

# *Splendid Low-Carbing Magazine*



*Spring/Summer 2005 Edition*

# *Splendid Low-Carbing™ Magazine* (Spring/Summer - 2005)

National Birthday edition By Jennifer Eloff, Author of the "*Splendid Low-Carbing™ series*"

**Hi and welcome** to the Spring and Summer-2005 (July-4<sup>th</sup> in the USA and July 1<sup>st</sup> in Canada) edition of our "Splendid Low-Carbing™ magazine", only the 3<sup>rd</sup> edition of our free magazine. Over the last several years (I'm 48 now) I was "gifted" with many Low-Carb recipe breakthroughs, any one of which is so useful to low-carbers, and so I just had to find a way to "re-gift" these breakthrough recipes to my fellow Low-Carbers. Thus it was that "Splendid Low-Carbing™ magazine" was born. Our subscribers are the direct beneficiaries. Even if you don't buy any of my cookbooks (*and obviously I hope you do*) you can still benefit from many lovely innovative Low-Carb recipes, ideas and your family's lives, will be richer and more enjoyable as a result. The **National Birthday edition**, presents to you several menus from 4 gifted ladies, and 1 gifted gentleman hailing from all over our great North American continent. You do not have to buy anything, but understandably, you will have to put up with a little bit of advertising about my cookbooks – we still do need to pay for the development of these books. I invite you all to enjoy our recipes, stay trim, happy, in love. May God Bless you and your family with many years of "all of the above"! **"To our readers in the USA, Happy 4<sup>th</sup> of July. For those folks in Canada, Happy Canada day!"** and, "happy low-carbing"! **Jennifer.**



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## Introducing Jennifer's "Splendid Low-Carb™ Desserts" cookbook

By Eureka Publishing, Publisher of the "Splendid Low-Carbing™ series"



Well, it's Cherry season and time for an awesome "Black forest cake! Jen's fabulous "*Splendid Low-Carbing™*" Splenda-based cookbook series is, thankfully, a *huge hit* amongst Jennifer's fellow Low-carbers. Jen now has 3 National Bestsellers, and though she is an extremely humble person, she is thrilled about that. But it seems that we never have enough of our old favorite desserts and foods available! Well, in this showcased book, all recipes (100%) are under 10g, most (75%) under 5g and many (50%) under 3g of carbs per serving. Jen's almost 14 years of R&D using Splenda to help reduce carbs in many of her and your old favorite popular recipes, has paid off BIG! Now, from the World's first ('92), most prolific and also most accomplished "Splenda" cookbook author, we present to you many of your old all-time favorite dessert recipes and treats, representing HUGE breakthroughs

and easily worth the price of this book on its own. All are perfectly legal on all of the popular low-carb diets, as well, of course, as being simply delicious as ever! More Splendid Low-Carbing is a great resource for the Fat Fast (high fat/1000-calorie regimen outlined by the late Dr. Atkins for people who are metabolically resistant to weight loss), with recipes, menus and important information provided. These fabulous recipes are also excellent for induction. This great book has one of Jen's best wholegrain bread recipes and a deep dish pizza crust for all pizza lovers, and two new very low-carb bake mixes. Jen now has some 1,200 + (and growing) carefully researched and well-tested quality recipes in the growing "*Splendid low-carbing™*" collection, all of them very carefully designed to help you lose weight and enjoy life more. This Spring/Summer issue contains just a **tiny fraction** of Jen's "*Splendid collection of Low-Carb recipes*". The entire collection of her **5 low-carb books** - *her awesome recipes, could be yours for less than the price of a restaurant meal!* ([Click here for a limited time SPECIAL price on the entire collection of Jen's 5 low-carb cookbooks from AMAZON.com](#)) Each book is comparable in price to just a couple of commercial Low-Carb products, yet contains recipes and know-how for many, saving you money and allowing you to ensure that the ingredients are healthy, the product is fresh and easily available. With 3 "National bestsellers", many agree. (IAN)

# HOLD the TOAST!

Review

of "More Splendid Low-Carbing" By **Dana Carpender**, fellow (renowned) low-carb author and creator of "Hold the Toast".

(Copyright © 2002 **Dana Carpender**, [www.holdthetoast.com](http://www.holdthetoast.com))

(12/11/2002) It would be nice if I could tell you that mine is the only low carb cookbook worth buying. It would be nice - but it would be a big fat lie! There are several good low carb cookbooks out there, and I just found a really wonderful one in my mailbox.

I've already reviewed Jennifer Eloff's **Splendid Low Carbing** - I think it's terrific - so it's not a big surprise that I'm also giving a great review to **More Splendid Low Carbing**, Jen's new cookbook. To me, one of the marks of a great cookbook is when I flip through it, looking at recipes and thinking, "Darn! I wish I'd thought of that!" More Splendid Low Carbing is full of things like that. From some great beverage ideas - Ginger Beer! Cranberry Iced Tea! Lemonade Concentrate!, and some neat breakfasts - Mock Danish! Breakfast Burritos! through some killer entrees - Balihai Chicken, curried, with coconut milk, and a hazelnut crust! Salmon with Fruit Salsa! More Splendid Low Carbing is full of ideas I wish I'd had. Higher praise I cannot give.

This is a particularly good book for those who are on Induction, or who have to maintain Induction levels of carb intake - 20 g. or less per day - to keep losing or keep weight off. Every single recipe is below 10 g. of carb, and half are below 3 g. - a truly remarkable feat. Further, it offers some very useful info on the Fat Fast (a great way of jumpstarting ketosis, or knocking off a few pounds fast, or losing that impossible-to-shake final fifteen pounds), including Fat Fast menus. All in all, More Splendid Low Carbing is a terrific addition to every low carb cookbook library. You'll only find it at Jen's website, [www.Sweetys.com](http://www.Sweetys.com) OR at [www.Low-Carb.us](http://www.Low-Carb.us) Go take a look!

These links back to Jen's websites keep this a "living" (up-to-date) Document:

Click here to read [REVIEWS and INTERVIEWS](#)

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*Finally it's Spring and Summer... now it's time to flaunt those figures we have been working so hard to perfect since Christmas!*

*By Eureka Publishina. Publisher of the "Splendid Low-Carbina™ series"*



## **Some thoughts on Spring and Summer Picnics**

When the weather warms up, picnics are a lovely way of bringing the family together outdoors. I don't know about you, but one of my favorite places to eat is on a picnic out in nature or sitting as a passenger in a car. The food has a way of tasting so much better. Besides that, you can't beat the ambiance of birds chirping and the sounds of water lapping on the shore of a lake for instance, while picnicking nearby. It is a time to enjoy fun memories with family, such as children or grandchildren, other extended family and friends. Picnics often conjure up images of school being out for the holidays, swimming, boating, playing outdoor games, sunning on a beach and eating good food that has been safely stored in a cooler with lots of ice. It is very important to keep the food really cool to prevent any spoilage and bacterial growth. It's best to eat fairly soon and work it off by playing away the rest of the afternoon!

See more at [www.Sweetly.com](http://www.Sweetly.com) OR at [www.Low-Carb.us](http://www.Low-Carb.us)



## GINGER BEER

*This idea came from Sandra Van Harten. I love it, as it is so easy to make.*

6<sup>1</sup>/<sub>4</sub> cups water (1.5 L)  
4 oz fresh ginger root (120 g)  
1 cup SPLENDA® Granular (250 mL)

In large saucepan, place water. Peel ginger, cut into large pieces and chop finely in food processor or blender. Add ginger to water. Bring to boil and simmer 10 minutes. Allow to cool. Pour into jug and refrigerate overnight. Sieve. Stir in SPLENDA® Granular. Pour about <sup>1</sup>/<sub>2</sub> cup (125 mL) ginger syrup in a tall glass and add 1 cup (250 mL) ice cold lemon-lime carbonated spring water. Enjoy!

<b>Yield:</b> 12 servings
1 serving
0.8 calories
0.0 g protein
0.0 g fat
<b>2.0 g carbs</b>

### **Variations: Ginger Herbal**

**Tea:** Add 3 tbsp (45 mL) ginger syrup to a cup. Fill with water and heat in microwave oven 1 minute. Serve with a slice of lemon, if desired. (**0.8 g Carbs**)

### **Easy DaVinci® Alternative:**

Use 1<sup>1</sup>/<sub>2</sub> tbsp (22 mL) DaVinci® Gourmet Sugar Free Gingerbread Syrup and 1<sup>1</sup>/<sub>2</sub> cups (375 mL) carbonated water.

**Helpful Hints:** Take along the jug and a bottle or two of carbonated spring water. Make sure both are ice cold. If you place them in the freezer for a while, don't forget them in there!



## SPICED PECAN CLUSTERS

*Addictive, delightfully light, crispy pecans! Our sons' favorite is the variation below, which is what I made for this picnic!*

1 egg white  
 $\frac{1}{2}$  cup SPLENDA® Granular (125 mL)  
 $\frac{3}{4}$  tsp salt (3 mL)  
1 tsp ground cinnamon (5 mL)  
 $\frac{1}{4}$  tsp ground nutmeg (1 mL)  
 $\frac{1}{8}$  tsp ground cloves (0.5 mL)  
2 cups pecan halves (500 mL)

<b>Yield:</b> 8 servings
1 serving
197.5 calories
2.2 g protein
19.3 g fat
<b>5.1 g carbs</b>

In medium bowl, beat egg white with fork until foamy. Blend in SPLENDA® Granular, salt, cinnamon, nutmeg and cloves. Add nuts, stirring until coated well. Spread nuts out on greased cookie sheet. Make sure nuts touch, clustering together, so that they can be broken off later in little clusters. Bake in 325°F (160°C) oven 20 minutes. Remove immediately from cookie sheet in clusters and allow to cool on wire rack.

### **Variation:**

#### **Cinnamon Pecans:**

For spices, use  $1\frac{1}{2}$  tsp (7 mL) cinnamon and  $\frac{1}{8}$  tsp (0.5 mL) salt.

**Helpful Hints:** This recipe may be doubled and the pecans will still fit on one cookie sheet, however, I usually use two.



