

THE DIABETES RECIPE BOOK

INCLUDING RECIPES FOR SNACKS,
ENTREES, DESSERTS AND MORE!

200

DIABETIC RECIPES



Make sure to click this link and
watch this amazing ... Free
video presentation to learn
more about how to free yourself
from type 2 diabetes click here
right now!

Table of Contents

SUGAR - FREE CRANBERRY RELISH	8
IT COULD BE A SNICKERS BAR.....	8
BAKED CHICKEN FOR ONE.....	8
CHOCOLATE CHIP COOKIES	8
ORANGE RICE	9
BLACK BOTTOM PIE.....	9
CHICKEN BREASTS WITH CARROT AND ZUCCHINI STUFFING.....	10
SUGARLESS CAKE.....	11
ALMOND BISCUIT RING	11
BANANA SPLIT PIE.....	12
FRUIT DIP	12
BROWNIE TORTE	13
FUDGE SWEET BROWNIES.....	13
FRUIT LEATHER.....	13
FRUIT SALAD TOPPING.....	14
RASPBERRY MOUSSE.....	14
APPLESAUCE CAKE.....	14
EASY CHOCOLATE GRAHAM TORTE.....	15
FANCIFUL FREEZE	16
NO-SUGAR CUSTARD	16
CHOCOLATE CAKE.....	16
DIABETIC OATMEAL PEANUT BUTTER COOKIES	17
DIABETIC PEANUT BUTTER COOKIES.....	17
DIABETIC FUDGE	18
PINEAPPLE SHERBET (FOR DIABETICS).....	18
ORANGE SHERBET (FOR DIABETICS)	19
DIABETIC APPLE PIE	19
DIABETIC'S PUMPKIN PIE.....	19
SUGAR-FREE DIABETIC CAKE.....	20
DIABETIC PEANUT BUTTER COOKIES	20
DIABETIC COOKIES	21
DIABETIC CAKE.....	21
DIABETIC CAKE.....	22
DIABETIC COOKIES	22
DIABETIC CAKE.....	23
DIABETIC BROWNIES.....	23
DIABETIC SPICE CAKE.....	23
DIABETIC CAKE.....	24
DIABETIC OATMEAL COOKIES	24

DATE NUT COOKIES (DIABETIC)	25
ANN'S DIABETIC COFFEE CAKE	25
DIABETIC APPLESAUCE LOAF CAKE	26
DIABETIC CHOCOLATE CHIP COOKIES	26
DIABETIC JELLY	27
DIABETIC APPLE JELLY	27
DIABETIC SPAGHETTI SAUCE	28
DIABETIC BARBECUE SAUCE	28
ANNE'S DIABETIC CHOCOLATE SYRUP	28
DIABETIC CINNAMON COOKIES	29
DIABETIC NUT COOKIES	30
DIABETIC EASTER FUDGE	30
SPICED TEA (DIABETIC)	30
DIABETIC CRANBERRY AND ORANGE SALAD	31
DIABETIC GLORIFIED RICE	31
NO CALORIE DIABETIC DRESSING	31
CARROT CABBAGE SLAW (DIABETIC RECIPE)	32
DIABETIC CREAM CHEESE SALAD	32
EASY SUGAR-FREE DESSERT	33
CREAM PUFFS	33
SUGARLESS APPLE PIE	33
SUGAR-FREE SPICE COOKIES	34
GRILLED TURKEY TENDERLOIN	34
DIABETIC COOKIES	35
DIABETIC FRUIT BARS	35
SMAKEROON COOKIES	37
CHOCOLATE CAKE	37
SPONGE CAKE	38
CHOCOLATE SAUCE	38
BUTTERSCOTCH COOKIES	38
MARASCHINO CHERRY - GUMDROP COOKIES	39
DIET 7 - UP SALAD	40
SAUCY CRANAPPLE SALAD	40
PINEAPPLE COLE SLAW	41
DIETETIC PASTA SALAD	41
LASAGNA	41
COCONUT CUSTARD PIE	42
SUGAR FREE APPLE PIE	42
DIABETIC CHEESE CAKE	43
RHUBARB OR CRANBERRY JELLO	43
POPSICLES	43
PHUDGESICLES	44
DIABETIC APPLESAUCE COOKIES	44

DIABETIC SPICE OATMEAL COOKIES	45
DIABETIC COOKIES	45
DIABETIC PUMPKIN PIE	46
DIABETIC WHIPPED CREAM.....	46
DIABETIC PUMPKIN PIE	46
STRAWBERRY PIE (NO SUGAR).....	47
SUGAR-FREE APPLE PIE	47
APPLE PIE (NO SUGAR).....	48
GERMAN SAUERKRAUT.....	48
WALNUT DREAMS.....	49
SUGAR-FREE CHERRY OATS MUFFIN.....	49
MOM'S BEEF STEW.....	50
DIABETIC BEEF PASTIES	50
TUNA SUPREME.....	51
DIABETIC SPICY MEATBALLS.....	51
DIABETIC SPICY SAUSAGE.....	51
PORK CHOPS & STUFFING	52
DIABETIC APPLESAUCE CAKE	52
BANANA BREAD.....	53
DIABETIC CHOCOLATE CHIP COOKIES	53
WACHY CHOCOLATE CAKE	54
APPLE PIE, SUGARLESS	54
APPLESAUCE COOKIES	54
DIABETIC OATMEAL COOKIES	55
HELEN'S LOW - CAL PECAN PIE.....	55
SUGAR - FREE SPICE COOKIES	56
DIABETIC BARS.....	57
PICKLED FRENCH STYLE GREEN BEANS.....	57
ALOHA SEAFOOD DISH.....	57
APPLE MAGIC.....	58
APPLE TURNOVER	58
APPLE/PEAR TUNA SALAD	59
APRICOT UP-SIDE DOWN CAKE	59
BAKED APPLES	60
BAKED BEANS	60
BAKED CHICKEN WITH APPLES	60
BANANA CREAM PIE	61
EGG SALAD.....	61
SOUTHERN CELERY FISH SALAD.....	63
SPAGHETTI.....	63
SPANISH STRING BEANS	63
SPICY APPLE TWIST.....	64
SQUASH PICKLES.....	64

STRAWBERRY CHIFFON PIE	64
STRAWBERRY FRUIT SQUARES.....	65
STRAWBERRY--PRAMGE DELIGHT	65
SWEET 'N SOUR CABBAGE.....	66
CARROT CAKE	66
CREAM CHEESE FROSTING	67
DATE COFFEE CAKE	67
BLUEBERRY MUFFINS	68
MICROWAVE BRAN MUFFINS.....	69
BANANA PECAN CREAM PIE.....	69
DIABETIC KEY LIME PIE.....	70
DIABETIC PIE CRUST.....	70
NO SUGAR CUSTARD PIE	71
COCONUT SURPRISES	71
DATE DROPS	72
BUTTERSCOTCH SQUARES.....	72
BROWNIES	72
DATE COOKIES.....	73
DIABETIC SPICE COOKIES	74
ELEANOR'S THUMBPRINTS	74
SUGAR FREE OATMEAL COOKIES.....	75
SESAME LACE COOKIES.....	75
PARTY MIX.....	76
DIABETIC ZUCCHINI - BASIL MUFFINS	76
DIABETIC CAKE.....	77
DIABETIC DATE - NUT CAKE.....	77
DATE COOKIES FOR DIABETICS.....	78
DIABETIC FRUIT CAKE	78
DIABETIC COOKIES	79
DIABETIC COOKIES	79
DIABETIC CAKE.....	80
BEST DIABETIC COOKIE.....	80
DIABETIC PEANUT BUTTER COOKIES.....	81
DIABETIC COOKIES	81
DIABETIC RAISIN COOKIES.....	82
DIABETIC COOKIES	82
DIABETIC DATE NUT CAKE	83
DIABETIC COOKIES	83
APPLESAUCE DIABETIC CAKE	84
LOW SUGAR DIABETIC CAKE.....	84
DIABETIC POUND CAKE.....	85
DIABETIC PUMPKIN COOKIES	85
DIABETIC DATE NUT CAKE	86

DIABETIC FROSTING	86
DIABETIC DATE COFFEE CAKE.....	87
DIABETIC APPLESAUCE CAKE	87
DIABETIC COOKIES	88
DIABETIC UNBAKED FRUIT CAKE.....	88
DIABETIC PUMPKIN BARS	89
DIABETIC EASTER FUDGE	89
DIABETIC COOKIES	90
DIABETIC NUT COOKIES	91
DIABETIC CAKE.....	91
OATMEAL & APPLESAUCE DIABETIC COOKIES	92
DIABETIC DATE CAKE	92
DIABETIC DATE BARS.....	93
DIABETIC COOKIES	93
DIABETIC FRUIT BARS.....	94
DIABETIC APPLESAUCE CAKE	94
CHOCOLATE CAKE FOR THE DIABETIC	95
FRUIT COOKIES FOR DIABETICS.....	95
LOW CAL SALAD DRESSING	96
DATE DIET SALAD.....	96
OAT BRAN MUFFINS	96
HOMEMADE GRANOLA	97
SUGARLESS CAKE with pineapple.....	97
SUGARLESS APPLE PIE	98
LEAN PIE CRUST.....	98
SUGARLESS COOKIES	99
ORANGE DATE BARS.....	99
APPLE CINNAMON OATMEAL.....	100
BERRY PUDDING	100
BISCUITS	101
CORNBREAD DRESSING.....	101
CREAMED POTATO SOUP.....	102

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.

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.

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. Will be very tender and juicy,.

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.

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.

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 or 8 servings.

CHICKEN BREASTS WITH CARROT AND ZUCCHINI STUFFING

2 small (whole) skinless, boneless 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

In medium bowl, combine carrots, zucchini, salt and poultry seasoning. Spoon about 1/2 cup mixture into each pocket (each

breast should open similar to a butterfly); secure with toothpicks. In place chicken in a Med size skillet, sprinkle with bouillon.

Add water to skillet and cook 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.

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.

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 5 minutes; then turn out onto a serving dish. Divide into 10 servings. About 80 calories per serving.

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.

FRUIT DIP

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

Mix all ingredients together.

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 below). Whip cream, Fruit Sweet and vanilla and use as filling and topping for layers of brownies. Low-Fat Substitute: About 3 cups frozen whipped topping, thawed. Substitute your favorite flavoring for the vanilla, such as 1 tablespoon instant coffee or 1 tablespoon concentrated orange juice.

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.

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.

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.)

Can be served as a side dish with mixed fruit (fresh) or mix fruit and topping in bowl.

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. For flavor variation try: Strawberry, blueberry, orange pineapple, pineapple berry or peach.

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.

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 a little.

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.

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.

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.

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.

DIABETIC OATMEAL PEANUT BUTTER COOKIES

2/3 c. oatmeal
2 c. flour
1 tsp. lite salt
1/4 tsp. soda
2 tsp. baking powder
1/3 c. corn oil
2/3 c. salt free peanut butter
1/4 c. Eggbeaters and 1 egg
3 tbsp. skim milk
4 tbsp. liquid sweetener
2 tbsp. sugar substitute

Sift flour, salt, soda, and baking powder. Cream next 6 ingredients together add oatmeal, beat. Add flour mixture, stir until it forms a ball; roll into 1 inch balls. Place on ungreased cookie sheet. Press down with glass. Bake at 375 degrees for 10 minutes. approx 35 calories per cookie.

DIABETIC PEANUT BUTTER COOKIES

1 c. flour
1/2 c. creamy peanut butter
1 egg
1 tsp. vanilla
1/4 tsp. salt
1 1/2 tsp. baking powder

1/2 c. water
1 tbsp. liquid sweetener
1/2 c. salad oil

Mix all together in a large bowl. Shape into balls and place on ungreased cookie sheet. Bake at 375 degrees for 12 to 15 minutes. (You may add a little more flour if desired.)

DIABETIC FUDGE

1 14 1/2 oz. evaporated milk
3 tbsp. cocoa
1/4 c. oleo
Liquid Sweetner to equal 1/2 c. sugar
1/4 tsp. salt
1 tsp. vanilla
2 1/2 c. graham cracker crumbs
1/4 c. nuts

Combine milk and cocoa in saucepan. Beat well. Add oleo, sweetner, salt. Bring to boil. Remove from heat. Stir in remaining ingredients except 1/4 cup graham crackers. Cool about 15 minutes. Divide mixture into 32 balls. Roll in remaining cracker crumbs and chill.

PINEAPPLE SHERBET (FOR DIABETICS)

1 (16 oz.) can crushed pineapple in pineapple juice
1 tsp. unflavored gelatin (1/3 envelope)
2 tbsp. lemon juice nonnutritive sweetener equivalent to 1/2 cup sugar
1/2 c. nonfat dry milk powder

At least 3 1/2 hours before serving: Drain pineapple, reserving juice. In small saucepan, into 1/4 cup reserved pineapple juice, sprinkle gelatin. Cook over low heat, stirring constantly until gelatin is dissolved. Remove from heat; stir in 1/2 cup reserved pineapple juice, lemon juice, crushed pineapple and nonnutritive sweetener; cool. In small bowl with mixer at high speed, beat milk powder with 1/2 cup

ice water until stiff peaks form; gently stir in gelatin mixture until well combined. Pour into shallow pan; freeze 3 hours or until firm. Makes 8 servings.

ORANGE SHERBET (FOR DIABETICS)

1 c. orange juice
1 tsp. unflavored gelatin (1/3 envelope)
2 tbsp. lemon juice
1 tbsp. grated orange peel nonnutritive sweetener equal to 1/2 cup sugar
1/2 c. nonfat dry milk powder

Mix all ingredients together until well blended.

DIABETIC APPLE PIE

Pastry for 8 inch two crust pie
6 c. sliced tart apples
3/4 tsp. cinnamon or nutmeg
1 (12 oz.) can frozen Seneca apple juice
2 tbsp. cornstarch

Heat oven to 425 degrees. Put apples in pastry lined pan. Heat juice, cornstarch and spice (optional). Let it boil until clear. Pour over apples. Cover with top crust. Bake 50 to 60 minutes.

DIABETIC'S PUMPKIN PIE

1 baked, cooked 9 inch pie shell
2 sm. pkgs. sugar free instant vanilla pudding c. milk
1 c. canned pumpkin
1 tsp. pumpkin pie spice
1/4 tsp. nutmeg
1/4 tsp. ginger
1/2 tsp. cinnamon

Blend all ingredients in blender until smooth. Use plain canned pumpkin. Do not use canned pumpkin pie mixture. Pour into pie shell and chill until ready to serve.

