

Recipes

Cranberry Sauce

Ingredients:

1 bag fresh cranberries
Splenda/sugar mixture (as little sugar as possible)
1/2 packet lemon Jell-O
1 cup chopped walnuts
Cinnamon (to taste)
Applesauce (to taste)
Lemon and orange zest (to taste)



Simmer cranberries in water with the Splenda/sugar mixture until they pop. Then blend in the rest of the ingredients.

Pumpkin Pie

Ingredients:

1 (15 ounce) can pumpkin
8 ounces skim milk
3 egg whites
2/3 reduced fat Graham cracker crust
3/4 cup sugar or Splenda baking blend
Pumpkin Pie spice
2 egg whites (for the crust)



1. Preheat oven to 425 degrees F
2. Mix pumpkin, milk, and egg whites until smooth
3. Gradually stir in sugar (1/4 cup at a time)
4. Add the pumpkin pie spice (taste and add more if needed)
5. To make the crust less likely to turn soggy, beat some egg whites and brush over the crust and bake at 350 degrees F for about 5 minutes. Cool.
6. Pour onto crust and spread evenly.
7. Bake in the oven for 15 minutes then reduce the temperature to 350 degrees F and bake for another 45 min.
8. Let cool.