## BOBOTIE

*Introduced to South Africa by the Cape Malays, this Indonesian curried meat loaf is to South Africa what Moussaka is to Greece and Lasagne is to Italy. Traditionally, Bobotie is served with yellow rice (add turmeric), chutney and banana slices dipped in milk.*

2 rye crisp breads, OR  
2 slices low-carb bread  
 $\frac{2}{3}$  cup half-and-half cream (150 mL)  
2 lbs ground lamb, OR (0.9 kg)  
lean ground beef  
1 cup diced onion (250 mL)  
1 tbsp curry powder (15 mL)  
2 tsp salt (10 mL)  
 $1\frac{1}{2}$  tsp ground turmeric (7 mL)  
 $\frac{1}{2}$  tsp black pepper (2 mL)  
 $\frac{1}{4}$  cup slivered almonds, (50 mL)  
2 tbsp seedless raisins, (25 mL)  
snipped in half  
2 tbsp SPLENDA® Granular (25 mL)  
1 tbsp lemon juice (15 mL)  
4 eggs  
4 bay leaves, (optional)

<b>Yield:</b> 10 servings
1 serving
269.7 calories
20.5 g protein
17.5 g fat
<b>5.7 g carbs</b>

In small bowl, break rye crisp breads or low-carb bread in pieces and soak in half-and-half cream. Set aside. In large skillet, fry ground lamb or beef and onion, until meat is browned. Pour off fat. Stir in curry powder, salt, turmeric and black pepper. Over small bowl, strain crisp bread and cream mixture; set aside cream. Stir softened crisp bread or low-carb bread, almonds (if using), raisins, SPLENDA® Granular, lemon juice and 2 eggs into meat mixture until well combined.

Turn into 2 quart (2 L) casserole dish and press down firmly. Stick bay leaves in upright position in top of meatloaf. Bake uncovered in 350°F (180°C) oven 20 minutes. In small bowl, beat remaining eggs and leftover cream together; pour over meatloaf. Cover and bake another 20 minutes. Remove bay leaves.

**Helpful Hint:** For the picnic, serve slices of this meat loaf either cold or at outside temperature. This meat loaf is often traditionally served at room temperature.



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## TUNA OR SALMON BURGERS

*Enjoy these on a low-carb bun in recipe that follows with Sweet 'n Spicy Mustard Sauce (recipe follows), if desired. I made the tuna burgers for this picnic!*

3, 6 oz cans salmon, deboned, OR (170 g) tuna

1 cup grated old Cheddar cheese (250 mL)

$\frac{1}{2}$  cup Parmesan cheese (125 mL)

$\frac{1}{4}$  cup mayonnaise (50 mL)

$\frac{1}{4}$  cup oat bran, OR (50 mL)

$\frac{1}{3}$  cup Low-Carb Bake Mix <sup>TM</sup> (75 mL)

2 eggs, fork beaten

$\frac{1}{4}$  cup Healthy Butter (50 mL)

**Yield:** 12 servings

1 serving

183.0 calories

14.6 g protein

13.2 g fat

**1.5 g carbs**

In large bowl, combine salmon or tuna, Cheddar cheese, Parmesan cheese, mayonnaise, oat bran and eggs. Form into 2-inch (5cm) wide patties. In electric frying pan or large skillet, fry 6 patties in 2 tbsp (25 mL) Healthy Butter (see previous magazine) until browned underneath. Turn and fry other side until brown. Repeat.

**Variation: Tuna Burgers:** Substitute canned tuna for salmon.

**Yield:** 14 tuna burgers (1.2 g Carbs)

**Helpful Hints:** For those people, like me, who are watching their sodium intake, reduce Parmesan cheese by half or leave out completely and add a little more bake mix.

I later found that using the Splendid Low-Carb Bake Mix <sup>TM</sup> produced lovely burgers and the fresh ones have a crispy exterior, which later turn soft again. The bake mix prevents the tuna or salmon burgers from shrinking. It also works that way in homemade hamburger patties.

I will often use the large can of tuna one gets in Costco (1.88 kg) and multiply this recipe by 3! This way I make lots more burgers to feed a crowd!

These tuna or salmon burgers are great on their own too. You can easily skip the bun. Place a bit of Sweet 'n Spicy Mustard Sauce on the burger and a slice of tomato – yummy!



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## SWEET 'N SPICY MUSTARD SAUCE

*Delicious with baked ham or even hard-boiled eggs. Lovely on low-carb meat sandwiches and many other uses besides, such as complementing the above tuna or salmon burger recipe very nicely.*

- $\frac{3}{4}$  cup sour cream (175 mL)
- $\frac{1}{4}$  cup mayonnaise (50 mL)
- $\frac{1}{4}$  cup prepared mustard (50 mL)
- $\frac{1}{4}$  cup SPLENDA® Granular (50 mL)
- $\frac{1}{2}$  tsp hot pepper sauce (2 mL)

In medium bowl, combine sour cream, mayonnaise, prepared mustard, SPLENDA® Granular and hot pepper sauce.

**Yield:**  $1\frac{1}{4}$  cups (300 mL)  
1 tbsp (15 mL) per serving  
35.9 calories  
0.5 g protein  
3.5 g fat  
**0.8 g carbs**

## ORGANIC MIXED GREENS SALAD

*This is a pretty salad and easy to assemble at the picnic.*

- 5 cups organic mixed greens (1.25 L)
- 1 California avocado, peeled pitted and sliced
- 2 Roma tomatoes, chopped finely
- $\frac{1}{3}$  cup shredded Cheddar cheese (75 mL)
- $\frac{1}{3}$  cup sunflower seeds (75 mL)
- $\frac{1}{3}$  cup pumpkin seeds (75 mL)
- $\frac{1}{3}$  cup sliced almonds (75 mL)

**Yield:** 4 servings  
1 serving  
296.7 calories  
12.9 g protein  
24.0 g fat  
**7.7 g carbs**

Rinse greens in salad spinner and spin dry. Place mixed greens in large salad bowl. Arrange Avocado on top and chopped tomato around the circumference. Sprinkle with Cheddar cheese, sunflower seeds, pumpkin seeds and sliced almonds. Serve with a salad dressing of your choice.





## WHOLEGRAIN BREAD

*This wholesome bread makes great hamburger buns too. I now have one of those new bread machines and unfortunately the yield is not as good as with my old one. It makes about 9 hamburger buns instead of twelve (9.9 g carbs each).*

1 cup water (250 mL)  
3 tbsp olive oil (45 mL)  
1 large egg  
1 cup vital wheat gluten (250 mL)  
 $\frac{2}{3}$  cup whole wheat pastry flour, (75 mL)  
OR oat flour  
 $\frac{1}{2}$  cup wheat OR oat bran (125 mL)  
 $\frac{1}{4}$  cup flax seeds, ground, (50 mL)  
OR whole wheat pastry flour, OR  
oat flour, OR soy flour  
4 tsp bread machine yeast (20 mL)  
1 tbsp SPLENDA® Granular (15 mL)  
1 tbsp granulated sugar (15 mL)  
1 tsp salt (5 mL)  
1 tsp vanilla extract (5 mL)  
1 tsp baking powder (5 mL)

<p><b>Yield:</b> 18 slices Whole wheat/flax/oat flour 80/73.8/58.3 calories 6.9/6.7/6.1 g protein 3.6/2.8/2.8g fat <b>4.5/4.9/5.1 g carbs</b></p>
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In cereal bowl, heat water in microwave oven 1 minute. In bread pan, place water, olive oil, egg, vital wheat gluten, whole wheat pastry flour (or oat flour), wheat or oat bran, ground flax seeds (or whole wheat pastry flour, oat flour or soy flour), yeast, SPLENDA® Granular, sugar, salt, vanilla extract and baking powder. Program bread machine to Bread Rapid setting and color to medium. Remove 30 minutes before baking time is over or when brown in color.

**Variations: Loaf Pan Breads (Two):** Use 1 cup (250 mL) water, plus 3 tbsp (45 mL), 2 eggs,  $1\frac{1}{4}$  cups (300 mL) 80% vital wheat gluten and 2 tsp (10 mL) baking powder. Follow recipe above with these changes. Program bread machine to pizza cycle. Divide dough in two equal portions. Place each portion in greased 9 x 5 x 3-inch (2 L) loaf pan and place pans on bottom shelf in preheated 225°F (107°C) oven which is off. Cover lightly with foil. Allow to rise 40 minutes. Remove foil; switch on oven to 350°F (180°C), leaving loaves inside. Bake 30 minutes. Place loaves on cake rack to cool. Place in paper bag and leave at room temperature for crusty loaves. Refrigerate for longer storage or freeze. **Yield:** 2 Loaves, 22 slices each, 1 slice per serving. **(2.0 g Carbs)**

**Hamburger Buns, Hot Dog Buns or Dinner Rolls:** Same recipe as for Loaf Pan Breads above. Shape dough into 12 hamburger or 9 hot dog buns or 24 dinner rolls. Place on greased pizza pan. Spray buns with nonstick cooking spray. Proceed as above and bake 20 minutes. **Yield:** 12 Hamburger buns. **(7.4 g Carbs)**, 9 hot dog buns **(9.9 g Carbs)** or 24 Dinner Rolls. **(3.7 g Carbs)**

## BROCCOLI SALAD

*This salad makes a wonderful addition to a Spring or Summer picnic.*

3 cups broccoli florets, chopped (750 mL)

$\frac{1}{2}$  cup salted sunflower seeds (125 mL)

$\frac{1}{4}$  cup chopped red onion (50 mL)

$\frac{1}{4}$  cup grated Cheddar cheese, (50 mL)  
(optional)

### **Mayonnaise Dressing:**

$\frac{1}{2}$  cup mayonnaise (125 mL)

$\frac{1}{4}$  cup sour cream (50 mL)

1 tbsp SPLENDA® Granular (15 mL)

1 tbsp lemon juice (15 mL)

**Yield:** 6 servings

1 serving

227.7 calories

4.0 g protein

21.6 g fat

**4.4 g carbs**

Lightly steam broccoli florets about 3 min. Transfer broccoli to medium bowl and refrigerate, while preparing dressing. *I love the addition of sunflower seeds.*

**Mayonnaise Dressing:** In small bowl, combine mayonnaise, sour cream, SPLENDA® Granular and lemon juice.

**Assembly:** In large casserole dish, combine broccoli, sunflower seeds, red onion and Cheddar cheese, if using. Stir in Dressing. Serve.

