

## Extra Low Glycemic Recipes

### Desserts

#### **Carob and Pumpkin Seed Bars** (serves 16)

98 calories, 6.2 g carbohydrates, 4 g protein, 7 g fat

These bars will look like a brownie but have a different taste since this is a no-flour dessert! They are nevertheless delightful for those who haven't had dessert in a while.

2 eggs, separated

$\frac{1}{2}$  cup apple juice concentrate

1 tsp. vanilla extract

$\frac{1}{4}$  tsp. ascorbic acid (vitamin C) crystals (purchase in health food store)

$3\frac{1}{2}$  tbsp. carob powder, sifted NOT packed

$\frac{1}{8}$  tsp. salt

1 cup pumpkin seeds, ground into meal in food processor

$\frac{3}{4}$  cup walnuts or pecans, coarsely chopped

Oil an 8x8-inch square pan. Cut a square of wax paper to fit bottom, lay it in place and oil it. Put egg whites in a separate bowl from yolks and set aside. Put yolks in a medium bowl and add salt, vanilla, and ascorbic acid crystals. Whisk a few minutes until light. Gradually add juice, then carob powder, while continuing to whisk. Using a spoon, stir in seed meal and nuts for 1 minute. Preheat oven to 350 degrees.

Beat egg whites with a mixer, for 1 minute on low, then 1 minute on medium, then 2 minutes on high, until stiff and shiny. Spoon one-quarter of the whites into the batter and stir until white disappears. Fold remaining whites carefully into batter with a rubber spatula, until all white is gone.

Scrape batter into prepared pan and bake for 20 minutes, or until top springs back when touched lightly. Use a knife to loosen the edges, then turn out onto a cooling rack. Peel off wax paper before continuing to cool. Cut into squares when cool.

#### **Berry Freeze** (serves 4)

127 calories, 14 g carbohydrates, 6 g protein, 6 g fat

1 lb. frozen strawberries, slightly thawed (or 1 pt fresh berries, frozen slightly)

$\frac{3}{4}$  cup part skim ricotta

3 tbsp. all fruit strawberry jam

Fresh strawberries for garnish (optional)

Blend slightly frozen berries in food processor. Slowly add ricotta and then jam, blending all the while. Serve immediately, garnished with a fresh strawberry, if desired.

## **Poached Peaches with Strawberry Sauce** (serves 4)

80 calories, 19 g carbohydrates, 0.9 g protein, 0.2 g fat

1 can (6 oz.) frozen unsweetened apple juice concentrate, thawed  
1 cup water  
1 tbsp. finely grated lemon peel  
1 tsp. vanilla extract  
4 medium size ripe peaches or nectarines (pears will be a winter alternate)  
4 sprigs fresh mint for garnish (optional)  
Strawberry sauce (recipe below)

In a medium saucepan, mix apple juice, water, lemon peel, and vanilla; bring to boil and reduce heat. Cover and simmer for 10 minutes. Add peaches (or other desired fruit) and poach, partially covered over low heat for 7-8 minutes. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise and remove pits.

Spoon strawberry sauce into 4 dessert plates, making a little pool. On each plate, arrange 2 peach halves in the center and garnish with mint.

### **Strawberry Sauce** (excellent for any poached fruit) (yields 1 $\frac{3}{4}$ cups)

28 calories, 7 g carbohydrate, 0.6 g protein, 0.3 g fat

2 cups fresh strawberries, hulled and washed  
 $\frac{1}{4}$  cup orange juice (unsweetened)  
Pinch each of ground cinnamon and nutmeg

Combine all ingredients in blender or food processor. Process until smooth.