SUGAR-FREE DIABETIC CAKE

2 c. raisins
2 c. water
2 eggs, lightly beaten (you can use eggbeaters or egg whites)
1 tsp. vanilla extract
1/2 c. skim milk
2 c. unsweetened applesauce
3 tsp. Sweet & Low
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. salt
1 tsp. baking powder
2 c. all-purpose flour
1 c. chopped nuts (optional)

You may substitute the nuts with 1/2 cup mashed bananas for a uniquely different flavor, if so, mix banana with the wet ingredients. Preheat oven to 350 degrees. Cook raisins in water until all water is absorbed, about 30 minutes. Mix all the wet ingredients in one bowl and all the dry ingredients in a separate bowl. The nuts get added to the flour mixture then add the flour mixture to the liquid mixture. Fold in the raisins. Bake in loaf or bundt pan for 35 to 45 minutes or until toothpick inserted comes out clean.

DIABETIC PEANUT BUTTER COOKIES

1/2 c. peanut butter
1 tbsp. low calorie oleo
2 1/2 tsp. liquid sweetener
2 eggs
1 c. flour
1/4 tsp. soda

1/2 c. skimmed milk

Beat first 4 ingredients well. Add eggs and beat again, then add milk and flour. Blend well. Drop by spoon on cookie sheet that is greased well. Bake at 375 degrees for 12 minutes.

DIABETIC COOKIES

1 egg
1/2 c. margarine, melted
2 tsp. cinnamon
1 c. flour
1 c. quick-rolled oats
1 c. applesauce
1 c. raisins
1 tsp. soda
3 pkgs. sugar substitute

Place all ingredients in bowl and mix well. Drop by teaspoons on cookie sheet and bake for 10 to 12 minutes at 375 degrees. *Makes about 3 dozen.*

DIABETIC CAKE

2 c. diced apples, cooked
2 eggs
1 c. nuts
1/2 tsp. cinnamon
1 tsp. soda
1/2 c. Sugar Twin
3/4 c. butter
1 c. raisins
2 c. flour
1/2 tsp. salt

Mix all ingredients together in order above. Bake in tube pan 1 hour at 350 degrees.

DIABETIC CAKE

1 c. raisins cooked in 1 c. water
1 c. prunes, cooked in 1 c. water, cut up
1 c. unsweetened applesauce
2 eggs
1/4 c. Sweet-n-Low
3/4 c. Wesson oil
2 c. self-rising flour
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda
1 c. black walnuts, chopped

Dredge walnuts and raisins in flour. Beat eggs and applesauce together. Combine all other ingredients and bake at 350 degrees for 35-40 minutes in sheet pan.

DIABETIC COOKIES

1 box raisins
2 c. water
1 1/2 sticks butter
3 eggs
1 tsp. vanilla
1 1/2 tsp. baking powder
1 1/2 tsp. soda dissolved in 3 tsp. water
1 tsp. cinnamon
Pinch of salt

Boil together raisins, water and butter about 2 minutes. When cool, add eggs, Sweet-N-Low, vanilla and soda. Sift together flour, salt, cinnamon, baking powder. Add to first cooked mixture. Add 1 cup nuts, if desired. Drop on greased cookie sheet and bake about 20 minutes at 350 degrees.

DIABETIC CAKE

1 c. raisins, cooked in 1 c. water, cool
1 c. prunes, cut up, cook in 1 c. water, cool
1 c. applesauce, sweet or unsweetened
2 eggs
1/4 c. Sweet-N-Low
3/4 c. corn oil
2 c. self-rising flour
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda

1 c. chopped pecans or black walnuts

Dredge nuts and raisins in flour. Beat egg and applesauce. Combine all ingredients and bake at 350 degrees for 35-40 minutes in shallow pan.

DIABETIC BROWNIES

2 c. graham cracker crumbs (approximately 24 crackers)
1/2 c. chopped walnuts
3 oz. semi-sweet chocolate
1 1/2 tsp. Sweet-N-Low (6 packs)
1/4 tsp. salt
1 c. skim milk

Heat oven to 350 degrees. Place all ingredients in bowl; blend well. Bake in greased 8x8x2 pan for 30 minutes. Cut in 2-inch squares while warm.

DIABETIC SPICE CAKE

1/2 c. margarine
3 eggs, beaten
1 1/2 c. unsweetened applesauce
1 c. raisins

1/2 tsp. vanilla
2 tsp. soda
1 tbsp. Artificial sweetner
1 c. dates, chopped fine
3 apples, peeled and cut in lg. pieces
1 tsp. cinnamon
2 c. flour
1 c. pecans, chopped

Mix all ingredients and bake in prepared Bundt pan (spray with Pam) in 350 degree oven for 1 hour.

DIABETIC CAKE

2 c. raisins
2 c. water
1 c. unsweetened applesauce
2 eggs
3/4 c. oil
2 tbsp. liquid sweetener
2 c. flour
1/4 tsp. nutmeg
1 tsp. soda
1 tsp. vanilla

Cook raisins in water until water is gone. Add next 4 ingredients to raisins after they cool. Mix well. Sift dry ingredients together and add. Add vanilla, mix well. Pour into a greased loaf pan. Bake 1 hour or longer at 350 degrees.

DIABETIC OATMEAL COOKIES

1/2 c. margarine
1 egg
1 tsp. sucaryl solution
1/4 c. milk
1 c. flour
1/2 tsp. baking powder
1/8 tsp. baking soda

1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
1 tsp. vanilla
1/2 c. raisins
1 c. rolled oats

Cream margarine. Add beaten egg, sucaryl solution, and milk. Sift and mix dry ingredients and then add to first mixture. Beat in vanilla, raisins, and rolled oats. Drop by teaspoon onto greased cookie sheet and bake. You can use 1/4 cup margarine and 1/4 cup applesauce or 1 banana instead of using the full amount of margarine.

DATE NUT COOKIES (DIABETIC)

1/2 c. softened oleo or margarine
1 tsp. liquid sweetener
2 tsp. water
1/2 tsp. vanilla
1 beaten egg
1 c. plus 2 tbsp. flour
1/2 tsp. soda
1/2 tsp. salt
1/2 c. chopped dates
1/2 c. chopped nuts

Cream butter, add sweetener, water, vanilla and beaten egg. Sift dry ingredients and add to mixture. Bake on greased cookie sheet 10-12 minutes at 375 degrees.

ANN'S DIABETIC COFFEE CAKE

1 c. flour
1/2 c. margarine
2 tbsp. water

Mix and roll dough into ball, divide into 2 balls. Place onto ungreased cookie sheet. Pat down, 12 inches long - 3 inches wide.

--FILLING--

1/2 c. margarine
1 c. water
1 tsp. almond extract
1 c. flour
3 eggs

Mix margarine and water in saucepan. Bring to a boil and add flavoring, then remove from heat. Add flour, then add eggs one at a time. Divide into half. Spread on dough, one then the other. Bake at 350 degrees for 60 minutes.

DIABETIC APPLESAUCE LOAF CAKE

3 c. flour
1 1/2 c. sugar substitute
2 tsp. baking soda
2 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. salt
2 c. applesauce, unsweetened
1 c. oil
4 eggs
1 c. raisins
1/2 c. chopped walnuts
1 c. chopped dates

Combine all ingredients. Pour batter into 2 ungreased 9 x 6 x 4 inch loaf pans. Bake at 350 degrees for 45 minutes.

DIABETIC CHOCOLATE CHIP COOKIES

1/4 c. margarine, softened
1 1/2 tsp. vanilla
1 c. + 2 tbsp. flour
2 tsp. baking powder
1/2 c. semi-sweet chocolate chips
1/4 c. chopped nuts

4 tsp. liquid sweetener
1 egg
1/2 tsp. salt
1/4 tsp. soda

Combine first 4 ingredients in small mixer bowl. Beat at high speed for 1 to 2 minutes or until light and fluffy. Add next 4 ingredients with 1/2 cup water. Blend at low speed until well combined. Stir in chocolate chips and nuts. Dough will be soft. Drop onto ungreased cookie sheet. Bake at 425 degrees for 10 to 12 minutes.

DIABETIC JELLY

1 c. unsweetened juice (any kind)
1/4 tsp. lemon juice
2 tbsp. sugar substitute
1 tbsp. plain gelatin
1 tbsp. cornstarch

Mix lemon juice, sugar substitute, gelatin and cornstarch. Add fruit juice and stir well to mix. Boil hard for 3 minutes, stirring constantly. Makes 1 small jar. Store in refrigerator.

DIABETIC APPLE JELLY

2 env. unflavored gelatin
2 c. unsweetened apple juice
Artificial sweetener to taste
2 tbsp. lemon juice
Yellow food coloring

Sterilize 2 half-pint jars by covering with water and boiling for 15 minutes. Soften gelatin in 1 cup apple juice. Heat to a boil the other cup of apple juice. Remove from heat. Add juice with softened gelatin. Add lemon juice. Bring to full boil and cook about 2 minutes. Remove from heat and add food coloring and sweetener to taste. Pour into sterile half-pint jars, seal, and cool. Store in refrigerator. Makes 2 half-pints.

DIABETIC SPAGHETTI SAUCE

1 tsp. vegetable oil 1 1/4 lb. lean ground round 3 (8 oz.) cans tomato sauce 1 (6 oz.) can tomato paste 4 c. water 1/4 tsp. salt (optional) 1 tsp. pepper 1 tsp. oregano Dash of garlic Brown onions in oil; add meat and brown. Drain fat; add rest of ingredients. Simmer 1 hour uncovered. Serving size, 1/2 cup. (Lean meat exchange 1, vegetable exchange 1, Calories 90, Carbohydrates 5 g, Protein 7 g, Fat 5 g, Fiber 0 g, Cholesterol 21 mg, Sodium 264 mg.

DIABETIC BARBECUE SAUCE

1 sm. onion, minced
1 (8 oz.) can tomato sauce
2 c. water
1/4 c. wine vinegar
1/4 c. Worcestershire sauce
1 tsp. salt (optional)
2 tsp. paprika
2 tsp. chili powder
1 tsp. pepper
1/2 tsp. cinnamon
1/8 tsp. cloves

Combine all ingredients; bring to full boil. Simmer 20 minutes.
Serving size = 1/4 cup

ANNE'S DIABETIC CHOCOLATE SYRUP

1/3 c. dry cocoa
1 1/4 c. cold water
1/4 tsp. salt
2 tsp. vanilla
3 tsp. liquid sweetner

Combine all ingredients; bring to full boil. Simmer 20 minutes.

DIABETIC CINNAMON COOKIES

1 slice bread, crumbled
1/4 tsp. cinnamon
1/4 tsp. vanilla
1 egg, beaten
1 tsp. sweetener

Mix all ingredients together, drop on cookie sheet, bake at 350 degrees for about 10 - 15 min or until lightly brown.

DIABETIC NUT COOKIES

1/2 c. flour
1/4 tsp. baking powder
1/8 tsp. salt
1/2 tsp. Sweet and Low
2 tbsp. unsweetened orange juice
1/2 tsp. vanilla
2 tbsp. vegetable shortening
2 tbsp. chopped nuts
2 tbsp. grated orange rind

Mix all ingredients together, drop on cookie sheet, bake at 350 degrees for about 10 - 15 min or until lightly brown.

DIABETIC EASTER FUDGE

1 sq. unsweetened chocolate
1/4 c. evaporated milk
1/2 tsp. vanilla
1 tsp. artificial liquid sweetener
1 pkg. vanilla or chocolate sweetened pudding powder
8 tsp. finely chopped nuts

Mix all ingredients together and bring to a boil over med. heat, stirring constantly. When mixture begins to thicken , quickly pour into pan or dish to cool and set. May be refrigerated to hasten cooling.

SPICED TEA (DIABETIC)

1 c. instant tea with NutraSweet
2 pkg. Kool aid
Sunshine Punch with NutraSweet
1 tsp. cinnamon
1 tsp. cloves

Add desired portion to cup of hot water.

DIABETIC CRANBERRY AND ORANGE SALAD

1 lb. fresh cranberries
1 med. orange, do not peel
1 med. apple, do not peel
1 lg. celery stalk

Grind the above ingredients together. 1 (3 oz.) box orange sugar free Jello 2 tbsps. Equal sweetener Dissolve Jello in 3/4 cup boiling water; add 3/4 cup cold water. Add ground fruit, celery, pineapple, sweetener. Chill.

DIABETIC GLORIFIED RICE

1/2 c. rice, uncooked (not instant)
1 (20 oz.) crushed pineapple, in own juice
1 (3 oz.) pkg. sugar-free fruit flavored gelatin
Boiling water
Pineapple juice, drained from can
Maraschino cherries
Heavy cream

Cook rice according to package directions. Drain, set aside. Drain pineapple, reserving 1 cup juice. Dissolve gelatin in 1 cup boiling water. Add juice. Stir in well drained rice, the cooked rice will absorb the color and flavor of the gelatin. Mix well and chill until thickened but not quite set. Add drained pineapple and cherries, if desired. Fold in cream that has been whipped. Chill. Makes about 8 servings.

NO CALORIE DIABETIC DRESSING

1/2 c. water
1/2 c. white vinegar
1/2 tsp. salt
1/2 tsp. dry mustard
1/8 tsp. pepper

1/16 tsp. paprika
Artificial sweetener to substitute for 4 tsp. sugar

Combine all ingredients and refrigerate. Makes about 1 cup. 1 serving = 1-2 tablespoons. *Diabetics - this is a free exchange. Sodium value 133 mg/2 tablespoons (low sodium diets omit salt). No cholesterol, protein fat or calories.

CARROT CABBAGE SLAW (DIABETIC RECIPE)

1/2 head cabbage
1 sm. onion
2 celery stalks
2 carrots
1 tbsp. mayonnaise
2 pkg. Artificial sweetner (such as sweet n low)
1/2 tsp. black pepper
2 tbsp. vinegar
2 tbsp. lemon juice

Shred cabbage and carrots. Finely chop onion and celery. Mix together in a large bowl. In a separate bowl, mix together sweetner, pepper, vinegar, lemon juice, and mayonnaise. Pour over shredded vegetables and refrigerate. Makes 10 servings. Exchanges: One serving equals 1 vegetable; calories: one serving equals 23 calories.

DIABETIC CREAM CHEESE SALAD

1 (3 oz.) env. sugar free Jello (lime)
1 c. crushed pineapple in own juice
3 oz. lite cream cheese, room temperature
1/2 c. evaporated skim milk, chilled

Mix Jello per package directions. Drain juice from pineapple and add water to make 1/2 cup liquid. Add juice to Jello mixture and chill until syrupy. Beat the evaporated skim milk, making sure that the bowl, beaters and milk are well chilled. Set whipped milk aside. Beat the cream cheese into Jello. Fold in the whipped milk and drained pineapple and chill in mold or glass dish. Makes 9 1/2-cup servings.

EASY SUGAR-FREE DESSERT

1 (6 oz.) pkg. sugar-free Jello
2 c. hot water
1/2 pkg. Crystal Light lemonade mix
2 c. water
3 c. Cool Whip
1 angle food cake

Dissolve Jello in hot water. Add lemonade mix and water. Chill until slightly thickened, beat until frothy and fold in Cool Whip. Fold in cake broken in pieces. Put into 9 x 13 inch pan and chill.