**Helpful Hints:** To further reduce the carbs, omit sunflower seeds and/or red onion.





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## CRANBERRY ORANGE LOAF

*You can proudly serve this beautiful, flavorful and moist loaf. No one will likely guess it is a low-carb loaf. This is a teaser recipe, as the bake mix is not given. I am not giving away all my bake mix recipes and all of my best recipes, otherwise there is really no need to buy any of my cookbooks and I would be out of business pretty soon!*

2<sup>1</sup>/<sub>4</sub> cups Whey Ultimate Bake (550 mL)

Mix

2 tsp baking powder (10 mL)

<sup>1</sup>/<sub>2</sub> tsp baking soda (2 mL)

<sup>1</sup>/<sub>4</sub> tsp salt (1 mL)

3 tbsp grated orange peel (45 mL)

1<sup>1</sup>/<sub>4</sub> cups frozen cranberries, (300 mL)  
(unsweetened)

<sup>1</sup>/<sub>4</sub> cup olive oil (50 mL)

2 tbsp butter, melted (25 mL)

1 egg

1 cup SPLENDA® Granular (250 mL)

<sup>2</sup>/<sub>3</sub> cup Da Vinci® Sugar Free Orange Syrup (150 mL)

**Yield:** 18 slices

1 slice

114.7 calories

5.5 g protein

7.4 g fat

**6.1 g carbs**

In large bowl, combine Whey Ultimate Bake Mix, baking powder, baking soda and salt. Stir in grated orange peel. Fold in frozen cranberries.

In food processor or in bowl with electric mixer, process olive oil, butter and egg. Add SPLENDA® Granular; process. Add to cranberry mixture, along with Da Vinci® Sugar Free Orange Syrup. Stir with wooden spoon, just until all dry ingredients are incorporated. Pour into 9 x 5 x 3-inch (2 L) loaf pan lined with wax paper and sprayed with nonstick cooking spray. Bake in 350°F (180°C) oven 40 minutes, or until cake tester comes out clean. Remove loaf and carefully remove wax paper.

**Variation: Da Vinci® Alternative:** Use 2 tbsp (25 mL) orange juice concentrate, <sup>1</sup>/<sub>2</sub> cup (125 mL) extra SPLENDA® Granular, <sup>1</sup>/<sub>2</sub> cup (125 mL) water and <sup>1</sup>/<sub>2</sub> tsp (2 mL) orange extract. **(7.6 g Carbs)** Alternatively, use 8 SPLENDA® packets (instead of 1 cup (250 mL) SPLENDA® Granular) and <sup>1</sup>/<sub>2</sub> cup (125 mL) extra SPLENDA® Granular for the sweetener in this Da Vinci® Alternative recipe: **(6.5 g Carbs)**

**Helpful Hints:** When formulating the Whey Ultimate Bake Mix, I used spelt flour. Typically, bake mixes formulated with spelt flour as opposed to all-purpose flour produce a slightly denser baked product, similar to baking with whole wheat flour.

## MY BAKE MIXES

When I first started low-carbing in 1999, I switched my attentions from diabetic-style Splenda desserts to low-carb fare. The research I did on the internet made me realize that there was no real good substitute for white flour in baking and people's attempts at baking with soy flour and the like, more often than not produced disappointing results, in my opinion. I realized I would have to come up with a substitute to help me with the low-carb baking and desserts. I would have to be a pioneer in that regard, as there were literally no resources for me to turn to and learn from. In fact, there were no low-carb cookbooks on the market. Mine was probably one of the very first to hit the market, and it was only sold online. *Splendid Low-Carbing* very quickly became a best seller. Now, of course, there are many lovely, low-carb cookbooks on the market, however, not too many are truly good in the baking and dessert department, the area that I excel in. I believe God gifted me with my particular talents, but everyone has their own talents too, so no biggie.

The first bake mixes I came up with were Almond Whey Bake Mixes, which were useful in a number of recipes, such as pizza crusts, tortillas and homemade breads, but they were not cup-for-cup substitutions for white flour. Right at the end of writing *Splendid Low-Carbing*, I discovered the Ultimate Bake Mixes, which were cup-for-cup substitutions for white flour. A couple of my earlier bake mixes used soy flour, but there were always alternatives given that worked as well, if not better! I provided alternatives because I knew many people either did not like soy or were hypothyroid and could not eat it in any quantity. Ironically, right at the end of completing "*More Splendid Low-Carbing*", I discovered that I myself have full-blown thyroid disease: Hashimoto's Thyroiditis.

Upon writing "*More Splendid Low-Carbing*", I developed a couple of very low-carb bake mixes that again were useful in several recipes, however, were not cup-for-cup substitutions for white flour. Their usefulness was good for waffles or pancakes and muffins, but the Ultimate Bake Mixes were still the best, as they were cup-for-cup substitutions for white flour, however, higher in carbs. *More Splendid Low-Carbing* was written during a time when I was trying desperately to lose weight and using the Fat Fast to help me, as I was severely metabolically resistant to weight loss due to the Hashimoto's, which was as yet still untreated at this stage and still undiscovered. Therefore, this book contains a lot of Fat Fast-type recipes and menu suggestions, which are also good for induction obviously. All recipes are below 10 g carbs, 75% are below 5 g carbs and 50% are below 3 g carbs.

Towards the end of writing *Splendid Low-Carbing for Life (Vol. 1)*, I discovered the Vital Ultimate Bake Mixes, cup-for-cup substitutions for white flour. This

was a step up from the Ultimate Bake Mixes, which still occasionally produced slightly dry baked goods due to the concentration of whey protein powder in the formulation. Vital Ultimate Bake Mixes consistently produce moist baked goods without having to manipulate other ingredients in one's favorite recipes and they contain no whey protein powder. That said even although the Splendid Low-Carb Bake Mix <sup>TM</sup> which came later contains whey protein, the baked goods are moist with this particular formulation. Whey protein powder is one of the best sources of absorbable protein available today!

In a timely fashion, just before writing Splendid Low-Carb Desserts, I discovered the Splendid Low-Carb Bake Mix <sup>TM</sup> which is one of my favorites, besides the Vital Ultimate Bake Mixes, simply because it is very low-carb and consistently produces moist baked goods with a low carbohydrate count. Vital Ultimate Bake Mixes are superior, however, the baked goods will have a slightly higher carb count and if you are at all sensitive to oat flour or whole wheat pastry flour in baked goods, if you overdo, you might see a water weight gain due to glycogen stores filling up. Splendid Low-Carb Bake Mix <sup>TM</sup> typically does not fill glycogen stores quickly. I think the Vital Ultimate Bake Mixes are fine occasionally during the weight loss phase, but are especially super for pre-maintenance and maintenance. Baked goods with these bake mixes of mine often taste better than ones made with almost flavorless refined white flour. Ground almonds (or almond flour – I buy mine, already ground, from the health food store) used in all my bake mixes are extremely heart-healthy. See the first Splendid Low-Carbing Magazine issue for more information on the health benefits of almonds. Leftover bake mixes may be kept at room temperature in containers for months, I find. I use large, transparent and labeled airtight containers for my various bake mixes and a few other products. These bake mixes will last for months at room temperature.

***Splendid Low-Carb Bake Mix*** <sup>TM</sup> : You will find this one and Biskmix <sup>TM</sup> in the first issue of the Splendid Low-Carbing Magazine. Vanilla whey protein powder is found in Costco and is relatively inexpensive there. If you don't own a Costco card, ask a friend to pick some up for you and repay them later.

I can convert almost any high-carb recipe to low-carb with relative ease using my bake mixes, which replace white flour cup-for-cup. Even although the abovementioned bake mixes, Splendid Low-Carb Bake Mix <sup>TM</sup> and Biskmix <sup>TM</sup> are not exactly cup-for-cup substitutions, they are almost, and instructions are given for adding a little extra bake mix per cup of white flour. This is something that people who own my books can also do. I remember one lady made her favorite blueberry muffins with my Oat Ultimate Bake Mix (a cup-for-cup bake mix) and she raved on a popular low-carb diet support board about how wonderful they were, and how they tasted like the real thing. She said it is now so easy to do low-carb with this bake mix. That was the bake mix that came



before the Vital Ultimate Bake Mixes, which are a step-up in my opinion. Many people went in on the thread and made the muffins as well, and they got rave reviews!!! They even posted photos of their creations. The newer bake mixes may be used in place of older ones by the way! I do mention this in the later cookbooks.

**Leftover Bake Mixes:** I use leftover bake mixes to coat vegetables (such as eggplant – first dip in egg and then roll in bake mix) or meat for frying (See Jenita’s Swiss Steak, page 29, *Splendid Low-Carbing for Life (Volume 2)*) or use them as fillers for meat loaf and hamburgers and tuna or salmon burgers (prevents shrinking of hamburgers, which happens when wheat bran or oat bran is used instead). Other times, if it is a bake mix that I use frequently, I just mix up extra bake mix; combine with the leftovers and use as required. I really enjoy using my bake mixes instead of white flour and baking these days is a no-brainer. The part that I really am pleased about is that one cannot detect a noticeable aftertaste in baked goods; at least I can’t and my family has no complaints. The flour substitutes on the market right now almost all have a “taste” that one has to get used to or somehow disguise. I primarily use SPLENDA® Granular as a sweetener as it is freely available in stores everywhere in America and Canada. I find it to be quite sweet enough for my tastes, and believe me when I say I have an incurable sweet tooth!

**Biskmix™:** One of the latest breakthroughs (in *Splendid Low-Carbing for Life, Vol. 2*) was a substitute bake mix for Bisquick, to be used almost anywhere in place of this old favorite baking product. I’ve had some feedback with regard to this recipe. If one has a very powerful food processor, 4 oz of unsalted butter will probably be too much and the end product will be too moist. Start with 2 oz and use a maximum of 3 oz. The good part to this is that the calories will be lower (109.5/124 calories per ¼ cup (50 mL) respectively versus 138 calories). The end product should look similar to flour that has had butter rubbed into it; a crumbly appearance and not too moist. My feeling is that you could also use the Vital Ultimate Bake Mixes™ instead of the Splendid Low-Carb Bake Mix™ to make a Biskmix™ product. The carbs will be slightly higher, but the trade off will be something more flour-like and, of course, no need to purchase vanilla whey protein powder for the Vital Ultimate Bake Mixes. There are several choices of wonderful, tasty Vital Ultimate Bake Mixes™, all of which are cup-for-cup substitutions for white flour in your recipes! If you are making savory dishes, and you are using the Biskmix™ recipe with the recommended Splendid Low-Carb Bake Mix™ then you might want to use plain unsweetened whey protein powder. I don’t usually detect a “sweet” taste and normally use the vanilla whey protein powder sweetened with sucralose that I find in Costco, both in Canada and the USA for both my sweet and savory applications.

