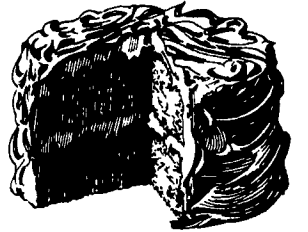


Home On The Range



Cooking The Healthy Way With Diabetic Recipes

In the past, people felt diabetic recipes were only for those with low or high blood sugar. The person who followed a sugar-free diet received a lot of sympathy from those who dined on sweets.

Times have changed. Now, out of their own free choice, diet and health conscious people chose sugar-free recipes over those loaded with fat and sugar. And many proponents of diabetic recipes don't feel they are missing good-tasting food.

If you are skeptical of sugar-free desserts, don't remain in doubt. Try the recipes submitted from readers in several eastern states. From the comments they have included with the recipes, I believe you'll be in for a tasty surprise.

Sugar-free Tips

Wilma Wenger, Womelsdorf, suggested an idea for canning fruits without sugar. Put 1/4 teaspoon ascorbic acid (vitamin C) on top of fruit in jars and fill with water.

Naomi Blank, Kinzers, said a pinch of salt will counteract the bitter aftertaste of an excessive amount of sugar substitute.

DIABETIC PECAN ROLLS

1/2 cup margarine
1 1/2 teaspoon artificial sweetener
1 cup chopped pecans
1 teaspoon water
1 teaspoon vanilla
1 cup flour

Mix all together. Roll to size of a date. Bake on ungreased cookie sheet at 250 degrees for 1 1/2 hours.

Evelyn Farmer
Pequea

APPLE JELLY

2 teaspoons unflavored gelatin
2 tablespoons lemon juice
1/4 teaspoon salt
1 teaspoon arrowroot
2 cups apple juice, unsweetened non-nutritive sweetener equivalent to 2 cups sugar

Mix gelatin lemon juice, salt, and arrowroot. Stir in apple juice and boil, stirring constantly for two minutes. Remove from heat. Stir in sweetener. Fill jelly jars, seal, and store.

Mrs. J. Newton Brewer Jr.
Chesapeake City, Md.

DIABETIC PUMPKIN COOKIES

1 cup shortening
1 cup cooked pumpkin
1 egg
1 teaspoon vanilla
2 cups flour
1/4 teaspoon allspice
1/2 teaspoon nutmeg
1/2 teaspoon baking soda
1 teaspoon powder
1 teaspoon cinnamon
1 cup raisins
1/2 cup chopped nuts

Soak raisins in hot water 5 minutes. Drain. Cream shortening. Add pumpkin, egg and vanilla. Beat well. Mix dry ingredients and add to creamed mixture. Mix well. Add raisins and nuts. Drop on greased cookie sheets. Bake at 350 degrees for 12 minutes. Makes 48.

SUGARLESS APPLESAUCE BREAD

1 1/4 cups sifted flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 cup quick oats
1/2 cup raisins
1 1/4 cup applesauce
1/2 cup oil
2 large eggs
1/4 cup milk

Preheat oven to 350 degrees. Sift dry ingredients together in large bowl. Stir in oats and raisins. Beat applesauce, oil, eggs and milk together, make a well in the center. Pour applesauce mixture into well and stir only until moistened. Pour into greased 9x5x3-inch loaf pan. Bake 55 to 60 minutes.

Irene Kuchm

Farms View Roadstand

SUGARLESS STRAWBERRY OR BLUEBERRY JAM

2 teaspoon unflavored gelatin
1/2 cup white unsweetened grape juice

2 cups strawberries or blueberries
Sprinkle gelatin over 2 tablespoons grape juice. Place remainder of ingredients in saucepan. Stir and cook for 5 minutes. Stir in the softened gelatin and cook until dissolved. Cool. Store in refrigerator or freezer.

Arie King
Lititz



Cookies and cake are no longer banned from diabetic menus. Try the numerous sugar-free desserts that contributors claim are great-tasting.

PINEAPPLE SPREAD

Combine one 6-ounce-size frozen pineapple concentrate with 1 tablespoon flour and 1/4 teaspoon cinnamon.

Bring to a boil. Cool. Use as a spread or topping on toast, cake or ice cream.

Dorothy Smucker

CHOCOLATE CHIP COOKIES

Dietetic
1/2 cup softened margarine
4 teaspoons liquid sweetener
1 1/2 teaspoon vanilla
1 egg
1 cup plus 2 tablespoons flour
2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon soda
1/2 cup water
1/2 cup chocolate pieces
1/4 cup chopped nuts (optional)

Heat oven to 425 degrees. In a small mixing bowl, combine margarine, sweetener, vanilla and egg. Beat on high 1 1/2 minutes until light and fluffy. Add remaining ingredients, except chocolate bits and nuts. Drop well-rounded teaspoons of dough 2-inches apart on ungreased baking sheet. Bake 10 to 12 minutes until golden brown. Store in refrigerator. Yield 42 cookies.

GORP

1 cup peanuts, lightly salted
1 cup raisins
1 cup coconut
1 cup sunflower seeds
1 cup of each cereal—bran, wheat and corn chex

Mix all ingredients together. To store, pour into an air-tight container. Yield: 20 servings, 1/2 cup each. Exchanges 1 bread.

OATMEAL COOKIES WITH PINEAPPLE

2 eggs, well-beaten
1/2 cup melted margarine, cooled
1 cup milk
1 tablespoon sugar substitute
1 cup slightly drained, crushed

unsweetened pineapple
1/2 teaspoon salt
1 1/2 cups flour
2 teaspoon baking powder
1 1/2 cups flour
2 teaspoon baking powder
1 1/2 cups quick oats
1/2 cup chopped nuts
1 teaspoon vanilla

Combine first 5 ingredients. Stir in dry ingredients and vanilla. Let stand a few minutes. Drop by teaspoonful onto cookie sheet. Bake at 350 degrees for 15 minutes. Yield: 5 dozen cookies. Exchange: 2 cookies=1 bread, 1 fat.

Naomi Blank
Kinzers

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

- Oct. 24- Soups and Stews
- 31- More Diabetic Cooking Recipes
- Nov. 7- Chinese Dishes

Featured Recipe

This week's recipe comes from Lois Fahnestock, Lititz. Lois and her husband Robert have 5 children who help them on their 102-acre farm where they raise and sell 1,800 pigs yearly. They have 1,200 fruit trees in their orchard. They sell the produce at their home.

Try Lois Fahnestock's delicious apple pie.
Danish Apple Pie

6 c. sliced apples
1/2 c. raisins
3/4 c. sugar
2 T. flour
1/4 tsp. salt
1/2 tsp. cinnamon

Pour 2 T. orange juice over apples. Dot with 3 T. butter. Bake. Glaze with 1 c. 10x sugar combined with 4 T. orange juice. Bake 350° for 30-40 mins.