CREAM PUFFS

1/2 Margarine
1 c. boliling water
1 c. flour
1/2 tsp salt
4 eggs

Melt margarine in 1 cup boiling water. Sift flour and salt together. Add to boiling liquid all at once and stir until mixture leaves side of pan in compact ball. Cool 1 minute.

Put in mixing bowl and add eggs - one at a time, beating well after each addition. Drop by rounded teaspoon onto ungreased cookie sheet. Bake at 450 degrees for 10 minutes and then at 400 degrees for about 25 minutes. Cool and fill with favorite filling. *Suggested filling: 1 tub Cool Whip, stir in 1/2 package instant vanilla pudding.*

SUGARLESS APPLE PIE

1 (12 oz.) can frozen apple juice concentrate, thawed
3 tbsp. cornstarch

1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
5-6 apples, peeled, cored and sliced

Mix all ingredients, bring to a boil. Pour into crust-lined pie plate. Top with remaining crust. Bake at 425 degrees about 45 minutes until crust is golden and apples are tender.

SUGAR-FREE SPICE COOKIES

1/3 c. margarine, softened
1/4 c. granulated fructose
1/2 tsp. granulated brown sugar replacement
1 c. flour
1/2 tsp. baking powder
1 tsp. cinnamon
1/8 tsp. salt
1 tsp. vanilla

In a large bowl, cream margarine, fructose, and brown sugar replacement together until light and fluffy. Add flour, baking powder, cinnamon, and salt; mix well. Stir in vanilla. Shape dough into 1-inch balls and place on ungreased cookie sheets. Flatten balls with a fork that has been dipped in cold water. Bake at 375 degrees for 8-10 minutes; cool on wire racks.

GRILLED TURKEY TENDERLOIN

1/4 c. low-sodium soy sauce
1/4 c. sherry wine or apple juice
1/8 tsp. black pepper
2 tbsp. crushed onion
1 lb. uncooked turkey tenderloin, 3/4 to 1 inch thick
1/4 c. peanut oil
2 tbsp. lemon juice
1/8 tsp. garlic salt
1/4 tsp. ground ginger

In a shallow pan, blend all marinade ingredients together. Add turkey, turning to coat both sides. Cover; marinate in refrigerator several hours or overnight, turning occasionally. Grill the tenderloins over hot coals, 8-10 minutes per side, depending on the thickness. Tenderloins are done when there is no pink in the center - do not over cook. Serve in 1/4 inch thick slices in toasted buns. Yields 4 servings.

DIABETIC COOKIES

1/2 c. oleo
2 tsp. sweetener
1 tsp. salt
1 egg
2 tsp. grated orange peel
1/2 c. milk
1/2 tsp. baking powder
1/2 tsp. soda
1 c. nut meats
1 1/4 c. flour

Cream oleo, sweetener, and part of flour. Stir in rest of ingredients. Bake at 350 degrees for 10-12 minutes.

DIABETIC FRUIT BARS

1 c. chopped dates
1/2 chopped dried apricots
1/2 c. walnuts
1 1/2 tsp. baking powder
1/2 c. butter
1 1/3 c. rolled oats
1/4 c. oil
2 eggs
1 tsp. vanilla
1 c. flour
1 tsp. cinnamon

In saucepan, melt oil and butter, add dates and apricots. Remove from heat and beat in egg and vanilla. Combine dry ingredients and

mix with rest of mixture. Bake in 9 x 13 inch pan for 20 minutes at 350 degrees.

SMAKEROON COOKIES

3 egg whites
1/2 tsp. cream of tartar
2 tsp. sugar substitute
1/4 tsp. almond flavoring
3 c. Rice Krispies
1/4 c. shredded coconut

Beat egg whites until foamy, add cream of tartar and continue beating until stiff but not dry. Add sugar substitute and flavoring. Beat until blended. Fold in cereal and coconut and drop by teaspoonfuls onto lightly greased cookie sheet. Bake at 350 degrees for 12-15 minutes or until lightly browned. 1 serving = 1 fruit exchange (3 cookies). Yields 24 cookies.

CHOCOLATE CAKE

1/4 c. sifted all purpose flour
1 tsp. baking powder
1/4 tsp. salt
3 tbsp. cocoa
1/4 c. cold coffee
1 tbsp. sugar substitute
1 egg
1 tbsp. salad oil
1/4 c. cold water
1 tsp. vanilla

Sift flour, baking powder, soda, and salt together. Blend cocoa and coffee. Beat egg and all sugar substitute, water, salad oil, and vanilla and stir into dry ingredients, mixing only until smooth. Stir in cocoa and coffee mixture. Line one 8 inch round layer cake pan with wax paper and grease with 1/8 teaspoon butter. Pour batter into pan, cover pan with foil and place in shallow pan of water. Bake at 350 degrees for 25 minutes. Remove from pan onto cake rack and cool. Cut layer in half crosswise to make half of a two layer cake. One serving = 1 fruit and 1 fat exchange.

SPONGE CAKE

7 eggs
1/2 c. cold water
3 tbsp. sugar substitute
1/2 tsp. vanilla
2 tbsp. lemon juice
1/4 tsp. cream of tartar
1 1/2 c. cake flour
1/4 tsp. salt

Beat egg yolks until thick and lemon colored. Combine water, sugar substitute, vanilla, and lemon juice. Add to egg yolks beat until thick and foamy; add cream of tartar to beaten egg whites and continue beating until stiff peaks form. Fold carefully into yolk mixture. Combine sifted flour and salt. Sift a little at a time over the mixture, folding in gently. Pour into an ungreased 9 or 10 inch tube pan. Bake at 325 degrees for 1 hour and 15 minutes. One serving = 1 bread exchange.

CHOCOLATE SAUCE

1 tbsp. butter
2 tbsp. cocoa
1 tbsp. cornstarch
1 c. skim milk
2 tsp. sugar substitute
1/8 tsp. salt

Melt butter. Combine cocoa, cornstarch and salt; blend with melted butter until smooth. Add milk and sugar substitute and cook over moderate heat, stirring constantly until slightly thickened, remove from heat. Stir in vanilla. Set pan in ice water and stir until completely cold. (Sauce thickens as it cools.) One serving - (1 tablespoon) free exchange.

BUTTERSCOTCH COOKIES

1/2 tsp. baking powder

1 c. flour
Pinch of salt
1/4 c. shortening
2 tbsp. brown sugar
1 env. or 1 1/16 oz. artificiaallysweetened butterscotch pudding and
pie filling mix
1/4 tsp. vanilla
1 egg

Sift together salt, flour, and baking powder. Combine shortening and sugar and cream together; slowly add pudding mix, mixing thoroughly. Then add egg, beat until mixture is light and fluffy. Stir in vanilla; and then add ingredients; mixing well. Place dough on wax paper; shape into a roll about 2 inches in diameter.

Wrap in wax paper. Place in freezer for about 30 minutes or refrigerate overnight. Cut into 1/8 inch slices then place on ungreased cookie sheet. Bake at 375 degrees for 8-10 minutes. *2 cookies = 2 fruit and 1 fat exchange. Makes 24 cookies.*

MARASCHINO CHERRY - GUMDROP COOKIES

1/2 c. margarine
1/4 c. brown sugar
1 egg yolk
1 c. flour
1 1/2 tsp. vanilla extract
1/4 tsp. salt
24 sm. gum drops or 12 maraschino cherries, halved

Cream together margarine adding sugar slowly. Mix in egg yolk and vanilla extract. After sifting dry ingredients together slowly add creamed mixture. Roll into small balls and place on ungreased cookie sheet. Bake at 350 degrees for 5 minutes. After removing from oven, gently press maraschino cherry half or 1 gumdrop in the center of each cookie. Return to oven and continue baking for an additional 8-10 minutes. *2 cookies = 1 fruit exchange and 2 fat exchanges. Yields 2 dozen cookies.*

DIET 7 - UP SALAD

1 (4 serving) pkg. sugar free lemon gelatin
1 c. boiling water
6 oz. cold diet 7-Up
1 (8 oz.) (or 1/2 of 20 oz.) can drained crushed pineapple canned in its own juice (unsweetened)
1 banana, split and sliced

Dissolve gelatin in hot water. Set aside to cool slightly, then slowly add the chilled pop, pineapple, and banana pieces. Pour into an 8 inch square pan and chill until set. Add topping.

--TOPPING--

Cook over double boiler until thickened: 1 tbsp. flour Artificial Sweetener = 1/4 c. sugar 1/2 c. reserved juice 1 tbsp. low-fat margarine Let cool, then fold in 1 envelope of prepared D-Zerta whipped topping. Spread on top of the above "set" salad. 1 serving = 2 1/2 inch square; 1 fruit and 1 fat exchanges. *Note: If this salad is doubled and a 9 x 13 inch pan is used, do not double the topping mixture. It's sufficient to cover all.*

SAUCY CRANAPPLE SALAD

1 env. unflavored gelatin
1/4 c. cold water to soften above
1 (4 serving) pkg. sugar-free raspberry gelatin
1 c. boiling water
2 c. (1/2 lb.) frozen cranberries
1 c. juice-pack unsweetened crushed pineapple* with juice
1 c. unsweetened applesauce*
5 packets artificial sweetener

Place the clean, still frozen berries in the boiling water. Return to boiling and allow berries to pop open (8 to 15 minutes). Do not stir! Soften the unflavored gelatin in the 1/4 cup cold water, then add both gelatins to the hot cranberries; stir until dissolved. Add the pineapple with juice, the applesauce, and sweetener. Do not prepare this in a

gelatin mold! Stir. Pour into a 10 cup mold and chill until set. 1 serving = 1 fruit exchange (approximately 60 calories).

PINEAPPLE COLE SLAW

12 c. shredded cabbage (about 3 lbs.)
1 c. miniature marshmallows
2 lg. (20 oz.) cans prechilled* juice pack pineapple tidbits, drained

Toss with: DRESSING:

1/4 c. reserved pineapple juice
Artificial sweetener = 1/4 c. sugar
1 1/2 c. lite Miracle Whip

Mix in a blender. Mix with slaw. Just before serving, add 2 split and sliced bananas. The slices may be placed in enough pineapple juice to cover; this will prevent them from turning brown until ready to use. 1 serving = 3/4 cup: 1 veg, 3/4 fat, 1 fruit exch. About 105 cal.

DIETETIC PASTA SALAD

Corkscrew pasta
4 fresh mushrooms, sliced
1 cucumber, sliced
Kraft reduced calorie zesty Italian dressing
1 onion, sliced
1 tomato, diced
1 green pepper, chopped

Cook and rinse pasta in cold water. Mix with remaining ingredients and marinate in dressing. Chill and serve.

LASAGNA

1 c. chopped onions
1 c. sliced mushrooms
1/2 c. diced green peppers

1 tbsp. parsley flakes
1/2 tsp. each basil, oregano, chili powder
5 oz. Mozzarella cheese
1 garlic clove, minced
1 c. chopped carrots
3 c. tomatoes
1/4 tsp. dried rosemary
3 oz. grated Romano cheese
1 1/3 c. cottage cheese

Saute onions, garlic, mushrooms, carrots, and peppers until soft. Add tomatoes, parsley, basil, oregano, chili powder, rosemary, and pepper. Simmer 15 minutes. Mix together the 3 cheeses. Starting with sauce, layer with 8 cooked lasagna noodles and cheese in an 8 x 12 inch casserole. Bake at 375 degrees for 30 minutes. Makes 4 servings.

COCONUT CUSTARD PIE

4 eggs
4 tbsp. diet oleo
1 tsp. coconut extract
5 tbsp. flour
8 oz. shredded Jicama sweetener = 1/2 c. sugar
1 3/4 c. water
1 1/2 tsp. vanilla
2/3 c. dry milk
2 slices dry bread
Dash of salt

Combine all ingredients in blender, except Jicama. Fold in Jicama and pour into crust lined 10 inch pie pan. Bake at 350 degrees for 40 to 45 minutes.

SUGAR FREE APPLE PIE

4 c. sliced, pared apples (preferably yellow delicious)
1/2 c. unsweetened apple juice concentrate (do not dilute)
1 1/2 tsp. cornstarch or tapioca
1 1/2 tsp. cinnamon or apple pie spice

Mix thickener, concentrate, and spices. Pour over apple slices to coat well. Pour into crust-lined pie plate. Top with remaining crust. Bake at 425 degrees about 45 minutes until crust is golden and apples are tender. 8 servings each 220 calories. Exchanges = 1 1/2 fruit, 1 bread, 1/2 fat each serving.

DIABETIC CHEESE CAKE

2/3 c. cottage cheese
1/3 c. cold water
1/2 tsp. vanilla
1/2 c. blueberries
1/3 c. hot water
1/3 c. powdered milk and 3 pkgs. Equal
1 tsp. lemon juice
1 env. unflavored gelatin

Soften gelatin in cold water, then add hot water. Blend until smooth. Add rest of ingredients and blend again until smooth. Stir in blueberries. Chill until firm.

RHUBARB OR CRANBERRY JELLO

2 c. rhubarb
1 pkg. Jello without sugar (raspberry, cherry, or strawberry)
1 1/4 c. water

Put rhubarb in saucepan with 1 cup water. Boil until fruit is soft. Add 1 package of Jello and stir until dissolved. Add 1/4 cup cold water. Stir and pour into individual dishes or a 1 1/2 quart casserole. Chill until set. Cranberries can be used in place of rhubarb.

POPSICLES

1 (4 serving size) env. sugar-free gelatin

1 (2 qt.) env. sugar-free artificially sweetened powdered drink mix (Kool-Aid)

In a 2 quart mixing pitcher, dissolve gelatin in 1 cup hot water. Add drink powder; stir, then add 7 cups cold water. Stir. Pour into popsicle cups with handles; freeze. Flavor Suggestions: Raspberry Lemonade Orange Orange Grape Gelatin: Triple berry Lime Hawaiian pineapple Strawberry Raspberry *These pops will not melt easily because of the absence of sugar. 1 (2 ounce) popsicle = 2 to 3 calories. 5 to 6 may be eaten per day and is considered a "free" food.*

PHUDGESICLES

1 (4 serving size) box sugar-free instant pudding (favorite flavor)
3 c. reconstituted non-fat dry milk

Whip all together according to directions on pudding package. Pour into popsicle cups with handles; freeze. 1 (2 ounce) pop = approximately 20 calories. 1 per day = "free"*. *"Free" 20 calories or fewer and is not necessary to figure into a diabetic meal plan if limited to one "free" per day.

DIABETIC APPLESAUCE COOKIES

1 3/4 c. cake flour
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1 tsp. soda
1/2 c. butter
1 tbsp. sucaryl
1 egg
1 c. applesauce (unsweetened)
1/2 c. All Bran cereal
1/2 c. raisins

Mix together the flour, salt, cinnamon, nutmeg, cloves, and soda. Mix together butter, sucaryl, and egg until light and fluffy. Add flour mixture and applesauce alternately, mixing well after each addition. Fold in raisins and All Bran. Drop on greased cookie sheet. Heat oven to 375 degrees. Bake for 20 minutes or until golden brown.