**Leftover Biskmix:** Some people complained that a whole batch of Biskmix™ needs to be made for a recipe that requires maybe half of that batch. My



suggestion is if you are not going to use Biskmix™ soon for another recipe, keep it in an airtight container in the refrigerator. I often keep it at room temperature for a week or two or more, but to be on the safe side, refrigerate it. If you are not going to use it within a week or two, then freeze it in an airtight container.

If you have small amounts of Biskmix™ left over, it is easy to make Biskmix™ Crackers, page 72 of *Splendid Low-Carbing for Life (Volume-2)* in less than 5 minutes. They are really tasty and filling. I just make a batch and eat half the batch for about 200 calories and 1.6 grams of carbohydrate. I like to spread them with low-carb fruit spread, especially apricot. It's a great treat. It is also nice to crumble the crackers over casseroles. In the old days we used crushed cornflakes.

Another way to use up leftover Biskmix™ is to add your favorite seasonings and use it as a breading mix for meats, seafood or vegetables such as eggplant.

I normally just keep adding to my leftover Splendid Low-Carb Bake Mix™ and Biskmix™ and use it in recipes as required.

**Note:** Although I have freely given away 2 bake mixes in the magazines, I won't be giving away my cup-for-cup substitutions for white flour bake mix recipes, because otherwise no one would feel a need to buy my cookbooks, and I would go out of business. Thank you for understanding. ☺

[Purchase "Jen's SPLENDID cookbook\(s\)"](#)

See more at [www.Sweetty.com](http://www.Sweetty.com) OR at [www.Low-Carb.us](http://www.Low-Carb.us)

**Note from the Publisher:** Our next contributor is affectionately known as “Auntie” to her friends, and is busily developing a “low-carb” cookbook of really lovely recipes. Auntie is actually not only an auntie to several people, but a Granny too! She Lives in Edmonton in Alberta, a beautiful Rocky Mountain province of Canada, whose National parks include Jasper and Banff. Alberta is a staunchly conservative province with deep Christian roots, which some argue has more in common with Georgia than provinces in eastern Canada, and they do indeed share a common link, as the Calgary Flames ice-hockey team used to be the Atlanta Flames. Anyhow, as the saying goes: “Watch this space” ... Auntie has some wonderful recipes!!

# Real Low Carb Cooking From Auntie's Kitchen™

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## Auntie's Musings about Picnics

I love my happy memories of picnics on warm, sunny days in beautiful river valley parks in this City in the Northwest! When the snow finally melts here, it takes a few weeks for the browns of our long winters to turn into Spring greens. The wait is long, and it seems that spring doesn't really begin until our May long weekend, when we often have a few lovely days of hot weather. Victoria Day was always the marker for our first picnic of the season. I remember there being nothing more lovely than a casual picnic celebration with my large extended family. The grown-ups would create a variety of salads, veggies, meats and desserts for all to enjoy – which we absolutely did! And although that was many years ago, they somehow managed to stick to the basics of safe and healthy picnics: Keep hot food HOT and cold food COLD, and make enough food for twice as many people as you know will be there, so there are plenty of leftovers to enjoy the next day. I hope you'll try these recipes, and enjoy a season of many fun and happy picnic celebrations! Bye for now, Auntie.



# Meat Roll-Ups

*Roll-Ups are a staple of most low carb plans, but the standards can be boring. Create some flavor adventures for your next party or picnic! Let your imagination be your guide. These are some of our favorite combinations.*

1 slice deli meat, sliced thin

1 tsp condiment (5 mL)

1 ounce cheese (30 g)

Flavor Component of choice

**Yield:** 1 serving

1 serving

28.0 calories

2.0 g protein

2.0 f.f g fat

**1.0 g carbs**

Before beginning assembly, prepare flavor components, and pat meat and flavor components dry. Spread Condiment of your choice in a thin layer to edges of meat slice. Add Cheese slice near one narrow edge of meat slice. Add Flavor Component. Roll from narrow end near cheese. Place seam-side down in storage container and refrigerate until ready to serve. Refrigerate any leftovers within 2 hours.

**Roast Beef Slices and Black Forest Ham Slices:** Horseradish Mustard, Mozzarella, Baby Dill spears;

Horse Radish, Cheddar, Pickled Pepper Rings;

1/4 tsp (1 mL) Indonesian Chili Sauce (Sambal) mixed with Mayonnaise, Mozzarella, Pickled Ginger;

Mustard, Cheddar, Baby Dill spears;

Mayonnaise, Mozzarella, Pickled Pepper Rings;

Boursin with Herbs and Spices, finely chopped Pistachios.

**Variations: Meats:** Roast Beef, Turkey or Chicken, Salami, Pastrami, Corned Beef, Smoked Salmon

**Cheeses:** American, Blue Cheese, Cheddar, Colby, Cream Cheese, Flavored Cream Cheese, Edam, Feta, Gouda, Havarti, Monterey Jack Mozzarella, Provolone, Stilton, Swiss

**Flavor Component:** Asparagus Spears (blanched for 1 minute in microwave), Baby Dill Pickles, Bacon, Basil Leaves, Capers, Celery Sticks, Cucumber Sticks (seeds removed), Hard Boiled Egg Slices, Pickled Ginger, Green Onions, Jicama Sticks, Lettuce, Mint Leaves, Mushroom Slices, Chopped Nuts, Sliced Olives,



Onion Slices, Pepper Sticks, Pickled Pepper Rings, Snow Peas (blanched for 1 minute in microwave if desired), Sun Dried Tomatoes

**Helpful Hints:** Choose complimentary flavor combinations, that you like. Use paper towels to ensure ingredients are as dry as possible before assembling. When ingredients are dry, Meat Roll Ups may be assembled up to a day ahead.



## Parmesan Fried Chicken

*This is comfort food at its finest! Finger-licking good - the moisture sealed in!!*

4 lbs chicken (2 kg)  
1 whole egg  
2 tbsp water (30 mL)  
1 cup grated Parmesan Cheese (250 mL)  
1 tsp "Auntie's Special Spice Blend" (5 mL) (Featured in Valentine's Day mag.)  
3 tbsp Olive Oil for frying (45 mL)

<b>Yield:</b> 8 servings
1 serving
452.0 calories
33,0 g protein
34,0 g fat
<b>1.0 g carbs</b>

Use a paper towel soaked with vinegar to clean chicken. Place on paper towel to dry. Preheat large skillet to medium-high, or electric frying pan to 375°F (190°C) with olive oil. Preheat oven to 350°F (180°C). Whisk together egg and water in a shallow dish or pie plate. In a second shallow dish or pie plate, combine parmesan cheese and "Auntie's Special Spice Blend". Dip the chicken pieces first in egg wash, then in parmesan. Place skin side down in pan; fry until dark golden brown, about 7 minutes. Turn and fry until golden brown. Remove chicken to oven safe baking dish sprayed with non-stick spray. Bake for 15 to 20 minutes, or until a meat thermometer placed in the centre, away from the bone, registers 170°F (77°C).

**Variations: Pork Rind Crusted Chicken:** Instead of parmesan cheese, use ground pork rinds seasoned with "Auntie's Special Spice Blend", in the Valentine's Day issue. **Nut Crusted Chicken:** Instead of parmesan cheese, use nut meal - any nut is a delicious breading (with the exception of walnuts, which become quite bitter). Nuts brown quickly, so reduce temperature for frying to 350°F (180°C). If the chicken browns too quickly in the oven, cover with a loose tent of aluminum foil sprayed with non-stick cooking spray.







## Auntie's Salmon Muffins

*This was the first Low Carb recipe I adapted when I restarted my low carb journey in 2001. These little cups are tasty treats, sure to be requested often. They are surprisingly filling! Delicious, hot or cold! Make the tiny muffins for your next cocktail party – the perfect 2 bite treat!*

2, 7<sup>1</sup>/<sub>2</sub> ounce cans salmon, (469 g)  
(drained and shredded)  
4 eggs  
1 cup cheddar cheese, shredded (250 mL)  
1/2 cup green pepper, finely chopped (125mL)  
1/2 cup red bell pepper finely chopped  
(125mL)  
1/2 cup green onions, finely chopped (125 mL)  
1/2 cup celery, finely diced (125 mL)  
2 tbsp mayonnaise (30 mL)  
1 tsp lemon juice (5 mL)  
Ground pepper, to taste

<b>Yield:</b> 6 servings
2 muffins per serving
270.0 calories
24.0 g protein
18.0 g fat
<b>2.0 g carbs</b>

Mix all ingredients together. Spray muffin tins with Pam. Spoon mixture into cups, dividing evenly among 12 muffin cups, or 24 tiny muffin cups. Bake at 325°F (160°C) for 20 minutes. (The tiny muffins should be done at this time.) Increase temperature to 350°F (180°C) and bake an additional 5 to 10 minutes, until knife inserted in center comes out clean.

Serve with “Auntie’s Spicy Mayo”, mayonnaise or low carb tartar sauce.

**Variations: Tuna Muffins:** Instead of canned salmon, use the same amount of canned tuna.

**Chicken Muffins:** 2 cups (500 mL) leftover, cooked chicken may be used instead of the canned salmon.

**Ground Meat Muffins:** 1 pound (500 g) cooked ground pork or beef may be used instead of the salmon. For interesting texture and flavor, replace the celery with 1, 10 ounce (284 mL) can chopped, sautéed mushrooms. Omit lemon juice.

**Helpful Hints:** If you end up with a bit more than 2 cups (500 mL) total of chopped vegetables, or the ingredients seem “stiff”, add an additional egg to bind ingredients.

