

More Diabetic Recipes

(Continued from Page B8)

COCONUT MERINGUE PIE

1 package vanilla-sugar-free pudding
2 cups milk
½ cup unsweetened coconut
2 eggs yolks slightly beaten
Combine all ingredients and cook until thickened. Pour into baked pie shell and top with mer-

ingue. Brown in 350 degree oven until golden brown. MERINGUE: Combined reserved egg whites with dash of salt and ¼ teaspoon cream of tartar. Beat until foamy and gradually. Add about 8 packs of dry artificial sweetener and ¼ teaspoon vanilla. Beat until whites stand in peaks.

Phyllis Steele
Hardy, De

APPLE-RAISIN-OATMEAL MUFFINS

1 cup flour
3 teaspoon baking powder
¼ teaspoon salt
¼ teaspoon cinnamon
¼ cup packed dietetic brown sugar
½ stick margarine
¼ cup diced apple
¼ cup raisins, rinsed and drained
1 cup quick cooking oatmeal
1 large egg
½ cup milk

Combine first 9 ingredients. Add egg and milk. Bake 15-20 minutes in 350 degree oven. Makes 12 muffins.

Dorothy Smucker

DIABETIC OATMEAL COOKIES

1½ cups quick-cooking oatmeal
1½ cups flour
¾ cup melted butter
2 eggs, beaten
1 tablespoon liquid sweetener
2 teaspoon baking powder
½ cup skim milk
1 teaspoon vanilla
½ cup chopped nuts
½ cup raisins

Beat eggs in large mixing bowl. Add melted butter, milk, vanilla and sweetener. Add flour, baking powder, nuts and raisins and oatmeal.

Drop by teaspoon on ungreased cookie sheet. Bake 10-15 minutes at 350 degrees or until golden brown.

Sarah Jane Krall
Lebanon

CHICKEN AND VEGETABLE CASSEROLE

1 can cream of mushroom soup
¼ cup skim milk
1 teaspoon Worcestershire sauce
1 cup diced, cooked chicken
1 cup cooked sliced okra
¼ cup chopped celery
¼ cup chopped green pepper

Combine soup, milk, and Worcestershire sauce. Add chicken, okra, celery, and green pepper. Pour into nonstick 1-quart casserole. Bake at 350 degrees for 20 minutes.

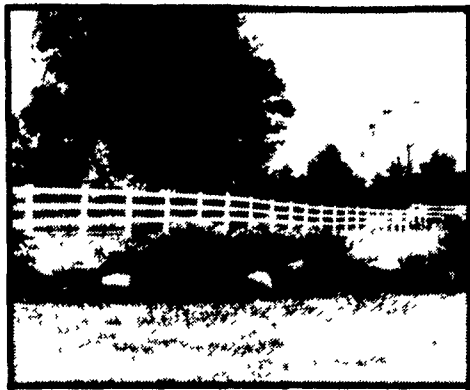
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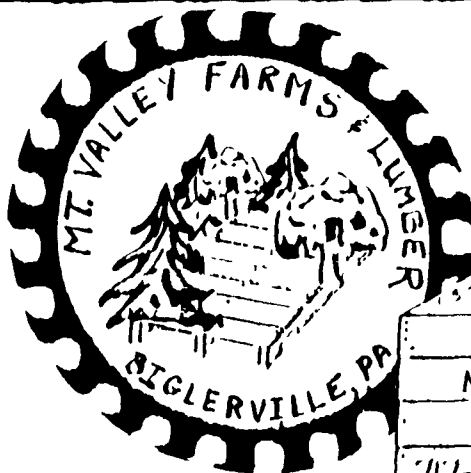
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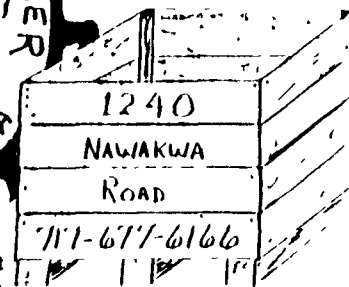
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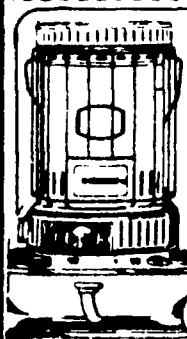
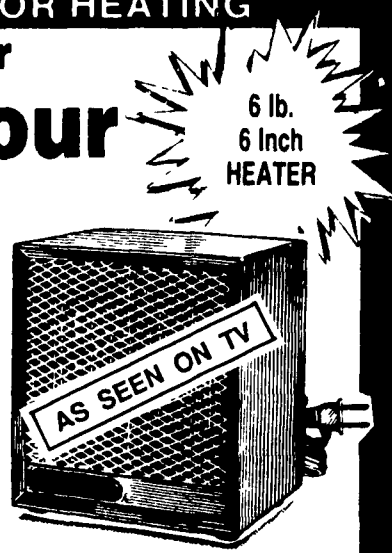
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