DIABETIC SPICE OATMEAL COOKIES

1 c. water
2 c. raisins
4 tbsp sweetner
½ c butter
½ tsp salt
¼ tsp allspice
½ tsp cinnamon
1 tsp soda
1/8 tsp nutmeg
2 ½ c oatmeal
½ c chopped nuts

Boil water and raisins. Cool for 5 minutes. Add all the other ingredients. Form into balls and bake on lightly greased cookie sheet for 15 minutes at 325 degrees.

DIABETIC COOKIES

1 ¾ c. flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1 tsp. baking soda
1/2 c. margarine
1/2 c. Sugar Twin
1 egg
1 c. unsweetened applesauce
1/2 c. raisins, chopped
1 c. All Bran Buds

1/2 c. finely chopped nuts

Preheat oven to 350 degrees. Sift together flour, cinnamon, nutmeg, cloves and baking soda. In large bowl, mix together margarine, artificial sweetener and egg. Mix in dry ingredients, alternating with applesauce. Fold in bran, raisins and nuts and mix thoroughly. Drop onto greased cookie sheet by tablespoons. Lightly flatten with fork, dipped in milk. Bake for 7-8 minutes.

DIABETIC PUMPKIN PIE

1 sm. pkg. sugar-free vanilla pudding
1 1/2 c. milk (whole or nonfat)
1 c. canned pumpkin
1/4 tsp. cinnamon
1/4 tsp. nutmeg
Artificial sweetener to equal 1 tsp. sugar
1 baked 8-inch pie crust

Place pudding mix in a saucepan. Gradually add milk. Cook and stir over medium heat until mixture comes to a boil. Remove from heat and add pumpkin, spices and sweetener; mix well. Pour into baked crust. Chill until firm, about 3 hours.

DIABETIC WHIPPED CREAM

1/3 c. instant nonfat dry milk
1/3 c. ice water
1/2 tsp. liquid sweetener

Chill small glass bowl and beaters. Combine ingredients and whip on high speed with mixer until consistency of whipped cream. Makes about 10 servings of 2 tablespoons.

DIABETIC PUMPKIN PIE

1 (16 oz.) can pumpkin
1 (13 oz.) can evaporated milk

2 eggs
1/4 c. Brown Sugar Twin
1/4 c. Sugar Twin
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. nutmeg
1/4 tsp. ginger
Sesame Seed Crust

Combine all ingredients and mix well in blender. Pour into Sesame Seed Crust. Bake at 425 degrees for 15 minutes, then reduce heat to 350 degrees, and bake 35 minutes longer. Exchange per serving: 1 bread, 1/2 milk, 1 fat.

--SESAME SEED CRUST--

1 c. all-purpose flour
1/4 c. sesame seed
1/2 tsp. salt
1/2 c. plus 2 tbsp. corn oil margarine
2 or 3 tbsp. cold orange juice

Combine to make 1 (9-inch) pie shell.

STRAWBERRY PIE (NO SUGAR)

1 baked pie shell
1 qt. strawberries
3 tbsp. cornstarch
1 (8 oz.) pkg. cream cheese
1 c. apple juice, unsweetened

Slice berries, simmer 1 cup in 2/3 cups apple juice 3 minutes. Mix cornstarch with 1/3 cup apple juice, stir in berries. Stir constantly 1 minute until thick. Spread softened cheese over pie crust, put berries on cheese, pour cooked berries on top. Garnish with whipped cream and a few berries. Chill 3 to 4 hours.

SUGAR-FREE APPLE PIE

4 c. sliced peeled apples
1/2 c. undiluted frozen apple juice concentrate
1 1/2 to 2 tsp. tapioca, cornstarch or flour
1/2 tsp. lemon juice (optional)
1/2 to 1 tsp. cinnamon, nutmeg or apple pie spice

Divide pastry into 2 parts and roll thin to fit an 8 or 9-inch plate. Set aside. Mix apples, apple juice concentrate, thickener and spice and stir until apples are well coated. Add lemon juice, if desired, to keep apples lighter-colored. Taste 1 piece of apple to check the spice. Pour into the pastry-lined pie pan and top with the second crust or pastry strips. Seal the edges and cut slits in the top crust to allow steam to escape. Bake at 425 degrees for 40-45 minutes until golden brown. Serve warm or cold. NOTE: Apples have some natural pectin, but a small amount of thickener is necessary to hold the sweet concentrate of the apples for an even flavor. *One serving (including the crust)--220 calories; 1 1/2 fruit exchanges; 1 bread exchange; 1 fat exchange.*

APPLE PIE (NO SUGAR)

4 c. apple
1/2 c. frozen apple juice concentrate, undiluted
2 tsp. tapioca or cornstarch
1/2 to 1 tsp. cinnamon

Mix apples and all ingredients until well coated; pour into pastry shell and top with pastry. Bake at 425 degrees for 40 to 45 minutes.

GERMAN SAUERKRAUT

1 can Bavarian sauerkraut, partially drained
1 apple, cored and sliced
1 onion, chopped
2 or 3 slices bacon

Mix together and cook until all is tender.

WALNUT DREAMS

¼ lb margarine
1 ½ c. + 1 tbsp brown sugar
1 ½ c. chopped walnuts
2 eggs (beaten)
1 ½ tsp baking powder
1 tsp vanilla
½ c. coconut

Mix all ingredients together and blend thoroughly. Drop on cookie sheet , bake at 325 degrees until lightly brown.

SUGAR-FREE CHERRY OATS MUFFIN

1 ¼ cups unbleached flour
1 ¼ teaspoons baking powder
¾ teaspoon baking soda
¼ teaspoon lite (or regular) salt
⅔ cup all fruit black cherry jam
⅓ cup apple juice concentrate
½ cup cherry juice concentrate
2 ½ to 3 Tablespoons canola or safflower oil
¼ cup water
2 egg whites or ⅓ cup egg white product
1 ½ cups thin-rolled (quick) oats

Preheat your oven to 350 degrees. Sift dry ingredients together and set aside. In a different bowl, lightly beat egg whites or eggbeaters, and mix in all wet ingredients. Mix liquid and dry ingredients, with a fork, just enough to moisten. Next, gently fold in oats and mix well.

Fill muffin tins ¾ full, and bake at 350 degrees for 18 to 25 minutes. Check for doneness with a toothpick, if it comes out clean, they're done. Cool about 10-15 minutes. Serve warm or at room temperature. Makes 12 muffins

MOM'S BEEF STEW

1/4 c. ginger ale
1 tbsp. red wine vinegar
1 can consomme soup
Salt and pepper
1/4 c. flour
1 lb. lean stew meat
1/4 lb. mushrooms, sliced
2 med. potatoes, cut up
2 carrots, sliced
1 onion, sliced

Brown stew meat and sautee with onions and mushrooms. Add all ingredients into pot and cook until meat is and vegetables are tender.

DIABETIC BEEF PASTIES

--Crust--

3/4 tsp. Salt
1/4 c. plus
2 tsp. vegetable shortening
1 egg
Water

Put flour and salt in mixing bowl. Cut in shortening. Beat egg in a measuring cup. Add water to make 1/2 cup, add to flour and mix until well moistened. Divide dough into 6 balls. On lightly floured board, roll balls into circles between waxed paper. Then set aside.

--FILLING--

3/4 lb. coarsely ground beef (raw)
2 c. diced raw potato
3/4 c. diced raw carrot
3/4 c. diced celery
1 tsp. salt
1/4 tsp. black pepper
2 tbsp. water

Once all filling ingredients have been well mixed. Spoon on to dough, and wrap around beef. Bake at 350 degrees for about 10 – 15 min or until dough has become golden brown.

TUNA SUPREME

1 sm. can tuna, water-packed
3 hard boiled eggs, diced
1 c. American cheese, diced
2 tbsp. each chopped sweet pickles, mince onion, chopped celery and cut-up stuffed olives
1/2 c. mayonnaise or Miracle Whip

Mix all ingredients and serve on bread or lettuce leaf

DIABETIC SPICY MEATBALLS

1 lb. lean ground beef
1/2 c. chili sauce
2 tsp. prepared horseradish
1/2 c. minced onion
2 tsp. Worcestershire sauce
1/2 tsp. salt
2 tbsp. corn oil

Mix all ingredients well, roll into balls, and brown in corn oil. Drain on paper towels.

DIABETIC SPICY SAUSAGE

2 lb. extra lean ground pork
2 tsp. crushed dried sage
1 tsp. freshly ground black pepper
1 tsp. fructose

1 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. ground mace
1/4 tsp. ground allspice
1/4 tsp. salt
1/8 tsp. ground cloves

Mix all ingredients thoroughly. Then make into patties and brown until done.

PORK CHOPS & STUFFING

5 pork chops
1 box croutons, prepared to box directions, as stuffing
1/4 c. water

Brown pork chops, make sure cooked well. Serve with stuffing.

DIABETIC APPLESAUCE CAKE

2 c. raisins
2 c. water
3/4 c. oil
4 tbsp. Featherweight sweetener
2 eggs
2 c. flour
1 tsp. soda
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
1/2 c. nuts (if desired)
1 c. unsweetened applesauce

Sift all dry ingredients together and set aside. In a separate bowl mix all wet ingredients. Mix wet and dry ingredients together and mix well, then fold in applesauce, nuts and raisins. Pour in a greased and floured

cake pan unless using a non-stick pan. Bake at 350 degrees for 25 –30 minutes or until cake springs back when lightly touched in the middle.

BANANA BREAD

2 c. all purpose flour
1 tsp. baking soda
1 tsp. baking powder
1 1/2 tsp. pumpkin pie spice
2 ripe bananas (mashed)
6 oz. can frozen orange juice
2 eggs
1 c. raisins
Nuts (optional)

Sift all dry ingredients together and set aside. In a separate bowl mix all wet ingredients and mashed bananas. Mix wet and dry ingredients together and mix well, then fold in, nuts and raisins. Pour in a greased and floured loaf pan unless using a non-stick pan. Bake at 350 - 375 degrees for 30-45 minutes or when knife comes out clean.

DIABETIC CHOCOLATE CHIP COOKIES

1/2 c. butter
1/3 c. brown Sugar Twin
1 egg
1 1/2 tsp. vanilla extract
1 1/3 c. all purpose flour
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
3/4 c. skim milk
1/2 c. semi-sweet chocolate chips

Cream butter, brown sugar twin, vanilla and egg together. Sift all dry ingredients together in a separate bowl. Add milk, dry ingredients and chocolate chips to creamed mixture. Drop onto cookie sheet. Bake at 325-350 degrees for 7- 10 min. or until lightly brown.

WACHY CHOCOLATE CAKE

1 1/2 c. cake flour
1/4 c. cocoa
2 tbsp. granulated sugar replacement
1 tsp. baking soda
1/2 tsp. salt
1 c. water
1 tbsp. white vinegar
1/4 c. safflower or corn oil
1 tsp. vanilla extract
1 egg

Sift all dry ingredients together and set aside. In a separate bowl mix all wet ingredients. Mix wet and dry ingredients together and mix well. Pour in a greased and floured cake pan unless using a non-stick pan. Bake at 350 degrees for 25 –30 minutes or until cake springs back when lightly touched in the middle.

APPLE PIE, SUGARLESS

12 oz. can concentrated apple juice
3 tbsp. cornstarch
1 tsp. ground cinnamon
1/8 tsp. salt
9 inch unbaked pie shell
5 sweet tasting apples, sliced

Mix all ingredients and bring to a boil. When mixture starts to thicken remove from heat. Pour into pie crust. Bake at 350-375 degrees or until golden brown.

APPLESAUCE COOKIES

1/2 c. all purpose flour

1 tsp. ground cinnamon
1/2 tsp. baking soda
1/4 tsp. allspice
1/2 c. quick rolled oats
1/2 c. raisins
Nutmeats (Optional)
1/2 c. unsweetened applesauce
1 egg, beaten
1/4 c. shortening
2 tsp. vanilla extract
1/4 tsp. orange flavoring (optional)

Sift all dry ingredients (including oats) together in a separate bowl. In a separate bowl mix applesauce, eggs, vanilla, orange flavoring (optional) dry ingredients and nuts. Drop onto cookie sheet. Bake at 325-350 degrees for 7- 10 min. or until lightly brown.

DIABETIC OATMEAL COOKIES

3/4 c. vegetable shortening
1/2 c. Brown Sugar Twin
1/2 c. white Sugar Twin
1 egg
1/4 c. water
1 tsp. vanilla extract
1 c. all purpose flour
1 tsp. salt
1/2 tsp. baking soda
1 c. raisins
3 c. rolled oats, quick cooking or regular

Cream shortening, sugars, vanilla and egg together. Sift all dry ingredients together in a separate bowl. Add water, dry ingredients, raisins and oats to creamed mixture. Drop onto cookie sheet. Bake at 325-350 degrees for 7- 10 min. or until lightly brown

HELEN'S LOW - CAL PECAN PIE

9 inch unbaked pie shell
3/4 c. egg substitute
3 tbsp. all purpose flour
1/3 c. plus 1 tbsp. plus 1 tsp. thawed frozen pineapple juice
concentrate
1/4 c. sugar
1/4 c. dark corn syrup
2 tbsp. reduced calorie tub margarine, melted
1 1/2 tsp. vanilla extract
1/8 tsp. salt
3 1/2 oz. pecan halves

Mix all ingredients except flour and pecans and bring to a boil. Now add flour and pecans. When mixture starts to thicken remove from heat. Pour into pie crust. Bake at 350-375 degrees or until golden brown on edges.

SUGAR - FREE SPICE COOKIES

2 c. water
1 c. raisins
2 sticks margarine
1 c. prunes, chopped
1 c. dates, chopped
2 egg whites
2 tsp. soda
1/2 tsp. salt
2 tsp. vanilla
1/2 tsp. cinnamon
1/2 tsp. nutmeg
Dash cloves
2 1/3 c. flour, and maybe 1/4 more
1/2 - 1 c. nuts

Cream margarine, vanilla and egg whites together. Sift all dry ingredients together in a separate bowl. Add water, dry ingredients, raisins, dates, prunes and nuts to creamed mixture. Drop onto cookie sheet. Bake at 325-350 degrees for 7- 10 min. or until lightly brown

DIABETIC BARS

1 c. dates
1/2 c. prunes
1 c. water
1 stick margarine
2 eggs
1 tsp. soda
1 tsp. vanilla
1/4 tsp. salt
1 c. flour
1/2 c. chopped nuts

Cream margarine, vanilla and egg together. Sift all dry ingredients together in a separate bowl. Add water, dry ingredients, dates, prunes and nuts to creamed mixture. Spread in a cookie sheet pan. Bake at 325-350 degrees for 15-20 min. or until lightly brown

PICKLED FRENCH STYLE GREEN BEANS

1 can beans
1 tsp. pickling spice
2 tsp. artificial sweetener
1/3 c. vinegar

Steam beans 5 minutes or less and strain. Mix rest of ingredients and bring to a boil. Strain to rid of spices. If needed you can add vinegar or sweetener to taste. Pour over beans and let stand overnight.