See more at <a href="http://www.Sweety.com">www.Sweety.com</a> OR at <a href="http://www.Low-Carb.us">www.Low-Carb.us</a>
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## Auntie's Spicy Mayo

*A perfect accompaniment with my Salmon Muffins and Salmon Fritters, but this is also great with hamburger patties, and chicken burgers. My Husband doesn't like mayo, but he LOVES this!*

- 1/4 cup mayonnaise (50 mL)
- 1 tsp mustard (5 mL)
- 1/2 tsp "Auntie's Special Mexican (2 mL) Spice Blend"
- 1/2 tsp Frank's Red Hot or cayenne pepper sauce (2 mL)

Combine all ingredients in a small bowl. Let rest for 20 minutes, before serving to allow flavors to blend.

**Yield:** 4 servings  
1 serving  
100.0 calories  
trace protein  
12.0 g fat  
**trace carbs**



## Auntie's Special Mexican Spice Blend

*A zesty blend of aromatics and heat make this perfect for your favorite Mexican dishes.*

- 4 tbsp chili powder (50 mL)
- 4 tsp cayenne pepper (20 mL)
- 4 tsp cumin powder (20 mL)
- 4 tsp ground ginger (20 mL)
- 4 tsp red pepper flakes (20 mL)
- 4 tsp salt (20 mL)
- 4 tsp black pepper (20 mL)
- 4 tsp mustard powder (20 mL)

**Yield:** 3/4 cup (175 mL)  
2 tbsp (25 mL) per serving  
37.0 calories  
2.0 g protein  
2.0 g fat  
**3.0 g carbs**

Thoroughly combine all ingredients. Store in air tight container.

Protected by...  
 **SECURE SERVER** [Purchase "Jen's SPLENDID cookbook\(s\)"](#) 

See more at [www.Sweetly.com](http://www.Sweetly.com) OR at [www.Low-Carb.us](http://www.Low-Carb.us)

## Cauliflower Salad

*This BIG salad is "just like" my Grandma's potato salad. My family actually prefers this low-carb version over the higher carb potato salad! This recipe is easily halved or doubled.*

5 cups cauliflower flowerets, (1.25 L)  
 $\frac{2}{3}$  cup celery, chopped (150 mL)  
 $\frac{2}{3}$  cup radishes, (250 mL)  
sliced 1/8" (3 mm) thick  
 $\frac{1}{4}$  cup chopped onion (50 mL)  
2 whole eggs, hard-boiled, mashed( optional)  
3 whole green onions, sliced 1/8" thick (3 mm)  
2 tbsp parsley sprigs, chopped fine (30 mL)  
1 tbsp dill, chopped fine (15 mL) and Grandma's Creamy Salad Dressing

**Yield:** 12 servings

1 serving

203.1 calories

2.5 g protein

20.1 g fat

**2.7 g carbs**

Cut cooked cauliflower into bite-sized pieces. Place in strainer to drain for 2 hours, or place on a greased baking sheet in the oven at 250°F (120°C) for 1 hour to remove excess moisture. Allow to cool to room temperature. In a large bowl, combine cauliflower, celery, radishes, mashed eggs and green onions. Sprinkle parsley and dill over top. (Salad can be made a day ahead up to this point. Add "Grandma's Creamy Salad Dressing", or dressing of your choice, and mix to completely coat ingredients. Refrigerate until ready to serve.

**Variation: Bacon Cauliflower Salad:** Add 12 slices cooked, chopped bacon.

**Helpful Hint:** To ensure cooked cauliflower is completely drained after straining, place on kitchen or paper towels and gently roll and squeeze florets to release any additional moisture.



## Grandma's Creamy Salad Dressing

*Perfect on "Cauliflower Salad"! This is delicious, creamy and tangy, just the way Grandma used to make it.*

1<sup>1</sup>/<sub>4</sub> cups mayonnaise (300 mL)  
1<sup>1</sup>/<sub>4</sub> cup sour cream (50 mL)  
1 tbsp mustard (15 mL)  
2 tsp lemon juice (10 ml)  
1 tsp white vinegar (5 mL)  
1 tsp salt, or to taste (5 mL)  
1<sup>1</sup>/<sub>2</sub> tsp pepper, or to taste (2 mL)

<b>Yield:</b> 12 servings
1 serving
182.0 calories
1.0 g protein
21.0 g fat
<b>1.0 g carbs</b>

In a medium bowl, whisk together mayonnaise and sour cream until smooth. Add cream, whisk to combine. Add mustard, lemon juice, white vinegar, salt & pepper. Whisk to combine, then whisk vigorously for 1 minute. Pour over "Cauliflower Salad". This dressing is also excellent served over warm roasted cauliflower, asparagus or Brussels sprouts.

**Helpful Hint:** This dressing is easiest to pour when the ingredients are at room temperature, but must be stored in the refrigerator.

## Easy Jicama Salad

*This is a perfect picnic companion! Cool and refreshing for those hot summer days, this salad is great served along side any roasted or barbequed meat.*

1<sup>1</sup>/<sub>2</sub> lbs jicamas, peeled and (750 g) chopped  
4 green onions, sliced 1<sup>1</sup>/<sub>4</sub>-inch (.75 cm) long  
1<sup>1</sup>/<sub>4</sub> c fresh lime juice (50 mL)  
2 tbsp seasoned rice vinegar (30 mL)  
1<sup>1</sup>/<sub>4</sub> cup extra virgin olive oil (50 mL)  
1<sup>1</sup>/<sub>2</sub> packet SPLENDA®  
1<sup>1</sup>/<sub>2</sub> tsp salt (2 mL)  
1<sup>1</sup>/<sub>4</sub> tsp black pepper (1 mL)  
1<sup>1</sup>/<sub>4</sub> tsp ground ginger (1 mL) and 1<sup>1</sup>/<sub>4</sub> tsp red pepper flakes (1 mL)  
Pickled pepper rings. Pickled ginger, Red pepper flakes for garnish. (optional)

<b>Yield:</b> 6 servings
1 serving
127.0 calories
1.0 g protein
9.0 g fat
<b>6.0 g carbs</b>

Peel jicama, making sure to remove all the heavy, fibrous rind. Cut into uniform pieces 1 x 1<sup>1</sup>/<sub>2</sub> inch (2.5 cm x 1.25 cm). Place in non-reactive glass or ceramic bowl. Add chopped green onion. Set aside. In a measuring cup or cruet, combine lime juice, vinegar, oil, SPLENDA® and seasonings. Shake vigorously. Pour contents over jicama and green onion. Toss to coat. To garnish, place 2 small pickled pepper rings on plate, twist pickled ginger into "rosebud", and set inside one of the pepper rings. Sprinkle lightly with red pepper flakes if desired.

## Easy Coconut Lemon Tart

*You'll get frequent requests for this tangy dessert. It's easy enough to make any day of the week, but elegant enough to serve special guests.*

4 whole eggs  
½ cup “Low Carb Bake Mix” (125 mL)  
(see previous magazine editions)  
1 cup SPLENDA® Granular (250 mL)  
1 cup unsweetened coconut meat (250 mL)  
¼ lb butter, melted (125 g)  
1 ½ cup whipping cream (375mL)  
¼ cup water (50 mL)  
¼ cup lemon juice, fresh (50 mL)  
1 tbsp grated lemon peel (15 mL)

<b>Yield:</b> 8 servings
1 serving
401.0 calories
7.0 g protein
39.0 g fat
<b>7.0 g carbs</b>

Preheat oven to 350°F (180°C). Grease a straight-sided 9½ inch (23.5 cm) pie plate or flan pan. Place in refrigerator until you are ready to add ingredients.

Whisk eggs in medium bowl.

Gradually whisk in sifted “Low-Carb Bake Mix” until mixture is smooth. Gradually add SPLENDA® Granular, and coconut. Add melted butter. Combine whipped cream with water, and add to other ingredients. Squeeze juice from lemons and add to mixture. Grate lemon peel and add to mixture. Stir to thoroughly incorporate all ingredients.

Pour mixture into prepared pan.

Bake at 350°F (180°C) for 45 minutes or until set and browned lightly.

Serve warm or cold.

**Serving Ideas:** Serve with curls of citrus peel and lemon slices.

A dollop of cream sprinkled with toasted almonds, and lemon slices curled over top is very pretty.

Berries are also delicious with the lemon and coconut combination. Just a few is all you need to dress up the dessert plate!

Squeeze raspberry Coulis in a decorative criss-cross pattern over top of tart.

**Helpful Hint:** This can be made a day ahead and stored covered, in refrigerator.

**NOTE: Not suitable for freezing or micro waving!**





# WEST-COAST GOURMET COOKING

## (low-Carb) FROM CALIFORNIA,

© 2005 Char Cunningham

Char Cunningham lives in sunny Central California with her husband of ten years. They both embarked on their Atkins adventure in May of 2003. Actually this is a second go-around, but this time it IS for GOOD! Char has been interested in cooking from a very young age, helping her mother in the kitchen as soon as she was old enough to hold a wooden spoon. She taught microwave cooking classes for two years, She became proficient at adapting recipes to a low-fat way of eating while doing Weight Watchers for two years, but the switch to Atkins was made because low fat is just NOT satisfying! Adapting recipes to low carb is trickier at times which just makes it more challenging and satisfying when the results are edible! Char currently works 4 days a week in a medical office, as receptionist/network administrator, which keeps her computer skills honed. On her days off she thoroughly enjoys tweaking her recipe repertoire. Here is a neat photo Char took of a family of hawks that Char and her hubby love to watch - She calls the Her “babies”.



## YUMMY SANGRIA

*Carbs are negligible unless you EAT the fruit!*

1 lemon, sliced  
1 lime, sliced  
1 small peach, sliced  
1 small kiwi, slice  
1 cup rum  
 $\frac{1}{2}$  cup Splenda or equiv. sweetener  
1 (750 milliliter) bottle dry red wine  
1 can diet orange soda

<b>Yield:</b> 6 servings
1 serving
183.4 calories
0.2 g protein
0.0 g fat
<b>4.1 g carbs</b>

Have the fruit, rum, wine and orange soda well chilled. Slice the lemon, lime, kiwi and peach into thin slices and place in a large glass pitcher. Pour in the rum and sweetener. Chill in refrigerator for 2 hours to develop the flavors. Just before serving, crush the fruit lightly with a wooden spoon and stir in the wine and orange soda. Adjust sweetness to taste.





