

Cook's Question

(Continued from Page B8)

ANSWER — Donna Cleveland, Wellsboro, wanted good diabetic recipe for peanut butter cookies and other diabetic dessert recipes. Thanks to Eileen Greenaway, Somerville, N.J., for sending the following:

Peanut Butter Fluffs

9 graham crackers, crumbed
2 tablespoons reduced-calorie tub margarine, melted
2 cups reduced-calorie whipped topping
1 cup low-fat milk
½ cup plus 1 tablespoon creamy peanut butter
1 envelope reduced-calorie vanilla pudding mix
2 tablespoons reduced-calorie strawberry spread
Line 12 ½ -inch muffin cups with paper liners. In a small bowl, combine crumbs and margarine. Press about 1 tablespoon mixture into each cup. Top each with about 2 teaspoons whipped topping. In a large bowl, with electric mixer on low speed, mix milk and peanut butter until smooth. Add pudding mix; beat until blended and fold in remaining whipped topping. Divide evenly among cups. Top with ½ teaspoon strawberry spread. Freeze several hours or overnight. Let stand at room temperature, about 5 minutes to soften before serving. Each serving provides 142 calories, 9 gm fat, 12 gm carbohydrates, and no cholesterol.

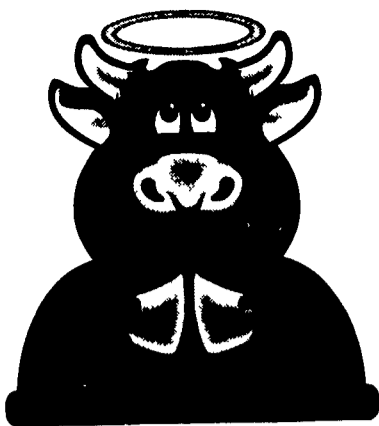
Chocolate Almond Cookies

2 large egg whites at room temperature
¼ teaspoon cream of tartar
1 envelope reduced-calorie chocolate mousse mix
1 tablespoon confectioners' sugar
½ teaspoon almond extract.
Preheat oven to 250 degrees. Line baking sheet with parchment paper (freezer wrap works fine). In a large bowl with mixer on high speed, beat egg whites and cream of tartar until soft peaks form. Gradually add mousse mix and sugar, beating till batter is thick and fluffy. Fold in extract. Drop by rounded teaspoons 1½ -inches apart on baking sheet to make 24 cookies. Bake 35-40 minutes or til crisp. Cool completely. These are thin, flat cookies). Each serving (2 cookies) provides 25 calories, 1 gm fat, 2 gms carbohydrate and no cholesterol.

Here are diabetic recipes from Fran Westfall, New Oxford.

Dietary Brownies

½ cup butter
Artificial sweetener equivalent to 1¼ cups sugar
2 squares unsweetened chocolate, melted
2 eggs
½ teaspoon vanilla extract
¾ cup all-purpose sifted flour
1 teaspoon double acting baking powder
¼ cup chopped walnuts
Preheat oven to 350 degrees. In large bowl, cream butter and sweetener until light and fluffy. Add chocolate and beat until smooth. Beat in eggs and vanilla. Add flour, baking powder, and walnuts. Beat until smooth. Spread batter in 8x8x2-inch pan. Bake 30 minutes or until brownies are shiny on the surface. Cool in pan. Cut into 16 pieces.



Ida's Notebook

by
Ida Risser



Custard

3 eggs
2 cups milk
8 teaspoons liquid sweetener
½ teaspoon nutmeg
½ teaspoon vanilla
Unsweetened coconut, if desired
Scald milk, add to slightly beaten eggs, nutmeg, and liquid sweetener. Bake in greased casserole placed in a pan of hot water in 325 degree oven for 45 minutes to one hour. Test with silver knife in center. If it comes out clean, it's done. Let cool.