ALOHA SEAFOOD DISH

2 lbs. fish fillets
1/2 c. pineapple juice
1/4 c. steak sauce
1 tsp. salt
Dash of pepper

Place fish in single layer in shallow baking dish. Combine remaining ingredients and pour over fish. Let stand 30 minutes, turn once. Remove fish, reserving sauce for basting. Place fish on Pam sprayed broiler pan. Broil about 4 minutes, brushing with sauce. Turn carefully and brush with sauce. Broil until fish flakes when tested with fork. Garnish with lime wedges or pineapple if desired.

APPLE MAGIC

2 med. apples, pared, cored, coarsely chopped
1 1/2 tsp. cinnamon
Artificial sweetener to equal 5 tsp. sugar
2 envelopes (2 T) unflavored gelatin
10 to 12 fluid ounces lemon-flavored dietetic soda

Preheat oven to 350 degrees. In a deep, narrow, oblong pan arrange apples in layers. Combine 1 teaspoon cinnamon with sweetener to equal 1 teaspoon sugar. Sprinkle some of this mixture over each layer of apples. Sprinkle gelatin over 10 fluid ounces soda to soften. Add remaining sweetener and cinnamon; stir until dissolved. Pour mixture over apples; add remaining soda to cover apples. Bake at 350 degrees for 1 hour or until cooked throughout. While hot, refrigerate immediately, 4 to 6 hours or until set. Makes 2 servings.

APPLE TURNOVER

1 apple, peeled, cored and sliced
1 tsp. lemon juice
1 tbsp. water
1 slice white bread
1/4 tsp. cinnamon
Artificial sweetener to equal 2 tsp. sugar

Cook sweetener, cinnamon, water, and lemon juice with apple. Cook until tender. Cool. Remove crust from bread. Roll thin. Place apple mixture on 1/2 bread. Fold diagonally. Moisten edges and press together with fork. Bake at 425 degrees slower until crisp.

APPLE/PEAR TUNA SALAD

1 med. apple or pear
1 (3 oz.) water packed tuna
2 tbsp. diced green pepper
1 tbsp. lo-cal French or Italian dressing
2 tsp. lemon juice
Pinch of artificial sweetener
Lettuce cup

Dice pear. Toss with tuna and green pepper. Combine dressing, lemon juice, and sugar substitute. Pour over salad and toss. Spoon into lettuce cup.

APRICOT UP-SIDE DOWN CAKE

12 frozen apricot halves, thawed
1/2 tsp. lemon juice
1/2 tsp. brown sugar replacement
1/4 tsp. cinnamon
2 slices white bread crumbs
1 tsp. baking powder
Dash of salt
2 eggs, separated
1/3 c. granulated sugar replacement
3 tbsp. hot water
1/2 tsp. vanilla

Preheat oven to 350 degrees. Combine apricots, lemon juice, brown sugar, and cinnamon. Spread on bottom of non-stick small baking dish. Combine crumbs, baking powder, and salt. Beat egg yolks. Gradually beat in sugar until yolks are thick and lemon colored. Beat in water, bread crumb mixture and extract. Beat egg whites with a pinch of salt until stiff, not dry. Fold into egg mixture. Spoon over apricots. Bake for 25 minutes or until cooked throughout. 2 servings.

BAKED APPLES

Apples
Cinnamon
Artificial sweetener
Non-sugar black cherry soda

Wash and core apples. Slit and peel 1/3 of the way down. Place apples in oven- proof dish and pour soda over them. Sprinkle with cinnamon and sweetener. Bake at 375 degrees until apples are tender.

BAKED BEANS

2 (16 oz.) cans French style beans
1 tbsp. dehydrated onion flakes
1 c. tomato juice
2 tsp. Worcestershire sauce
1 tsp. dry mustard
Artificial sweetener to equal 12 tsp. sugar

Drain beans and empty into bowl. Add remaining ingredients. Mix lightly and turn into baking dish. Bake at 350 degrees for 45 minutes.

BAKED CHICKEN WITH APPLES

2 1/2 to 3 lb. chicken, cut up
1/2 tsp. salt
1/4 tsp. pepper
1 chicken bouillon cube
1/2 c. boiling water
1/2 c. apple juice
2 c. sliced fresh green beans, French style
1 c. diced peeled apples
1 tbsp. flour
1 tsp. ground cinnamon
1 oz. bread

Sprinkle both sides of chicken with salt and pepper. Place chicken on a rack in a shallow open roasting pan. Bake in hot oven (450 degrees)

until browned, about 20 minutes. Reduce oven temperature to 350 degrees. Remove chicken and rack; pour off any fat from pan. Return chicken to pan. Dissolve bouillon in boiling water. Pour over chicken along with apple juice. Stir in green beans. Cover and bake 25 minutes. Stir in apple. Cover and bake 10 minutes longer. Meanwhile, in small saucepan mix flour with cinnamon. Blend with 1 tablespoon of cold water. Stir in hot pan liquid. Cook and stir until mixture boils and thickens slightly. Serve with chicken and vegetables.

BANANA CREAM PIE

2 c. skim milk
4 eggs, separated
4 packs artificial sweetener
1 tsp. banana extract
1 banana, sliced
2 packets unflavored gelatin
1 tsp. vanilla

Sprinkle gelatin in 3/4 cup cold milk. Heat remaining milk. Add gelatin mixture and stir over low heat until dissolved. Beat egg yolks, add to hot mixture stirring constantly. When mixture thickens, add sweetener. Remove from stove. Add vanilla and banana flavoring. Pour half of filling in 8 inch pie plate. Place sliced bananas on top. Cover with rest of filling. Meringue: Beat egg whites until frothy. Add 1/2 teaspoon cream of tartar, 1 teaspoon vanilla. Add 4 packs of artificial sweetener, 1/4 teaspoon nutmeg and beat. Beat until stiff. Pile on top of banana filling. Put under broiler 1 to 2 minutes until golden brown. Refrigerate 4 hours before serving.

EGG SALAD

3 hard boiled eggs
3 oz. cottage cheese
1 tsp. mustard
1 tbsp. chopped onion
1 tbsp. dill cubes
Crazy salt
Pepper

Finely chopped celery

Finely chop eggs. Mix all together. Makes lunch for two. Good on sandwich with tomato. Vary seasoning to suit your taste.

SOUTHERN CELERY FISH SALAD

6 c. thinly sliced celery
1/2 c. sliced med. onion
1/2 c. diet mayonnaise
1 tsp. salt
1/4 tsp. pepper
2 lbs. fillet of sole or flounder, cooked, chunked, and chilled
1 1/2 c. orange sections

Combine all ingredients except fish and orange. Mix well. Add fish and orange, toss lightly. Serve on lettuce leaves. Garnish with tomato wedges and radish roses if desired.

SPAGHETTI

12 oz. tomato juice
1 lg. can mushrooms, stems and pieces
Salt to taste
Garlic to taste
Oregano to taste
Dehydrated onion flakes
1 lg. green pepper, diced
2 cans bean sprouts

Cook all ingredients in covered saucepan. Cook until mixture thickens. Add bean sprouts; simmer 10 minutes. Sauce will usually taste better after sitting over night in refrigerator.

SPANISH STRING BEANS

1 sm. jar pimento
1/4 tsp. onion flakes
2 tbsp. skim milk solids
1/2 c. chicken bouillon
1 (9 oz.) pkg. frozen French style green beans

Simmer pimentos, onion flakes and skim milk. Simmer in chicken bouillon for 10 minutes. Add frozen beans, cover and cook until beans are done. Do not over cook beans.

SPICY APPLE TWIST

1 sm. apple
2 thin slices white bread
Cinnamon and Sweet'N Low mixture

Peel, core and cut apple in quarters. Roll bread very thin. Cut off crusts. Sprinkle bread with cinnamon and Sweet'N Low mixture. Cut each slice of bread in 4 strips. Put 2 strips together with a little water. Now form 2 strips. Wrap bread around apple slice. Sprinkle generously with cinnamon and Sweet'N Low. Place in Pam sprayed pan. Bake at 450 degrees for 10 to 15 minutes.

SQUASH PICKLES

2 lb. squash
4 lg. onions
1/4 c. salt
2 c. vinegar
1 tsp. celery seed
1 tsp. turmeric
1 tsp. mustard seed
Diet sweetener to equal 2 cups sugar

Cover squash and onions and salt with cold water. Let set 2 hours. Drain. Mix all ingredients together and let set 2 hours longer. Bring to a boil for 5 minutes and pack in hot jars.

STRAWBERRY CHIFFON PIE

1 c. crushed pineapple, unsweetened
12 strawberries
1 pkg. O-Zenta strawberry gelatin
7 pkgs. artificial sweetener
1 c. evaporated skim milk, chilled

1 tbsp. lemon juice
1 1/2 tsp. vanilla
1 tsp. almond extract

Bring pineapple to boil. Stir in strawberries, gelatin, and sweetener. Stir until gelatin is dissolved. Whip milk and lemon juice in chilled bowl until frothy. Add extracts and beat until stiff. Add gelatin mixture slowly to whipped milk. Pile into 10 inch pie plate and refrigerate. Garnish with additional strawberries.

STRAWBERRY FRUIT SQUARES

2 envelopes dietetic strawberry gelatin
1 c. boiling water
1 c. crushed pineapple, in own juice
1 ripe banana, finely diced
6 oz. plain yogurt
1 envelope Sweet'N Low

Dissolve gelatin in boiling water. Add juice drained from pineapple with cold water. Enough cold water to equal 1 cup liquid. Add pineapple and banana. Pour 1/2 into 1 quart bowl. Chill until firm. Spread evenly with plain yogurt mixed with sugar substitute. Place bowl in freezer for 30 minutes until yogurt is firmer. Pour remaining gelatin, very carefully, on top. Chill until firm. Cut in squares.

STRAWBERRY--PRAMGE DELIGHT

1/2 c. unsweetened orange juice
24 unsweetened strawberries
Artificial sweetener to equal 2 tsp. Sugar

Blend in blender and freeze until firm.

SWEET 'N SOUR CABBAGE

4 c. shredded cabbage
3 oz. ham
2 tbsp. artificial brown sugar
1 tbsp. flour
1/4 c. water
1/3 c. vinegar
1 sm. onion, sliced
2 cloves
Salt and pepper to taste

Cook cabbage in boiling salted water approximately 7 minutes. Add sugar and flour to small amount of bouillon; blend. Add the 1/4 cup water, vinegar, and seasonings. Cook until thick. Add onion, diced ham, and cabbage. Heat thoroughly.

SWEET AND SOUR CAULIFLOWER

1 c. fresh cauliflower, bite size pieces
1 c. boiling water
1/2 tsp. salt
1 tbsp. brown sugar replacement
2 tsp. lemon juice
1 tsp. margarine

Place cauliflower, water and salt in saucepan. Cook over medium heat covered. Cook for 10 minutes or until just barely tender. Drain. Combine brown sugar replacement, lemon juice and margarine. Combine in custard cup over hot water. When blended, pour over cauliflower.

CARROT CAKE

Margarine and flour for pan
1 1/2 c. all-purpose flour
1/4 c. whole wheat flour
1 tsp. baking powder
1/2 tsp. baking soda

1/2 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. salt
1/2 c. vegetable oil
6 tbsp. sugar
2 eggs
1/4 c. unsweetened pineapple juice concentrate
1 tsp. vanilla extract
1 c. shredded carrots
1/2 c. golden raisins
1/2 c. unsweetened, crushed pineapple, drained

Preheat oven to 350 degrees. Grease and flour a 9 x 5 x 3 inch loaf pan. In bowl, toss flours, baking powder, baking soda, cinnamon, ginger, and salt. In a second bowl, stir oil, sugar, eggs, pineapple juice, and vanilla. Stir liquid into dry ingredients until smooth. Stir carrots, raisins, and pineapple. Scrape into prepared pan. Bake for 35 to 40 minutes until a pick inserted in the center of the cake comes out clean. Cool in pan on a rack for 1 hour. Unmold cake and ice with Cream Cheese Frosting. Cut into 1/2 inch slices to serve. Serves 18. *Per serving: 142 calories, 19 gm carbohydrates, 2 gm protein, 7 gm fat, 87 mg sodium. Exchanges: 1 starch, 1 fat. Cholesterol: 30 mg per serving.*

CREAM CHEESE FROSTING

8 oz. light cream cheese, room temperature
5 tbsp. unsweetened pineapple juice concentrate
1/2 tsp. vanilla extract
1/2 tsp. finely grated orange zest

In a bowl, whisk all ingredients together until smooth. Yield: About 1 1/4 cups. *Per serving: 46 calories, 3 gm carbohydrates, 2 gm protein, 3 gm fat. 96 mg sodium. Exchanges: 1 fat. Serving size: 1 1/2 tablespoons. Cholesterol: 10 mg per serving.*

DATE COFFEE CAKE

1/3 c. mashed banana, mash ripe banana with fork
1/2 c. margarine, softened

3 lg. eggs
1 tsp. vanilla extract
1 1/4 c. water
3 c. unbleached white flour
1 tsp. baking soda
2 tsp. baking powder
1 1/2 c. chopped dates

--TOPPING--

1/3 c. chopped dates
1/3 c. chopped walnuts
1/3 c. flaked coconut

Beat together mashed banana and margarine until creamy. Add eggs, vanilla, and water; beat. Measure in flour, baking soda, and baking powder. Beat well. Stir 1 1/2 cups chopped dates. Spoon batter into an oiled and floured 9 x 13 inch baking pan. Spread batter evenly in pan. Combine topping ingredients and sprinkle over batter. Bake in 350 degree oven for 20 to 25 minutes or until knife inserted comes out clean. Cool on a wire rack. Serves 10.

BLUEBERRY MUFFINS

1 c. all-purpose flour, sifted
1 1/2 tsp. baking powder
1/2 tsp. salt (optional)
1 1/2 tsp. or 2 pkgs. Equal
1/2 c. skim milk
1 egg or 1/4 c. Egg Beater
2 1/2 tbsp. melted shortening
1/3 c. fresh or frozen blueberries

Preheat oven to 425 degrees. Spray muffin tins with non-stick vegetable spray. Sift together flour, baking powder, and salt. Beat Equal and egg together. Add milk and melted shortening. Stir into the flour mixture. Stir in blueberries until just mixed. Batter will be slightly lumpy. Divide into tins. Bake 20 to 25 minutes or until done.

MICROWAVE BRAN MUFFINS

1 c. bran
1 c. buttermilk
1 banana, mashed well
1 egg
1/4 c. oil
1/4 c. honey
1 c. whole wheat flour
1 tsp. baking soda
Pinch of salt
2 tbsp. margarine
2 tbsp. honey

Mix first 9 ingredients together. Place in microwave muffin pan. Microwave 3 1/2 minutes. Mix last 2 ingredients together. Spoon on each muffin and return to microwave for 1 minute. Makes 12.