## Picnic Buttermilk Fried Chicken

1 Broiler/fryer chicken, cut into 8 pieces  
2 cups low-fat buttermilk  
2 tablespoons coarse or Kosher salt  
2 tablespoons Hungarian paprika (sweet kind)  
2 teaspoons garlic powder (my favorite, with herbs)  
1 teaspoon cayenne or chipotle chile powder  
Carbquik for dredging (available at Netrition.com)  
1 cup Coconut oil or lard or peanut oil for frying (only about  $\frac{1}{3}$  cup gets absorbed)

**Yield:** 4 servings  
1 serving  
716.4 calories  
50.2 g protein  
52.9 g fat  
**8.7 g carbs**

Place chicken pieces into large Ziploc-type bag; cover with buttermilk, seal and refrigerate 12 to 24 hours. Melt enough oil or lard (over low to medium heat) to come just  $\frac{1}{8}$  inch up the side of a 12-inch cast iron skillet or heavy frying pan. Once oil liquefies (if using coconut oil or lard) raise temperature to 325 degrees F. Do not allow oil to go over 325 degrees. Meanwhile, drain chicken in colander. Combine salt, paprika, garlic powder, and cayenne or chile pepper. Generously season chicken with this mixture, then dredge in Carbquik and shake off excess. Place chicken, skin side down, into the hot oil. Place thighs in the center, and breast and legs around the edge of the pan. The oil should come half way up the pan. Cook chicken until browned on each side, approximately 10 to 12 minutes per side. Internal temp should be around 180°F. Monitor temperature of the hot oil every few minutes. Drain chicken on a rack over a paper-towel lined sheet pan. Allow to cool, then refrigerate thoroughly before transporting.

**Helpful Hint:** You may use Biskmix™ (see Fall-2004 magazine) instead of Carbquik. Use about  $\frac{1}{2}$  cup (125 mL). (**Note:** Spot the “Red, White and Blue?”)





## Cauliflower Salad

Serving Size : 18 "1/2 cup servings = 3 points, 1 carb"

Amount Measure Ingredient -- Preparation Method

1 head cauliflower -- large  
1 cup mayonnaise  
1/2 cup sliced green onions  
1 tablespoon Splenda  
2 tablespoons cider vinegar  
1/2 teaspoon celery seed  
1/4 teaspoon seasoned pepper  
1/2 cup red bell pepper -- chopped  
12 each green olives -- with pimiento  
1/2 teaspoon garlic powder  
3 each eggs, hard-boiled  
3 each strip bacon -- cooked crisp

Per Serving (excl. unknown items): 114 Cal; 12g Fat (90.2% calories from fat); 2g Protein; 1g Carbs; trace Dietary Fiber; 41mg Cholesterol; 125mg Sodium.

Separate cauliflower into large florets. Place in large pot, cover with water, bring to a boil and cook till just tender, about 5 minutes. Drain well and turn into colander. Rinse with cold water and let drain thoroughly. Meanwhile, mix together mayo, vinegar, Splenda, celery seed, pepper, garlic powder. Stir in chopped red bell pepper and olives which have been sliced into thirds, bacon which has been diced, and hardboiled eggs, which have been quartered and then cut into chunks. Fold together gently. Place cauliflower into a large bowl and pour the sauce ingredients over - fold together gently till well-blended. Chill well before serving. Better the next day!



## Lime Chiffon Pie

### *Pie Crust:*

- 1 cup almond or pecan meal
- 3 tablespoons butter, melted
- ¼ cup vanilla-flavored whey powder
- 1 tablespoon Splenda or equivalent of your preferred artificial sweetener

Blend all ingredients together in a 9” pie pan with a fork; press onto bottom and sides of pan. Bake at 350°F for 10 minutes or until lightly browning. Cool thoroughly.

### *Filling:*

- 3 egg yolks
- 1 1/2 C water
- 1 tablespoon Splenda
- 1 small pkg. sugarfree lime jello
- 2 tablespoons fresh limejuice
- 1/2 teaspoon grated lime zest
- 3 egg whites and 1/8 teaspoon salt
- 1 teaspoon lime extract (optional, if you Can't find it)

<b>Yield:</b> 4 servings
1 serving
148.5 calories
6.9 g protein
12.3 g fat
<b>2.5 g carbs</b>

Combine egg yolks, 1 cup water and Splenda in a small saucepan. Simmer, stirring constantly, until mixture begins to boil. Remove from heat and stir in lime Jello. Add remainder of water, lime juice, lime extract and zest. Chill until somewhat thickened. Beat egg whites until mixture stands in stiff peaks. Stir jello mixture slightly and fold in egg whites. Pour into prepared pie shell and chill until firm. Serve with sweetened whipped cream if desired. **NOTE:** You can substitute lemon flavors on this one also!



## TWEAKING RECIPES (written by Char)

We've all done it – found some wonderful-sounding recipe in a magazine or the Internet. We gather all the ingredients, expend blood, sweat & tears in the kitchen toiling over our creations – only to find the finished product not QUITE to our liking! Hmmm, if I added a little of this, or tried that cut of chicken instead of this one...it would be MUCH better!

Then we relegate that recipe to a pile of OTHER recipes. Some day, when we're revisiting that pile in hopes of sparking some variety into our menus, we uncover that recipe – OH YEAH! I think that was good – wasn't it?!

Well, after years of doing this myself, I have finally come to a conclusion – my memory is not what it used to be!! ;)

I have now worked out a system that seems to have hope.

Whenever I try a new recipe, I write the date on the bottom of the page, and any adjustments or as I fondly call them, “tweaks” I may have made to the original. Then, after the finished product is critiqued by my Darling Husband (hereafter known as “DH”) and myself, I make the appropriate notes on the same page, and give the top of the page a rating – from 5 stars DELICIOUS to 3 stars NEEDS MORE TWEAKING and the bottom is – I throw it away, never to be revisited again! I may also note ideas for the next go-round, such as, “Use boneless skinless thighs instead of split chicken breasts” or the like.

Then the next time, I'm not starting from scratch again – but from a much NICER place, much more likely to produce the results I'd like from my hours of kitchen duty! Not that I'm complaining, mind you – I'm truly happy in the kitchen, inventing, re-inventing, and producing luscious low-carb fare that makes me HAPPY to have given up those nasty ol' French fries! It's just MORE fun when I don't have to re-invent the wheel each time!

Once I get it tweaked to our satisfaction, then, and only then, do I retype the recipe and label the top as FIVE STARS!

Try it – you might find that like me, your memory seems to improve significantly with just the tiniest bit of help and organization!



[Purchase "Jen's SPLENDID cookbook\(s\)"](#)





# DOWN-HOME COUNTRY COOKING (low-Carb) FROM THE MID-WEST,

© 2004 Jenita Davison

Hi, I'm 55 years old, live in northern Missouri - been married to Terry for 35 years, mother of 4 and stay home to baby-sit our 5 grandchildren! So, I guess since I'm the one with the most Grand-children of us all in this issue, feel free to call me "Granny". My main focus is family and church. My hobbies include cooking/baking, playing piano, all kinds of handwork including sewing, crochet, tatting, and counted cross-stitch. I've been low-carbing for over 4 years resulting in great health benefits. I no longer need blood pressure meds. A picnic can be a challenge if you eat low carb, but a great meal can be enjoyed if you put in a little effort and planning. All you need is a cooler, which you will also need for your cold beverages--iced tea, diet sodas, water, Splenda-sweetened lemonade. Chicken salad is a favorite in our house, either eaten with a fork or rolled in lettuce leaves or low carb tortillas. Cheese chips are a stand-by for many low carbers. Served with South of the Border dip, you won't miss the potato chips at all. Pull the cucumber/tomato salad out of the cooler and enjoy a nice cool plate of delicious food. For dessert, take along individual slices of the chocolate cake roll. I hope you enjoy my recipes, from **"Granny's kitchen"**. Happy low-Carbing! Bye to all - from the **Mid-West**.





## Chicken Salad

5 oz can chicken Breast, drained  
2 T. sour cream  
2 T. mayonnaise  
1 tsp. Dijon mustard  
1 egg, cooked and chopped  
1 tsp. onion, chopped  
1 tsp. sweet relish (process some S/F pickles or use dill pickles with added Splenda)  
black pepper to taste  
s squirt of lime juice and pecans, (optional).

Mix all together. Place in lettuce leaves or low carb tortillas.

## Cheese Chips

American deluxe or Mozzarella cheese slices (my personal favorite) Cut slices into small pieces about 3/4" square. Place about 10 pieces on Silpat sheet or Corelle plate sprayed with Pam. If desired, sprinkle with Creole seasoning or spices of your choice. Place in microwave about 1 min. on high--or until browned. Remove to paper towel to cool. Store in Ziploc bag.

## South of the Border Dip

8 oz. cream cheese  
1/2 c. sour cream  
1 c. salsa

Soften cream cheese, add rest of ingredients and beat just until blended. Serve with chips.

<p><b>Yield:</b> 3 servings 1 serving 202.4 calories 15.0 g protein 14.7 g fat <b>1.6 g carbs</b></p>
---

## Cucumber/Tomato Salad

1 cucumber, sliced thin  
1 tomato, chopped  
3 thin slices onion, chopped  
1/2 c. sour cream  
2 T. Splenda  
dash of garlic powder  
dash of Tabasco  
Bacon- 3 slices, fried & crumbled

<p><b>Yield:</b> 3 servings 1 serving 131.5 calories 8.0 g protein 7.6 g fat <b>7.2 g carbs</b></p>
---

Cut all the veggies and put in a bowl with the bacon. Salt and pepper to taste. Mix rest of ingredients and pour over veggies. Mix well and chill one hour, stirring often.