Soft Honey Cake

Blend:
½ cup butter
1 cup honey
Add and beat well:
1 egg, unbeaten
Stir in:
½ cup sour or buttermilk
Sift together, then add to above mixture:
2 cups sifted flour
1 teaspoon baking soda
¼ teaspoon salt
½ teaspoon ginger
¼ teaspoon allspice
Mix well and beat until light. Pour into a greased square pan. Bake at 350 degrees for 40 to 45 minutes. Cool. Can also be made in cupcakes if so desired. By omitting spices and add ½ cup cocoa, a little more milk or water (enough to make cocoa into a thick paste), this makes a delicious chocolate cake.

Sugarless Cake

Dissolve:
8½ grain Saccharine tablets in
½ cup milk
1 cup evaporated milk
Cream:
½ cup shortening
Add:
3 egg yolks
Sift:
5 heaping tablespoons flour
2 teaspoons baking powder
½ teaspoon baking soda
Pinch salt
Mix sifted ingredients with creamed mixture, adding milk mixture, and flavor to taste
Fold in:
3 beaten egg whites
Bake in 375 degree oven one hour or until done. Can bake in loaf or 2 layers.
(Turn to Page B18)

We seem to be having our April showers in May. Part of the lawn is mowed and then it rains so that the remaining grass must wait until the next day.

In the morning we can watch a half dozen American goldfinch sitting in our small oak tree. The bluebirds have decided to nest in one of our birdhouses. And, several mockingbirds live nearby.

It has become a tradition for our youngest daughter to give me a bouquet each May first. At one time it was simply some flowers like buttercups that she picked in the meadow. But, now that she lives in Texas, a florist delivers the flowers. This year she sent two miniature red rose bushes in a basket.

Our sugar peas are getting buds, and by the end of the month, there may be some to pick. Some people do not like frozen peas but I've discovered that if the peas are thawed, before they are put in the kettle, and then only brought to a boil they will not be too soft and overcooked.

My gladiolas and four kinds of lilies have been planted. Now I must put some houseplants in the garden too. I thought that I planted radishes, but they came up, and now I have a lot of Chinese cabbage to transplant. That is what happens when you save your own seed and do not mark it properly.

With all of the moisture that we have just now, it is difficult to keep the weeds pulled. But the damp ground is just the thing as I plant new begonias and impatiens. Some of our azaleas are spectacular this year with their white, pink and red blossoms.



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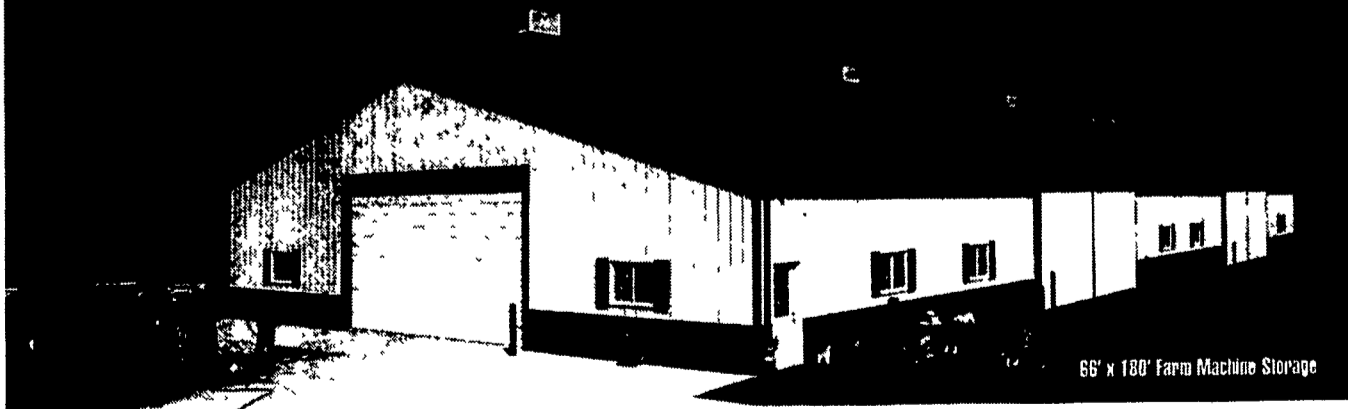
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