BANANA PECAN CREAM PIE

1 c. sugar free cookie crumbs
1/4 c. finely chopped pecans
2 tbsp. margarine, softened

--FILLING--

1 3/4 c. skim milk
1/4 c. unsweetened apple juice concentrate
1/4 c. cornstarch
4 tsp. sugar
1 tsp. vanilla extract
Pinch of salt
2 tbsp. margarine
2 med. bananas, sliced
1/4 c. sugar free cookie crumbs
1/4 c. chopped pecans

To make Crust: Blend cookie crumbs, pecans, and margarine in a bowl. Press into a 9 inch pie plate. Chill 30 minutes. To make Filling: In a saucepan, heat all filling ingredients, except margarine, to a boil over medium heat, whisking until smooth (about 10 minutes). Reduce

heat and simmer for 1 minute. Scrape into a bowl. Whisk in remaining 2 tablespoons of margarine until smooth. Cover with plastic wrap and cool to room temperature. In prepared pie plate, arrange sliced bananas in 1 layer. Whisk cooled filling and pour evenly over bananas. Mix remaining cookie crumbs and pecans together and sprinkle over the filling. Chill for 1 hour before serving. Serves 8 to 12. *Per serving: 172 calories, 22 gm carbohydrate, 3 gm protein, 11 gm fat, 146 mg sodium. Exchanges: 1 starch, 1/2 fruit, 2 fat. Cholesterol: 0 mg per serving.*

DIABETIC KEY LIME PIE

1 (13 oz.) can evaporated skim milk
2 tsp. vanilla
2 envs. plain gelatin
1/3 c. lime juice, strain if fresh
1 c. boiling water
20 pkgs. Equal
Zest of 3 limes, grated rind
Green food coloring

Combine milk and vanilla. Freeze for 30 minutes. Combine gelatin and juice in a blender. Let set for 1 minute. Add boiling water and Equal; blend until smooth. Chill about 45 minutes. Put frozen milk into a small chilled bowl and whip frozen milk until stiff. Fold in lime zest. Slowly add the gelatin mixture to whipped milk. Spoon into 2 cooked pie shells or you may use a 9 x 13 inch baking dish. Garnish with lime slices and zest. Makes 16 servings. See recipe for Diabetic Pie Crust below

DIABETIC PIE CRUST

20 graham crackers, crushed
4 tbsp. oleo, melted
2 pkgs. Equal
1/4 lemon peel (optional)

Crush crackers and add Equal. Add oleo. Put in pie plates and pat down. Put in refrigerator for 1 hour to chill. Makes 2 (9 inch) pie crusts or 1 (9 x 13 inch) baking dish crust.

NO SUGAR CUSTARD PIE

1 lg. can evaporated milk
3 eggs
1 tbsp. cornstarch
15 packets Equal

Combine ingredients and beat lightly. Add ONE of the following: 2 c. pears, grated and spices 2 lg. apples, grated and spices 2 c. peaches, grated and spices 1 1/2 c. flake coconut and 1 tsp. vanilla 1 can pumpkin and spices 2 c. drained and mashed, cooked butternut squash and spices

--TOPPING FOR SQUASH AND PUMPKIN--

1/2 c. crushed cereal flakes
1/4 c. coconut
1/4 c. chopped pecans
1/2 stick butter

Pour pie ingredients into large unbaked pie shell. Bake on bottom rack of oven at 350 degrees for 30 to 35 minutes. For Pumpkin or Squash Topping: Mix together and sprinkle on top of pie. Bake on top rack for last 10 minutes.

COCONUT SURPRISES

3 oz. cream cheese
3/4 tsp. liquid artificial sweetener
1/4 tsp. grated orange rind
1/4 tsp. grated lemon rind
1 tsp. walnuts, chopped
1/4 c. unsweetened moist shredded coconut

Work cream cheese with spoon until light and fluffy. Thoroughly mix in sweetener along with grated fruit rinds and walnuts. Form into 12 balls about 1 inch in diameter. Roll in coconut and refrigerate. Makes 12 cookies.

DATE DROPS

2 eggs, beaten
1/3 c. margarine
1/2 black dates, finely cut
1 1/2 c. crisp rice cereal
1/2 c. nuts, chopped
1 tsp. vanilla

Combine eggs, margarine, and dates. Cook over low heat, stirring constantly. Boil 2 minutes. Remove from heat and add cereal, nuts, and vanilla. Cool. Shape into balls. Makes 42 cookies.

BUTTERSCOTCH SQUARES

1/2 c. diet margarine
Non-nutritive sweetener equivalent to 2 c. brown sugar
1 tsp. vanilla extract
1/2 c. walnuts, chopped
1/2 c. eggs (2 med.)
1 1/2 c. flour
2 tsp. baking powder

Preheat oven to 350 degrees. Cook margarine and sweetener together until smooth. Cool to lukewarm. Add eggs and beat well. Add flour, baking powder, vanilla, and walnuts. Spread in 9 x 12 x 2 inch pan which has been lightly greased. Bake 1/2 hour. Cut in squares 1 1/4 x 1 1/4 inch. Sprinkle with non-nutritive granulated sugar; cool. Yield: 70 squares.

BROWNIES

1 c. cake flour
1/2 tsp. salt
1 tsp. baking powder
2 tbsp. cocoa
1 oz. melted chocolate
1/2 c. skim milk
1/4 c. vegetable shortening
3 eggs
1/2 c. sugar substitute
1/2 c. nuts, ground or slivered

Sift together first 3 ingredients. Pour melted chocolate over shortening and blend well. Beat eggs until thick and lemon colored. Add sugar substitute; add chocolate mixture and part of dry ingredients. Beat and add remaining dry mixture, alternately with the milk. Fold in nuts. Spread in 2 (8 inch) greased and paper lined pans. Bake at 325 degrees for 17 to 20 minutes. Makes 64 (1 x 2 inch) bars.

DATE COOKIES

1 c. raisins
1/2 c. chopped dates
1 c. water
2 eggs
1/4 c. margarine
1 tbsp. liquid sugar substitute
1 tsp. vanilla
1/4 tsp. cinnamon
1 c. flour
1 tsp. baking soda

Combine in saucepan raisins, dates, and water. Boil 3 minutes; stir constantly. Cool. Cream together eggs, margarine, liquid sugar substitute, and vanilla. Sift together cinnamon, flour, and soda. Add dry ingredients to creamed mixture. Beat well and chill for several hours. Drop from teaspoon onto greased baking sheet. Bake at 350 degrees for 10 to 12 minutes. Yields: 48 (2 inch) cookies.

DIABETIC SPICE COOKIES

1 1/4 c. water
1/3 c. shortening
2 c. raisins or currants
2 tsp. cinnamon
1 tsp. baking powder
1/2 tsp. nutmeg
2 c. flour (approximately)
2 eggs
1/2 tsp. salt
1 tsp. soda
1 tbsp. artificial sweetener

Combine water, shortening, raisins, cinnamon, and nutmeg. Boil for 3 minutes. Cool. Add eggs, one at a time, and beat in salt and soda. Add sweetener, flour, and baking powder. Add flour slowly until mixture is easy to spoon. Blend all ingredients together and drop from teaspoon onto greased cookie sheet. Bake at 350 degrees for 8 to 10 minutes. Makes 4 dozen.

ELEANOR'S THUMBPRINTS

3/4 c. margarine, softened
2 tbsp. sugar
1 1/2 tsp. Sweet 'N Low brown sugar substitute
1 egg
1/2 tsp. vanilla
2 c. all-purpose flour
1/4 tsp. baking powder
1 tbsp. poppy seeds
1/2 c. low sugar strawberry spread

In bowl with mixer, cream margarine, sugar, and Sweet 'N Low. Beat in egg and vanilla. Stir in flour, baking powder, and poppy seeds. Shape dough into ball. Cover; chill about 30 minutes. Preheat oven to 350 degrees. Shape dough into 24 balls. Place 1 inch apart on ungreased baking sheet. Press thumb prints into center of cookies to make deep indentation. Bake about 15 minutes. Fill each cookie with

1 teaspoon strawberry spread. Return to oven and bake 3 minutes. Transfer to wire rack and cool completely. Yield: 24 cookies.

SUGAR FREE OATMEAL COOKIES

3/4 c. vegetable shortening
Sugar Twin equivalent to 1 1/2 c. sugar (or Brown Sugar Twin)
1 egg
1/4 c. water
1 tsp. vanilla
3 c. uncooked oatmeal
1 c. flour
1 tbsp. salt
1/2 tsp. soda

Preheat oven to 350 degrees. Beat together first 5 ingredients. Sift dry ingredients together. Add oatmeal and combine all together. Drop by teaspoon on greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes. Add nuts, raisins, dates, or chocolate chips for variety. Makes 60 cookies.

SESAME LACE COOKIES

5 tbsp. margarine, melted and cooled
Sugar substitute = to 3 tbsp. sugar
2 tbsp. cornstarch
2 tbsp. sesame seeds
1 tbsp. plus 1 1/2 tsp. plain dry bread crumbs
1 tsp. vanilla extract

Preheat oven to 375 degrees. In a bowl, stir all ingredients together until smooth. Drop by teaspoon onto a baking sheet, 4 inches apart. Bake for 7 to 8 minutes until lacy and golden. Let cookies cool on the baking sheet out of the oven for 3 minutes or until easy to lift with a thin metal spatula onto a cooling rack. These are very delicate so handle with care. Makes about 2 dz cookies. *Note: If making cookies small, less baking time is necessary. Check after 5 minutes. Per serving: 68 calories, 6 gm carbohydrates, trace protein, 5 gm fat, 44*

*mg sodium. Exchange: 1/2 fruit, 1 fat. Serving size: 2 cookies.
Cholesterol: 0 mg per serving.*

PARTY MIX

1/2 c. margarine
1 tsp. garlic powder
2 c. unsalted pretzels
2 c. puffed rice
2 c. spoon-size shredded wheat
2 c. unsalted peanuts

Preheat oven to 250 degrees. Melt margarine in skillet or wok. Add garlic powder, stir then add remaining ingredients and toss together. Serve warm. Makes 2 quarts. Vary the cereals, choosing those which are salt free.

Walnuts and pecans may be used in place of peanuts since a handful of peanuts has 500 calories. 1 cup raisins may also be added but omit garlic powder. Bake party mix a total of 45 minutes. Stir twice during that time period.

DIABETIC ZUCCHINI - BASIL MUFFINS

2 eggs
3/4 c. milk
2/3 c. oil
2 c. flour
Sugar substitute = to 1/4 c. sugar
1 tbsp. baking powder
1 tsp. salt
2 c. shredded zucchini
2 tbsp. minced basil
1/4 c. grated Parmesan cheese

Beat eggs in bowl. Stir in milk and oil. Combine flour, sugar, baking powder and salt. Mix dry ingredients into egg mixture just until flour is moistened. Batter should not be completely smooth. Gently mix in

zucchini and basil. Fill greased muffin caps about 3/4 full. Sprinkle with cheese. Bake at 425 degrees for 20-25 minutes. Remove from pan. makes 10-18 muffins depending on size of pan.

DIABETIC CAKE

2 c. water
2 c. raisins
1 c. unsweetened applesauce
2 eggs
2 tbsp. liquid sweetener
3/4 c. oil
1 tsp. baking soda
2 c. flour
1 1/4 tsp. cinnamon
1 tsp. vanilla

Cook raisins in water until all water is absorbed. Mix applesauce, sweetener, eggs, oil together. Then add all other ingredients and stir together. Pour into a greased and floured tube pan. Bake at 350 degrees until tested done with a toothpick.

DIABETIC DATE - NUT CAKE

1 c. butter or margarine
1 tbsp. sucaryl
1 egg
1 c. dates, finely diced
1 1/2 c. or 2 sm. cans diabetic applesauce
1 c. pecans, coarsely chopped
1 tsp. cinnamon
1/2 tsp. cloves
1 tsp. vanilla
2 c. flour
2 tsp. soda

Cream butter, add egg, sucaryl and vanilla which has been beaten together. Sift dry ingredients together and add to other mixture. Beat

at medium speed until well blended. Turn into buttered loaf pan and bake at 350 degrees for 1 hour.

DATE COOKIES FOR DIABETICS

1 c. raisins
1/2 c. dates
1 c. water
2 eggs
1/2 c. margarine
3 packets Equal sweetener
1 c. plain flour
1 tsp. soda
1 tsp. cinnamon

Boil raisins, dates and water for 3 minutes; cool. Cream eggs, margarine and Equal. Sift together flour, soda and cinnamon. Combine all ingredients. Beat well and chill several hours or overnight. Drop by teaspoonfuls on a greased cookie sheet. Bake at 350 degrees for 10 minutes.

DIABETIC FRUIT CAKE

1 lb. dates, chopped
1 lb. raisins
2 c. nuts, chopped
1 c. margarine
3 big ripe bananas
1 tsp. nutmeg
6 eggs
3 c. self-rising flour
1 (16 oz.) can crushed pineapple (in own juice) (Separate pineapple&juice, if juice doesn't make 1 cup add water)

Mix dates, raisins and nuts with flour, then mix with the rest. Cream bananas, nutmeg and margarine together. Next mix in one egg at a

time. Now add 2 cups flour and pineapple juice. Mix well. Put in cold oven at 300 degrees for 2 1/2 hours or less.

DIABETIC COOKIES

2 med. bananas
1/3 c. vegetable oil
1 c. chopped walnuts
2 c. quick oatmeal
1 1/2 tsp. vanilla
1 c. chopped Dates

Mash bananas. Pour oil over top. Mix dates and nuts. Add vanilla and oatmeal. Mix by hand or spoon. Drop onto lightly greased cookie sheet by full teaspoon. Bake at 350 degrees for 25 minutes until lightly browned. Remove at once to rack.

DIABETIC COOKIES

1/2 c. raisins
1/2 c. dates
1 1/2 c. quick oats
1 tsp. cinnamon
1/4 tbsp. soda
1/2 c. flour
1/2 tsp. salt
1 egg
1 tbsp. liquid sweetener (NON - concentrated)
1/4 c. oil
1 tsp. vanilla

Put raisins and dates in small pan and cover with water; bring to boil. Pour off water and set aside. Mix oats, cinnamon, soda, flour and salt in bowl and mix well. Add dry ingredients to date - raisin mixture with egg. Mix and drop onto cookie sheet. Bake at 400 degrees about 8 minutes. Check bottom of cookies during cooking (sometimes the bottom cooks faster than the top).

DIABETIC CAKE

2 c. water
2 c. raisins
1 c. unsweetened applesauce
2 eggs
2 tbsp. artificial sweetener
3/4 c. polyunsaturated cooking oil
1 tsp. baking soda
2 c. flour
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. vanilla

Cook raisins in 2 cups water until water evaporates. Add applesauce, eggs, sweetener, and cooking oil. Mix well. Blend in baking soda and flour. Add cinnamon, nutmeg and vanilla. Mix well. Pour into greased and floured 8 x 8 inch cake pan. Bake at 350 degrees for 25 minutes or until done.