## Chocolate Cake Roll

3 eggs, separated (room temperature--I just drop whole eggs into a container of warm water for a few minutes) so, 3 egg whites and 3 egg yolks

1/4 tsp. cream of tartar

1/2 c. Splenda (I usually add 1 T. xylitol, but that is optional)

1 tsp. vanilla

1 T. oat flour

1 T. whole wheat or soy flour

2 T. cocoa

1/8 tsp. salt

3/4 c. cream

3 pkt. Splenda

1/2 tsp. vanilla

1 T. dry instant pudding mix (French Vanilla or flavor of choice)

***Yield:*** 8 servings

1 serving

119.8 calories

3.2 g protein

9.8 g fat

***4.8 g carbs***

Beat whites and cream of tartar until stiff peaks form. Beat yolks, Splenda, vanilla, flours, cocoa and salt until well blended. Beat in 1/4 of the beaten whites. Gently fold in the rest of the whites. Line a 7 x 11 pan with parchment paper and spray with Pam. Spread the batter evenly over this and bake 6-8 minutes at 350°F. Cool (if you're in a hurry, stick it in the freezer for a few minutes). Beat cream with the rest of the ingredients until quite firm. Spread over cooled cake. Roll, removing the parchment paper as you roll. Chill well. Slice to serve.



# Betty's story:

lead administrator for Atkins Diet Bulletin Board.



My journey to better health began December 28, 2002. I was 5'0" tall, and carrying 145 pounds on a very small boned frame. I never struggled with my weight when I was a child, teen, or young adult. As a matter of fact, I weighed 82 pounds at 21 years of age when I got married in 1970. I wore a size 3 or 5 Jr. Petite clothes, and could not gain weight. I ate anything and everything without thought. I ate the junk food, but I was actually a pretty healthy eater growing up.

I gained some weight when I was pregnant with my first son, but had a relatively easy time losing the weight after giving birth. I weighed in at 102 pounds and felt healthy. I maintained this weight fairly easy without any real rigorous dieting. However, I started to experience some female problems, and after going through a miscarriage, giving birth to my second son, some surgeries etc., I finally had a hysterectomy at the age of 27. There is where my real weight battle began. I found I had to work harder to maintain what had seemed a reasonable weight to me. I was starving myself at times in order to maintain that weight. This see saw battle went on for a number of years, and gradually I began to lose the battle of the pounds. I packed the pounds on and then I would look at myself and decide

that I had to do something about those pounds. Enter the "rabbit diet" you know what I am talking about lots of salads, raw veggies, and not much else. I felt deprived, and hungry all the time, and for the few pounds I would lose, it just was not worth it, and thus would let the diet go. Then of course came all the fad diets, grapefruit, boiled eggs and bananas or something equally silly.

I loved to read and so would research different diets, and that is when I found diets like the "Carbohydrate Addicts" diet, which did work, but I noticed something peculiar happening to me. I was starving most of the day, and then binging during the reward meal, and even more than that, I was buying sweets just to have at that reward meal. When I realized that, I said, wait a minute that is not a healthy mind set, and so out the window went the carb addicts diet. Waiting in the wings was the Zone Diet. I read the books by Dr. Barry Sears and what he said about the glucose/insulin cycle made sense to me, and I also knew that we needed some of the foods that many or most diets were not recommending. We needed a balance. In my own mind, I knew we needed protein, fats, and carbs and that is why Dr. Sears' diet appealed to me. I had one problem with the diet, and that was counting the different blocks. I did not understand how to count the protein, carb, and fat blocks, and so eventually this diet too went by the wayside with little results to show for the time and money invested in it.

I had heard of the Atkins Diet, and of course most of what I heard was the negative myths that abound in regards to this WOL (way of life). The difference for me was in seeing two people I worked with doing this WOE (way of eating) and losing the pounds. I decided to buy the book and read it. I did this and when I did I learned that this WOE made sense to me and I decided to give it a try. Thus on Dec. 28, 2002 I began my two week induction. I did it by the book, and did not cheat once. I never planned to cheat because I knew if I did, I would just start sliding backwards, and it might be the end of the line for me. I was more than 40 pounds overweight, my legs, knees, and back hurt all the time. I could not walk up the stairs at school without difficulty breathing by the time I got to the top. I had acid reflux with almost everything I ate. I knew my cholesterol was high because the last time I had it checked before starting this WOE, the doctor wanted to put me on medication for it, but I said no, I would do it with diet.

Now I have to tell you that hearing about the success my friends had, and especially how much they lost during induction, I was psyched and ready to go. As I said, I did my induction by the book and when the scales did not move down even one pound, not even a half a pound during induction, I almost gave up. One thing saved me. I had done as Dr. Atkins suggested and had taken my measurements before beginning this new WOE. At the end of the two weeks, I took my measurements again, and I had lost inches. **Those lost inches were enough to keep me going. So let me tell you one important tip here: Measure, Measure, Measure!** I continued on induction for about another 4-5 weeks, and I started to lose the pounds. I began OWL and worked my way through or should I say up the ladder, continuing to lose pounds pretty much at a steady rate.

I managed to take a vacation during this time and while I did not lose while on vacation, I did not gain. I had one really bad stall and that was when I was about 15 pounds from goal. The stall started in June, 2003 and I did not lose a pound until early Sept., 2003. I made goal in October, 2003, and I have maintained my weight for over a year now. I have been doing Atkins for 2 years now. I weigh 104 and I wear a size 8 petite. I don't have aching legs, knees, or back, no acid reflux and I have tremendous energy. I have my before pic and my after pic (which is in my avatar on Atkins Diet Bulletin Board), and these are enough to keep me going. I know how I look in my before pic, and how I felt when I was at that weight. I know how I look now and how I feel, and I will not go back to the unhealthy ways I was eating and living before.

Atkins is not a diet, it is a way of eating and living for life. I found this board March 28, 2003, and it is a big part of my success. The people here were friendly and helpful and never made me feel that my questions were dumb. I continued to read and learn about this WOE from my own experiences and from the experiences of members of this board. So much was given to me that when I was given the opportunity to pay it forward as a mod on this board, I jumped at the chance to help others. I continue to pay it forward each day, because I know what a difference this board, and the people here made in my life, and I hope to be able to do the same for others.

It takes commitment to be successful. It does not happen overnight. You know we are a society that expects instant gratification, and often when the pounds don't come off quickly, when the plateaus, stalls, and temptations come, many give up. When those things happen in your journey, just remember that you did not reach your weight and health conditions associated with being overweight, overnight, and the pounds will not come off overnight.

As you make this journey keep the end goal in sight, but don't let it be the focus of the moment. Take it a day at a time, or even an hour at a time, whatever will work for you. Celebrate even the little things like, skin clearing up, inches lost, that 1/4 of a pound, more energy, any little thing that keeps you motivated. Treat yourself as you make mini goals, but make the treats non food items. This is especially true for emotional eaters. Make it a trip to the mall, a new scarf, new blouse, pants, hairdo, nails done, a new book, CD etc. Then one of these days you will be announcing: **"I MADE GOAL."**

*If you are here reading this story, then you have made a good choice to begin your journey to better health. Wishing you much success and if you see me on the board or want to PM me and tell me how you are doing I will look forward to hearing from you. Sorry I just realized how long winded I was, but you know this WOE is important to me, and I just love to share the experience with others.*



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Here is where you can **Subscribe** to “**Splendid Low-Carbing™** magazine”. You will get no more than 6 emails a year from [Desserts@Sweety.com](mailto:Desserts@Sweety.com) and in 4 of the emails will be a link telling you where to get your copy of the magazine. It’s free and it will be loaded with innovative recipes, and soon much more. You may freely share the magazine with friends and relatives, by printing it and giving it to them, or by giving them the PDF file, or by directing them to our websites or the links within them to the magazines. By subscribing, you are agreeing to get up to 6 e-mails from us each year, though they will contain at least 60 top-quality low-carb recipes, but probably many many more, many of which are clear breakthroughs and will not only save you a lot of money, but will add much needed variety back into your meals, desserts and treats. So, we are doing our bit, and now it’s up to you ... I invite you to [Email me](#) with your own favorite creations using any of my low-carb bake mixes (photos are optional) and you and I can discuss their inclusion in upcoming books, in this magazine or on my websites, with full credit given to you, of course! This is going to be a magazine “Of the people, for the people and by the people”. I’ll think of ways for all of us (that’s you too) to participate in ways that we can all enjoy. I want you to think how you too can be a part of this fun free magazine, and I want to stress “fun”! Find the magazines at: <http://www.low-carb.us/magazine.php> (all lower-case)

You will notice that I use certain ingredients often, but shy completely away (almost) from others. Sometimes that is a matter of taste, which is why I prefer to use Splenda® granular as my sweetener of choice, and why I prefer not to use Soy much, and yet other times it’s because of availability and cost, such as the enzyme modified wheat products used by some commercial enterprises. There is no sense in using products that are very expensive, difficult to find, that may have serious health issues or that impart a foreign taste to finished products. I generally often also give many alternatives and variations, enough that these principals are upheld in my books. But, if you are finding anything tricky to source, let me know, and I can steer you in the right direction. It’s just not possible to please everybody’s needs and tastes, but I do try and keep things having as broad an appeal as is practical. Splenda® is a relatively new sweetener in the USA, but not in Canada where it’s been widely used for almost 14 years without concerns. [If you are at all concerned about Splenda’s® safety ... then click on this link.](#)

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## Click to subscribe to “LOW-CARB Energy Magazine™”

Below is a story on Jennifer, as it appeared in “low-Carb Energy Magazine”, Jan 2005. You can view a bigger/easier to read version by clicking on: [“View the LCE Article”](#)



## THERE AND BACK AGAIN

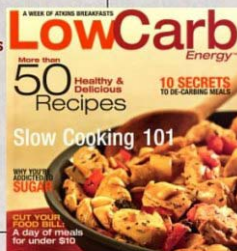
Name:  
**Jennifer Eloff,**  
bestselling cookbook author

Hometown:  
**Houston, Texas**

Age:  
**46**

Weight before:  
**nearly 150**

Weight after:  
**120**



### In Jennifer's words

At 17, any diet did the job. But after two children and many diets, my weight began to rise. Before long, I was 40 years old and 140 pounds — too much at 5'3".

I redoubled my efforts, cutting fat and calories further, but nothing changed. What I did not know is that I was struggling with Hashimoto's Thyroiditis and becoming increasingly hypothyroid. That makes losing weight very difficult indeed! Still I tried, but nothing — not even fasting or liquid diets — worked.

