cups.

461585 -- CHOCOLATE CAKE

2 eggs, beaten
1/2 c. butter, melted
1 c. strawberry apple butter
1 tsp. vanilla
5 tbsp. milk
3/4 c. Fudge Sweet Topping
5 tbsp. Fruit Sweet
2 c. flour
2 tsp. baking powder

Combine eggs, butter, strawberry apple butter and vanilla. Place the covered jar of Fudge Sweet into hot water to thin. Add the milk, Fudge Sweet and Fruit Sweet to the butter mixture. Sift the flour and baking soda together and blend with the wet mixture. Pour into two greased and floured 9" round tins or equivalent. Bake at 350 degrees for 40 minutes. Cool. Top with whipped cream.

461586 -- ORANGE MINCE CAKE

2 eggs, well beaten
1/3 c. Fruit Sweet
1 1/2 c. flour
1 1/2 tsp. baking powder
1/4 c. butter
1 c. Fruit Mincemeat
1 tsp. baking soda

Beat eggs, melt butter and add to Mincemeat and Fruit Sweet. Sift dry ingredients, add to mincemeat mix and blend. Spoon and smooth batter into oiled and floured 8" baking pan. Bake at 350 degrees for approximately 25 minutes. Top with Orange Cream Cheese Topping. --ORANGE CREAM CHEESE FROSTING:--

6 oz. cream cheese

2 tbsp. Fruit Sweet
2 tbsp. concentrated orange juice

Blend all ingredients together. Use on Orange Mince Cake.

461587 -- LO-CAL CHEESE CAKE

12 oz. low fat Ricotta cheese
4 eggs, separated
3/4 c. Fruit Sweet
Grated peel of 1 lemon
3 graham crackers, finely crushed
12 oz. low fat cottage cheese
2/3 c. non-instant milk powder
5 tbsp. lemon juice or to taste
2 tsp. pure vanilla
Butter or oleo for pan

Put cheese in process with egg yolks and Fruit Sweet and blend. Add milk, powder and process until smooth. Add vanilla, lemon juice and peel to cheese mixture. Blend until smooth. Beat egg whites until frothy, then add to the processor and blend for about 2 seconds, until mixed. Butter the bottom and 1/2 way up the sides of a 9" springform pan. Pour the graham cracker crumbs into the pan and shake until buttered area is coated. Leave any extra on the bottom. Pour cheese cake mixture into pan and bake at 350 degrees with a pan of water in the oven to prevent drying. Bake for 45 minutes or until inserted knife emerges clean. Cool. May serve with Wax Orchards All-Fruit Fanciful preserve of your choice. Variations: All cottage or all ricotta may be used. For standard cream cheese cake, substitute 24 ounces cream cheese, 3 eggs, 1/2 cup powdered milk and 2/3 cup Fruit Sweet. Adjust lemon.

461588 -- APRICOT PINEAPPLE CAKE

2 eggs, beaten
3/4 c. Apricot Apple Butter
1/2 c. dried apricots, chopped fine
2 tsp. baking soda
1/2 c. butter, melted
1/2 c. drained, crushed pineapple
2 c. flour
1/2 c. Fruit Sweet

Combine the eggs, butter, Apricot Apple Butter, pineapple and dried apricots until thoroughly blended. Mix the flour and baking soda together, then combine with the egg mixture alternately with the Fruit Sweet. Mix until the batter is smooth. Bake in a 9"x12" greased and floured pan at 340 degrees for 40 minutes or until cake springs back when pressed lightly. Remove the cake from the oven. Cool, turn out and cool completely. This cake is best served the next day.

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