BEST DIABETIC COOKIE

1/2 c. dates, chopped
1 c. white raisins, chopped
1/2 c. apples, chopped
3/4 c. nuts
1 c. water
1/2 c. margarine
2 eggs, beaten
3 tsp. liquid sweetener
1/2 tsp. vanilla
1 tsp. baking soda
1 c. flour

Boil raisins and apples in the water for 2 or 3 minutes and cool. Then add rest of ingredients; mix. Refrigerate before baking. Bake at 350 degrees.

DIABETIC PEANUT BUTTER COOKIES

2 tsp. liquid sweetener
1 tbsp. butter
1/2 c. peanut butter
2 eggs, slightly beaten
1/2 c. skim milk
1 c. flour
1/4 tsp. baking soda

Melt shortening and peanut butter. Add sweetener and eggs and blend well. Add flour, alternately with milk to which baking soda has been added. Mix well. Drop by teaspoon on ungreased cookie sheet. Bake at 375 degrees for 15 minutes. Amount -40. Exchange -2 cookies = 1 milk. Calories -2 cookies = 75.

DIABETIC COOKIES

2 tsp. cinnamon
1 tsp. soda
2 eggs
1/2 c. oil
1 c. rolled oats
1 c. raisins
1 tsp. nutmeg
1/2 tsp. Cloves
1/2 tsp. salt
1 c. unsweetened applesauce
1 tsp. liquid sweetener
1 sm. can pineapple, crushed (natural & drained)

Preheat oven to 350 degrees Mix dry ingredients then add remaining ingredients. Drop by teaspoon or tablespoon onto greased cookie sheets. Bake for approx. 5-10 min. They bake fast so test by pressing (ovens temps may vary). Should be refrigerated (they grow mold easily so store in air-tight container). *2 or 3 small cookies = 1 bread exchange. 1 or 2 larger cookies = 1 bread exchange*

DIABETIC RAISIN COOKIES

1/4 c. non-fat dry milk
1/4 c. ice water
1/2 c. raisins
1/2 c. margarine
1/2 c. brown sugar twin
1 egg
1 tsp. vanilla
1 c. flour
1 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
1 c. rolled oats

Whip non-fat dry milk with ice water until stiff peaks form (4 to 5 minutes). Boil raisins in water for 2 minutes, drain. Combine margarine, sugar twin, egg and vanilla. Beat 1 minute at medium speed. Stir into dry ingredients raisin liquid. Beat 2 minutes. Stir in rolled oats and raisins. Fold in whipped non-fat milk. Drop from teaspoon 2 inches apart onto non-greased cookie sheet. Bake at 375 degrees for 15 to 20 minutes.

DIABETIC COOKIES

1 3/4 c. flour
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1 tsp. baking soda
1/2 c. (1 stick) margarine
1/2 c. Sugar Twin
1 egg
1 c. applesauce, unsweetened
1/2 c. raisins, chopped
1 c. All Bran Buds
1/2 c. finely chopped nuts

Preheat oven to 350 degrees. Sift together flour, cinnamon, nutmeg, cloves, and baking soda. In large bowl, mix together margarine, artificial sweetener, and egg. Mix in dry ingredients, alternating with applesauce. Fold in bran, raisins, and nuts; mix thoroughly. Drop onto greased cookie sheet by tablespoon. Lightly flatten with fork, dipped in milk. Bake for 7 to 8 minutes. *Makes 36 cookies. Exchanges: 1 cookie = 1 fat and 1/2 bread exchange. Calories: 76 calories per cookie.*

DIABETIC DATE NUT CAKE

1/2 c. butter or oleo, softened
1 tbsp. liquid sweetener
1 egg
1 c. chopped nuts
1 c. chopped dates
1 1/2 c. diet applesauce
1/2 tsp. cinnamon
1/4 tsp. cloves
1 tsp. vanilla
1 tsp. soda
2 c. flour

Cream butter or oleo. Add egg, sweetener and vanilla; mix well. Sift dry ingredients together and add to other mixture. Stir in dates, applesauce and pecans. After everything has been mixed, beat with a mixer at medium speed or until well blended. Turn into a greased and floured loaf pan and bake at 350 degrees for nearly an hour.

DIABETIC COOKIES

3/4 c. shortening
4 tsp. liquid sweetener
1 c. sifted flour
1/2 tsp. nutmeg
1 tsp. vanilla
2 sm. bananas, mashed
1 tsp. soda

1 egg, well beaten
1/2 c. boiling water
1/4 tsp. salt
1/2 c. finely chopped nuts
3/4 c. quick oats
1/2 c. dates or raisins

Pour boiling water over dates or raisins. Let set while mixing other ingredients. Add fruit and mix well. Drop by teaspoon on greased cookie sheet. Bake about 12 minutes at 375 degrees.

APPLESAUCE DIABETIC CAKE

2 sticks oleo
2 tbsp. sweetener
1 1/2 c. applesauce (unsweetened)
1 egg
1 c. raisins
2 c. flour
2 tsp. soda
1 tsp. vanilla

Bake in loaf pan at 350 - 375 degrees for 45 to 60 minutes.

LOW SUGAR DIABETIC CAKE

2 c. golden raisins
2 eggs, beaten
2 tbsp. liquid sweetener, Sweet 10
1 tsp. soda
1 tsp. vanilla
1/2 tsp. nutmeg
1 c. unsweetened applesauce
2 c. water
3/4 c. vegetable oil
1 1/4 tsp. cinnamon
2 c. all-purpose flour

Boil raisins in water until all water is absorbed and then cool. Add applesauce, eggs, liquid sweetener and vegetable oil. Mix well. Blend in soda, flour, cinnamon, nutmeg and vanilla. Mix well. Pour into greased tube pan and bake at 350 degrees for 50 to 60 minutes or until test done. Serves 20. Each serving equals 1 bread, 1/2 fruit and 1 1/2 fat exchange.

DIABETIC POUND CAKE

2 c. flour
1/2 c. corn oil
2 eggs
3 lg. ripe bananas
1 tsp. vanilla
1 tsp. soda
1 1/2 tbsp. liquid sugar substitute
4 tbsp. buttermilk
1 c. raisins
1 1/2 c. pecans

Sift flour and soda. Add oil, sugar substitute and mix well until light. Beat eggs and add rest of ingredients. Beat until well mixed. Pour into loaf pan and bake at 350 degrees for 25 minutes.

DIABETIC PUMPKIN COOKIES

1 c. shortening
1 egg
2 c. flour
1/2 tsp. nutmeg
1 tsp. baking powder
1 c. cooked pumpkin
1 tsp. vanilla
1/4 tsp. allspice
1/2 tsp. baking soda
1 tsp. cinnamon
1 c. raisins
1/2 c. nuts, chopped

Soak raisins in hot water for 5 minutes. Drain. Cream shortening. Add pumpkin, egg and vanilla. Beat well. Mix dry ingredients. Add to

creamed mixture. Mix well. Add raisins and nuts. Drop onto greased cookie sheets and press with a fork. Bake at 350 degrees for 12 minutes. Freeze them as otherwise they will get moldy. Yields 3 to 4 dozen cookies.

DIABETIC DATE NUT CAKE

1 c. butter or margarine
1 egg
1 tbsp. liquid sweetener
2 tsp. soda
1/4 tsp. cloves
1/2 tsp. cinnamon
1 c. dates, cut fine
1 1/2 c. applesauce
1 c. pecans, broken
1 tsp. vanilla
2 c. flour

Cream butter , add egg, sweetener and vanilla. Sift together all dry ingredients. Add applesauce, dates and pecans.

DIABETIC FROSTING

1/4 c. cream cheese
2 tsp. skim milk
Sweetener equivalent to 1/4 c. powdered sugar
1/4 tsp. salt
1/2 tsp. vanilla
Food coloring

Cream cheese and milk thoroughly. Add sweetener, salt and vanilla. Add coloring last, if desired. Makes 1/3 cup frosting.

DIABETIC DATE COFFEE CAKE

1/3 c. mashed bananas
1/2 c. butter
3 lg. eggs
1 tsp. vanilla extract
1 1/4 c. water
3 c. unbleached flour
1 tsp. baking soda

2 tsp. baking powder
1 1/2 c. chopped dates

--TOPPING--

1/3 c. chopped dates
1/3 c. chopped walnuts
1/3 c. flaked coconut

Beat together mashed bananas and butter until creamy. Add eggs, vanilla, and water. Beat and measure flour, baking soda, and baking powder. Stir in 1 1/2 cup of dates. Spoon batter into an oiled and floured 9x13 inch baking pan and spread evenly. Combine topping and sprinkle over batter. Bake at 350 degrees for 20-25 minutes or until a knife comes out clean. Cool on wire rack.

DIABETIC APPLESAUCE CAKE

1 stick margarine, melted & cooled
1 1/2 c. unsweetened applesauce
1 egg, beaten
2 c. self-rising flour
1 tsp. soda
1/2 tsp. cinnamon
1/4 tsp. cloves
1/2 tsp. salt
2 tsp. sugar twin
3 tsp. lemon flavor
1 1/2 c. raisins, chopped & floured
1/2 c. chopped nuts

Blend together margarine, applesauce and egg. Sift together flour, soda, spices and salt. Add sugar twin; add to mixture and heat well. Stir in lemon flavor. Fold in raisins and nuts. Pour into well greased and floured tube pan. Bake in preheated 350 degree oven for 30 minutes. Do not overbake.

DIABETIC COOKIES

1 stick margarine
1/4 c. milk
1 block unsweetened chocolate
1 box ground dates (optional)
1 box chopped raisins
1 c. chopped nuts
1/2 c. peanut butter
1 tsp. liquid sweetener
3 c. quick cooking oatmeal
1 tsp. vanilla

Cook margarine, milk and chocolate for 1 minute. Stir while cooking. Add raisins, nuts, peanut butter, sweetener, oatmeal and vanilla. Mix together with hands. Roll into walnut size balls. Makes 40 cookies at 120 calories each. Do not bake. May be frozen.

DIABETIC UNBAKED FRUIT CAKE

1 box graham cracker crumbs
1 box (8 oz.) dates
1 sm. jar maraschino cherries
1/2 c. golden raisins
1/2 c. raisins
2 pkg. diced dried fruit mix
1 c. pecans
2 (8 oz.) cans crushed pineapple in own juice

Drain cherries and discard liquid. Place in small saucepan. Add enough water to cover. Let come to a boil; drain and repeat. Drain

again and cover with cold water. Drain and chop dates, pecans, add diced fruit then add graham cracker crumbs. Drain juice from pineapple reserving juice from 1 can. Pour juice and pineapple over fruit and cracker crumbs. Mix thoroughly until all is moistened. Empty mixture in loaf pan sprayed with non-stick spray, cover with wax paper and press firmly in pan. Chill several hours or freeze before cutting. Yield 40 servings. Exchanges: 1 fruit, 1/2 bread, 1/2 fat, calories 111, carb. 21, protein 1.5 gm., Sodium 56 mg., fat 3 gm.

DIABETIC PUMPKIN BARS

1 1/4 c. flour
1/2 c. margarine
3/4 c. Sugar Twin
3 eggs
1 1/4 tsp. baking powder
1 (16 oz.) can pumpkin
2 tsp. cinnamon
1/2 c. raisins

Cream flour, shortening and Sugar Twin together. Add eggs, pumpkin, and baking powder. Stir until smooth. Add raisins. Bake at 350 degrees for 45 minutes. Sprinkle top with chopped nuts, if desired.

DIABETIC EASTER FUDGE

1 sq. unsweetened chocolate
1/4 c. evaporated milk
1/2 tsp. vanilla
1 tsp. artificial liquid sweetener
1 pkg. vanilla or chocolate artificially sweetened pudding powder (or 8 tsp. finely chopped nuts)

Melt chocolate in top of double boiler over boiling water. Add evaporated milk and mix. Cook 2-3 minutes, then add vanilla and sweetener. Spread on small foil pie pan or plate. Chill. Cut into 8 pieces. Form into egg shaped balls and then roll lightly in pudding powder or chopped nuts.

DIABETIC COOKIES

1 1/2 c. unsweetened applesauce
3/4 c. margarine
2 eggs
1 tbsp. vanilla
1/3 c. Brown Sugar Twin
2 c. oatmeal
1 tbsp. cinnamon
1/2 tsp. allspice
1 1/2 c. flour
1 1/2 tsp. soda
1/2 tsp. salt
1 c. raisins
1/4 c. nuts

Mix the first 5 ingredients well; add the remaining ingredients. Drop by teaspoonfuls onto cookie sheet and bake 15 minutes at 375 degrees.

DIABETIC NUT COOKIES

1/2 c. flour
1/4 tsp. baking powder
1/8 tsp. salt
1/2 tsp. Sweet 'N Low
2 tbsp. unsweetened orange juice
1/2 tsp. vanilla
2 tbsp. vegetable shortening
2 tbsp. chopped nut meats
2 tbsp. grated orange rind

Mix together first 7 ingredients and stir well. Add nut meats and orange rind. Drop by large teaspoonfuls on greased cookie sheet. Bake at 350 degrees for 10 minutes.

DIABETIC CAKE

2 c. raisins
1 1/2 c. water
1/2 c. orange juice
1 c. unsweetened applesauce
2 eggs, beaten (or Eggbeaters)
2 tbsp. liquid sweetener
1/2 c. cooking oil
2 c. self-rising flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. vanilla

Slowly boil raisins in water until water is absorbed. Add orange juice, applesauce, sweetener, eggs and oil; mix well. Blend flour, baking soda, cinnamon and nutmeg; add to first mixture together with vanilla. Mix well. Pour into greased 9-inch pan. Bake at 350 degrees for 25-30 minutes.

OATMEAL & APPLESAUCE DIABETIC COOKIES

1/2 c. flour
1 1/2 tsp. cinnamon
1/2 tsp. soda
1/4 tsp. salt
1/4 tsp. nutmeg
1 tsp. allspice
1/2 c. oatmeal
1/2 c. raisins
1/2 c. unsweetened applesauce
1/4 c. cooking oil
1 egg
1 tsp. vanilla

Mix flour, cinnamon, soda, salt, nutmeg, allspice, oatmeal and raisins. Add applesauce, egg, oil and vanilla. Mix to moisten and drop onto greased cookie sheet. Bake 12 minutes at 375 degrees.

DIABETIC DATE CAKE

1/2 c. butter
1 tbsp. liquid sweetener or 1/2 c. sugar
1 egg
1 c. finely sliced dates or raisins
1 1/2 c. diabetic applesauce
1 c. chopped pecans (optional)
1/4 tsp. cloves
1 tsp. vanilla
2 c. flour
2 tsp. soda
1/2 tsp. cinnamon

Cream butter, egg and applesauce. Add liquid sweetener and vanilla. Sift dry ingredients together; add to creamed mixture. Beat until well blended. Turn into loaf pan and bake at 350 degrees for 1 hour.

DIABETIC DATE BARS

1 c. chopped dates
1/3 c. vegetable oil
1/2 c. orange juice
1/4 tsp. artificial sweetener
1 c. flour
1 tsp. baking powder
1/2 c. chopped pecans
1/4 c. Eggbeaters (or 1 egg)
1 tbsp. grated orange rind

Boil dates, oil, and orange juice for 5 minutes and cool; add rest of ingredients. Mix all together and spread in oiled 8 x 8 inch baking dish. Bake at 350 degrees for 25 minutes. Cool before cutting. Yields 36 bars. Each bar: 56 calories. 7 grams carbohydrates, 1 gram protein, 3 grams fat, 8 mg. cholesterol, 12 mg. sodium.

DIABETIC COOKIES

1 c. all-purpose flour
1 c. quick oats
3/4 c. seedless raisins
1/2 c. orange juice
1/2 c. butter or margarine, softened
2 tsp. baking powder
1 tsp. grated orange peel
1/2 tsp. salt
1/2 tsp. cinnamon
1 egg
3/4 c. nuts
Sugar substitute to taste

Mix all dry ingredients plus oats, raisins and orange peel. Add orange juice, egg, oil and vanilla. Then add nuts. Mix to moisten and drop onto greased cookie sheet. Bake 12 minutes at 375 degrees.

DIABETIC FRUIT BARS

1 1/4 c. flour
1 c. quick oats
1/2 tsp. salt
1 tbsp. liquid food sweetener
1 tsp. vanilla
1/2 c. vegetable shortening
2 c. drained unsweetened canned fruit such as apples, cherries
3 tbsp. fruit juice

Mix flour, oats, salt, sweetener, vanilla and vegetable shortening with fork until crumbly. Add juices to let crumbs stick together. Spread half on bottom of square pan. Place layer of fruit, spread rest of crumbs on top. Bake, cool and cut in squares.

DIABETIC APPLESAUCE CAKE

1/2 c. water
1/2 c. raisins
1 c. unsweetened applesauce
2 eggs
2 tbsp. liquid sweetener or powder to equal 1 c.
1/2 c. oil
2 c. flour
1 tsp. soda
2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. vanilla

Preheat oven to 350 degrees. Cook raisins in water until water evaporates. Add applesauce, eggs, sweetener and oil; mix well. Blend in soda and flour. Add nutmeg, cinnamon and vanilla. Bake in greased loaf pan 4 x 8 x 4 inches for 50 minutes at 350 degrees. Artificially sweetened fruit cocktail may be substituted for raisins to be more like fruitcake.

CHOCOLATE CAKE FOR THE DIABETIC

1 1/2 c. flour
1 1/2 tsp. soda
1/3 c. Sugar Twin + 1 tbsp.
7 pkgs. Equal
1/3 c. cocoa
1 tsp. salt (or less)
1 tbsp. vinegar
1/3 c. oil
1 c. water
1 tsp. oil
1/4 c. buttermilk
2 beaten eggs

Sift dry ingredients together in bowl. Beat eggs and add to rest of ingredients. Stir with fork (don't beat). Pour into loaf pan and bake at 350 degrees for 35 to 40 minutes (test with toothpick).

FRUIT COOKIES FOR DIABETICS

1 c. water
1/3 c. oil
2 c. seedless raisins
2 tbsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
2 c. flour
1 tsp. baking soda
2 tsp. liquid sweetener
2 tbsp. water
2 beaten eggs
1 tsp. baking powder
1/3 c. chopped nuts

Combine water, oil, raisins, cinnamon, and nutmeg; boil together for 3 minutes. Let cool. Dissolve salt and soda in combined liquid sweetener and water; add to beaten eggs. Stir into cooled mixture. Add flour and baking powder which have been sifted together; mix well. Add

nuts, then mix. Drop by teaspoonfuls onto greased cookie sheet. Bake at 375 degrees until lightly browned. Makes 3 dozen cookies.

LOW CAL SALAD DRESSING

Mix together and chill: 6 tbsp. lemon juice or vinegar 3 tbsp. onion, finely chopped Dash pepper Chopped parsley or green pepper, horseradish or mustard may be added if desirable. 1 tablespoon = 3 calories.

DATE DIET SALAD

1 c. pineapple juice
3 tbsp. Sugar Twin
1 env. unflavored gelatin
1 #2 can crushed pineapple, drained
5 tbsp. lemon juice
1/2 c. chopped nuts
1 (3 oz.) pkg. cream cheese
1 tbsp. grated lemon peel
1 c. dates, chopped
Dash of salt

Part 1: Soften gelatin in 1/2 cup pineapple juice; dissolve over hot water. Mix with remaining juice, crushed pineapple and sugar twin. Spray 1 quart mold with Pam, arrange few pieces of dates in bottom. Cover with 1 cup of pineapple mixture. Chill until set. *Part 2:* Blend grated lemon peel, salt and cream cheese. Gradually add the remaining pineapple. Stir in dates and nuts. Pour over first layer in mold and chill until firm.

OAT BRAN MUFFINS

2 1/4 c. oatbran cereal, uncooked
1/4 c. chopped nuts
1/4 c. raisins
2 tsp. baking powder

1/2 tsp. salt
3/4 c. milk
1/3 c. honey
2 eggs, beaten
2 tbsp. vegetable oil

Preheat oven to 425 degrees. Spray 12 medium sized muffin tins with Pam or line with paper baking cups. In large bowl combine oat bran cereal, nuts, raisins, baking powder and salt. Add remaining ingredients; mix just until all dry ingredients are moistened. Fill prepared muffin cups almost full. Bake 15-17 minutes, or until golden brown. Serve warm. 12 servings, 1 serving = 1 muffin. 45 g. chol; 3 g. pro; 5 g. fat; 114 cal; 2.6 g. fiber; 188 mg. sodium; 46 mg. chol.

HOMEMADE GRANOLA

4 c. quick cooking rolled oats
1/2 c. Grape Nuts cereal
Granulated sugar sub. equal to 1/4 c. sugar
1 c. chopped peanuts
1/3 c. oil
1/2 c. wheat germ
1/2 c. raisins

Spread oats on ungreased baking sheet; bake at 350 degrees for 10 minutes. Combine remaining ingredients except wheat germ and raisins. Bake mixture on another baking sheet for 20 minutes at 350 degrees, stirring once to brown evenly. Cool in oven. Stir oats, wheat germ, and raisins into mixture. Refrigerate in jars or plastic containers. Yield: 6 1/2 cups. Serving size = 1/4 cup. *Diabetic exchange/serving: 1 starch, 1 fat. 140 cal; 15 g. cho; 5 g. pro; 7 g. fat; 57 mg. sodium.*

SUGARLESS CAKE WITH PINEAPPLE

1 c. raisins
1/2 c. dates, chopped
1/2 c. crushed pineapple (packed in juice)
1 c. water

1/4 lb. margarine
1 1/2 c. flour
1 tsp. soda
1 tsp. vanilla
2 eggs
1/2 c. chopped nuts

Boil raisins, dates, pineapple and water for 3 minutes. Add margarine and let cool. Beat eggs and vanilla. Add flour sifted with soda. Add cooled fruit mixture and nuts, mixing well. Pour into greased and floured 9 x 13 inch pan. Bake in 350 degree oven approximately 25 minutes, or until a toothpick in center comes out clean. Cool. May frost with 8 ounce cream cheese mixed with 1/4 cup honey.

SUGARLESS APPLE PIE

6 c. red delicious apples, peeled & sliced
1 (6 oz.) can sugarless apple juice
2 tbsp. cornstarch
1/2 tsp. cinnamon
1/4 tsp. nutmeg
Pastry for 2 crust pie

Simmer apples in juice about 5 minutes. Mix cornstarch and spices with a small amount of water. Add to apples, boil until thickened. Line pie plate with favorite pastry. Add apples. Cover with top crust, seal edges. Bake at 400 degrees until crust is browned. Note: Frozen blueberries may be substituted for apples. Omit the spice. Fresh or frozen peaches may be used instead of apples. Add a little nutmeg, but no cinnamon.

LEAN PIE CRUST

1/2 c. flour
1/4 tsp. salt
1/4 tsp. baking powder
1/4 c. diet margarine

Mix flour, salt and baking powder. Add margarine. Cut with pastry blender until mix does not stick to bowl. Shape in ball. Chill for 1 hour. Roll on floured board. Bake at 425 degrees for 12 minutes. Makes 1 crust.

SUGARLESS COOKIES

1 c. Raisins
1 c. Water
 $\frac{3}{4}$ c. Shortening
2 Eggs
1 tsp. Vanilla
1 (6 ounce) can frozen sugarless apple juice thawed and diluted to make 1 $\frac{1}{2}$ cups liq
3 c. Flour
 $\frac{1}{2}$ tsp. Baking Powder
1 tsp. Soda
1 tsp. Cloves
2 tsps. Cinnamon
pinch of salt
 $\frac{1}{2}$ c. Chopped Nuts
1 c. Coconut

Simmer raisins with water for 15 minutes. Drain juice and add enough water to measure $\frac{3}{4}$ cup. Cream shortening and eggs. Add vanilla sugarless apple juice thawed and diluted to make 1 $\frac{1}{2}$ cups liquid. Beat well. Sift together flour, baking powder, soda, 1 teaspoon cloves, cinnamon and salt. Add to egg mixture and beat well. Stir in raisins and the $\frac{3}{4}$ cup raisin liquid, chopped nuts and coconut. (A little sugar twin may be added also.) Drop rounded tablespoons on a cookie sheet sprayed with Pam. Bake at 350 degrees, for 10-12 minutes. These freeze well.

ORANGE DATE BARS

1 c. chopped dates
 $\frac{1}{3}$ c. sugar
 $\frac{1}{3}$ c. vegetable oil
 $\frac{1}{2}$ c. orange juice

1 c. flour
1 1/2 tsp. baking powder
1 egg
1 tbsp. grated orange rind

Combine dates, sugar, oil and juice in saucepan and cook for 5 minutes to soften dates. Cool. Add remaining ingredients and mix well. Spread into an oiled 8 x 8 inch baking pan. Bake at 350 degrees for 25-30 minutes. Cool before cutting into 36 bars.

APPLE CINNAMON OATMEAL

1 1/2 c. water
1/4 tsp. salt
2/3 c. quick cooking oatmeal
1 med. apple, peeled and grated
1 tsp. cinnamon
2 tbsp. raisins
Sugar substitute to taste

Bring water and salt to boil in saucepan. Stir in oatmeal, apple, cinnamon and raisins. Reduce heat and cook 1 minutes until water is absorbed. Serve hot with sugar substitute. Yields 3 servings. Amount 1/2 cup. Exchange: 1 bread and 1 fruit.

BERRY PUDDING

3 c. fresh or frozen unsweetened berries
3 tbsp. cornstarch
1/8 tsp. salt
1/8 tsp. cinnamon
1 c. water
1/2 tsp. vanilla or almond extract
Sugar substitute to equal 1 c. sugar

Combine 1 cup berries, cornstarch, salt, cinnamon, and water in saucepan. Cook over medium heat until mixture thickens, stirring constantly. Add vanilla or almond extract, remaining 2 cups berries, and sugar substitute; mix well. Cool and serve. 6 servings. Amount 1/2 cup. Exchange: 1 fruit.

BISCUITS

1 pkg. dry yeast
2 tbsp. warm water (105-115 degrees)
2 c. buttermilk
5 c. all purpose flour
Sugar substitute to equal 1/4 c. sugar
1 tbsp. baking powder
1 tsp. soda
1 tsp. salt
1 c. shortening

Combine yeast and water; let stand 5 minutes or until bubbly. Add buttermilk to yeast mixture and set aside. Combine dry ingredients in large bowl; cut in shortening until mixture resembles coarse crumbs. Add buttermilk mixture to dry mixture, stirring with fork until dry ingredients are moistened. Turn dough out on floured surface and knead lightly about 3-4 times. Roll dough to 1/2 inch thickness; cut into 36 rounds with a 2 inch cutter and place on non-stick baking sheets. Bake at 400 degrees for 10-12 minutes. Makes 36 biscuits. Serving 1 biscuit. Exchange: 1 bread and 1 fat.

CORNBREAD DRESSING

3 c. crumbled cornbread
1 c. bread crumbs
2 c. fat free chicken broth
1 c. celery, finely chopped
3/4 c. onion, finely chopped
2 egg whites
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. poultry seasoning

Combine all ingredients in mixing bowl; mix well. Turn into non-stick dish. bake at 350 degrees for 45 minutes or until light brown and "set". 8 servings. Each serving 3/4 cup. *Exchange: 1 bread and 1/2 fat.*

CREAMED POTATO SOUP

4 med. potatoes, peeled and cut into eighths
1 sm. onion, cut into eighths
4 green onions, coarsely chopped
1 clove garlic, minced
2 (10 1/2 oz.) cans no-salt added chicken broth, undiluted
1 c. skim milk
1/2 tsp. salt
1/2 tsp. white pepper
1/8 tsp. nutmeg

Combine potatoes, onion, green onions, garlic, and broth in a heavy 3 quart saucepan. Cover and simmer 20 minutes or until potatoes are tender. Process potato mixture in batches in container of an electric blender or food processor until smooth. Combine pureed mixture with milk and remaining ingredients, stirring until well blended. Reheat soup to serving temperature or cover and refrigerate until chilled. Amount 3/4 cup. *Exchange: 1 starch, 85 calories.*

Now that you've got all these recipes at your disposal, it's up to you to try them out for yourself.

Enjoy:)

P.S.: Last but not least, make sure to click this link and watch this amazing ... Free video presentation to learn more about how to free yourself from type 2 diabetes click here right now!

Free DIABETES RESOURCES

1. 148 Foods That Boost Your Ketone Levels:

Check out our 148 Foods That Boost Your Ketone Levels. This free report includes 148 Foods that will boost your ketone levels through the roof! And, to day we're giving it away and you can download it 100% free!

Just click on the button that says "Subscribe" in order to download it now!

2. Free Diabetic online courses:

Check out these free courses here!

3. Free Resource Page about How to Reverse Type 2 Diabetes Naturally:

It lists the best solutions and resources for reversing type 2 Diabetes naturally!
Check it out right here!

A MUST READ for anyone struggling!

Copyright Notice

THIS ELECTRONIC DOCUMENT IS PROTECTED BY NATIONAL AND INTERNATIONAL COPYRIGHT LAWS. THE AUTHOR GRANTS YOU THE RIGHT TO DISTRIBUTE THIS REPORT IN ITS ENTIRETY AS YOU SEE FIT. HOWEVER, UNDER NO CIRCUMSTANCES ARE YOU ALLOWED TO MODIFY THIS REPORT IN ANY WAY, SHAPE, OR FORM OR USE IT AS THE BASIS OF DERIVATE WORKS WITHOUT THE EXPRESSED PERMISSION (WRITTEN OR SPOKEN) OF THE AUTHOR.