I had written three cookbooks for diabetics, with recipes that were sugar-free and low in fat, calories and carbs (but not what we would call “low-carb”). For many years, I was the only cookbook author in the world to create recipes using Splenda, which was available in Canada eight years before it was marketed in the U.S. Diabetic recipes are not as slimming as you'd expect, however. Most Diabetes Associations limit but don't discourage the use of flour and sugar, and often discourage higher protein and fat consumption. How ironic it seemed: At 42, I was developing and testing diabetic recipes and gaining weight (nearly 150 at that point — time to panic!).

I went searching for answers, finding success story after success story from people on low-carb plans. I bought all the low-carbing books I could find and started reading. They made sense. I decided to try it.

The pounds started coming off. When I got down to 132, I told my family, “I'm switching away from writing cookbooks for diabetics. This low-carb lifestyle really works!” Reluctantly, they agreed, thinking that they would miss their baked goodies and other carb-y treats. I promised them that if they felt deprived, I would quit

Now five years later, I am getting ready to publish my fifth low-carb cookbook. My family enjoys my low-carb creations and hasn't asked me to deliver on my promise yet.

Pushing my weight down into the 120s took special effort. I had to employ the “fat fast,” as described in Atkins' book: 75 percent fat, 20 percent protein and 5 percent carbs. It worked! “Low-fat” folks warned me that this would be most unhealthy. Look at my cholesterol profile at right; you be the judge.

Two years ago, my hubby discovered a sizeable lump in my neck, and we panicked. Thank God the lump was benign, indicative instead of Hashimoto's Thyroiditis.. With treatment, it has shrunk by more than 50 percent without surgery. (The details are on my websites [www.Low-Carb.us and www.Sweetiey.com]. I encourage all women 30 and older to read them — it may save a lot of pain.)

Being diagnosed in my late 30s would have prevented my weight gain, but I *did* discover the one diet that enables even thyroid patients to lose weight. Plus, I've written five (and counting) popular *Splendid Low-Carbing* cookbooks! ■

### JENNIFER'S BLOOD PROFILE

**Low-carbing:** LDL=92; HDL=58;  
Triglycerides=62, TOT/HDL=2.81  
**Fat fast (LC):** LDL=150, HDL=70,  
Triglycerides=43, TOT/HDL=3.26  
**LDL:** good (LC) to borderline (FF).  
**HDL and triglycerides:** excellent!

### THYROID

**Before treatment:**  
TSH, 6.72; thyroid antibodies, >3,000  
**After treatment:**  
TSH, 0.1; thyroid antibodies, 2,700

### LOW-CARBER'S DICTIONARY

**Hashimoto's Thyroiditis:** The most common of the autoimmune thyroid diseases, it results when the body's immune system attacks the thyroid gland, causing a loss of thyroid tissue and function. Most common in women, it causes no pain and may go undiagnosed for years.

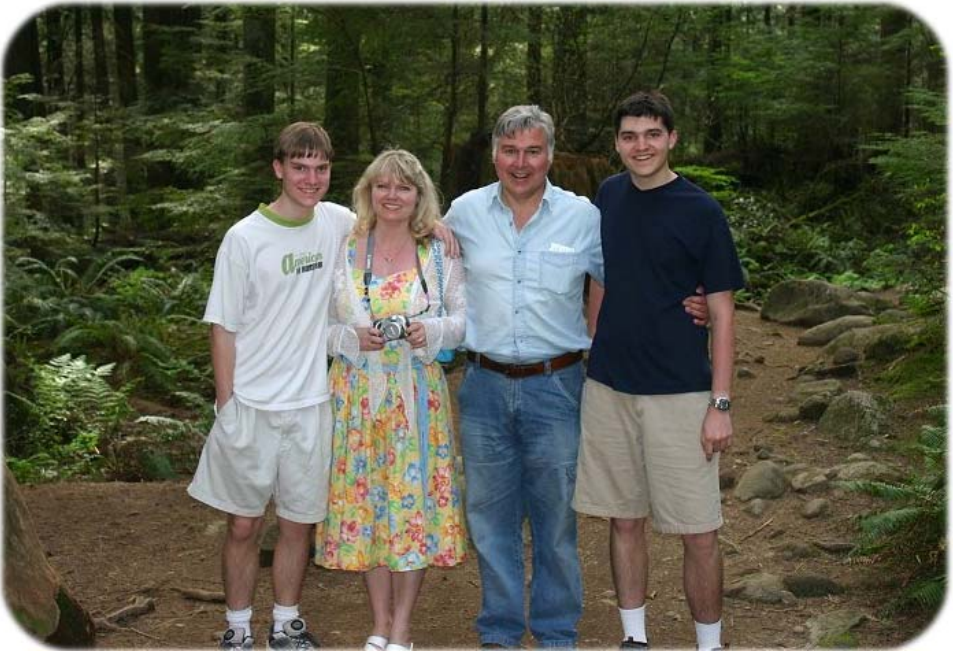
**Fat fast:** This extreme, temporary strategy for breaking through a weight loss stall entails frequent feedings that add up to 1,000 calories a day, with 75 to 90 percent of that as fat. Meant to force the body into lipolysis, it's not safe for those who are not metabolically resistant because the resulting weight loss is too rapid to be healthful. Read more at [www.atkins.com](#).

LowCarb Energy 67

We often get asked about the **Safety of *SPLENDA***<sup>®</sup> and I suppose it is quite natural to assume that we should know. Well, we do believe that the decision about which foods you and your family eats, is up to you to decide on, but you do need some input when there is so much written (good and bad) out there on the Internet. Jen was the first author in the world to develop cookbooks based on Splenda, and now, 14 years later, is still the most prolific and best known author to do so. Way back then, *SPLENDA*<sup>®</sup> was only available in Canada, and that is where Jen's first 2 books quickly became "National Best-sellers". These 2 books were written for a conventional Diabetic diet, which is "reduced-carb", not Low-Carb, but still does require the reduction or elimination of Sugar wherever possible. Her next 5 books were TRULY low-carb, with her recipes (on average) having 4 grams of carbs per serving. Well, as a result of writing all these books over all these years, our family has consumed (without a doubt) more *SPLENDA*<sup>®</sup> than any family in the world! Our children have grown up on it, instead of sugar (though it is impossible to totally eliminate sugar from a teenager's diets) and as you can see from the photos in this magazine, we are all quite trim and healthy and the "obesity" epidemic and other Sugar-related afflictions have had to "stay way" from our doorstep - We insist! So, before believing any scare stories about *SPLENDA*<sup>®</sup>, think about our family, and then take a close look at us then and now. Clearly Splenda has been hugely positive for us all! Below is a picture of us when Jen's first book was lanched, and following that, there are current (April 2005) photos.







**April 2005, Jen's family: Our children grew-up on Splenda (14 years and counting)**







***Apple-Peach Lattice Pie***  
***8.1 g carbs for a generous slice!***  
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**Buy**

**Low-Carb★US**



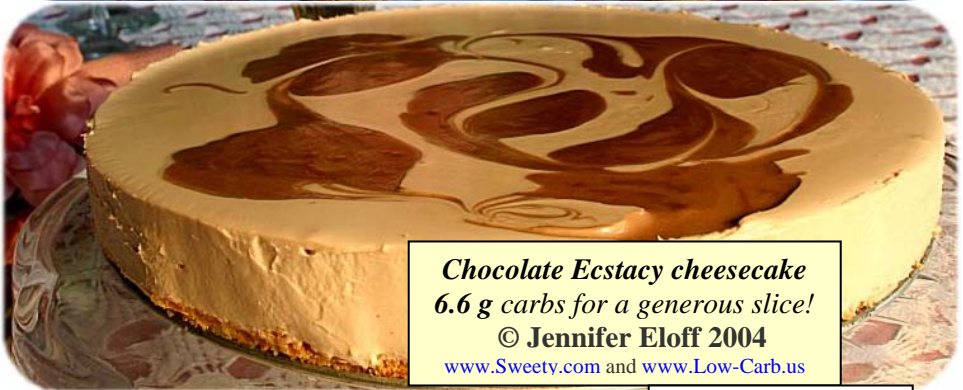
***Favorite Chocolate Chip cookies***  
***1.9 g carbs per scrumptious cookie***  
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***Peanut Butter Cups***  
**3.0 g carbs each**  
© Jennifer Eloff 2004  
[www.Sweete.com](http://www.Sweete.com) and  
[www.Low-Carb.us](http://www.Low-Carb.us)



***Corn Bread***  
**7.5 g carbs for a big piece!**  
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[www.Low-Carb.us](http://www.Low-Carb.us)



***Chocolate Ecstasy cheesecake***  
**6.6 g carbs for a generous slice!**  
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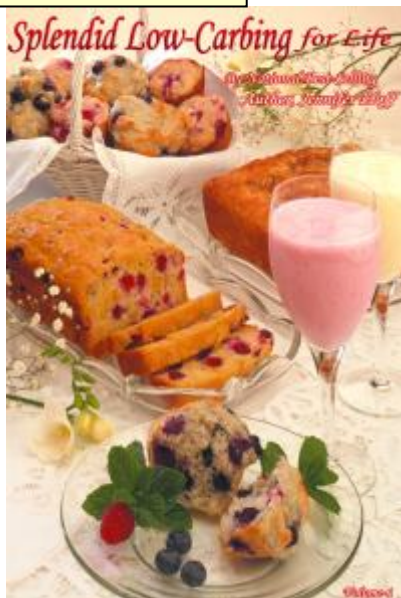
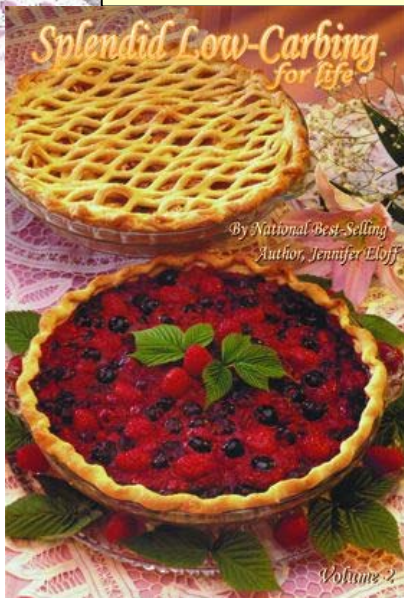
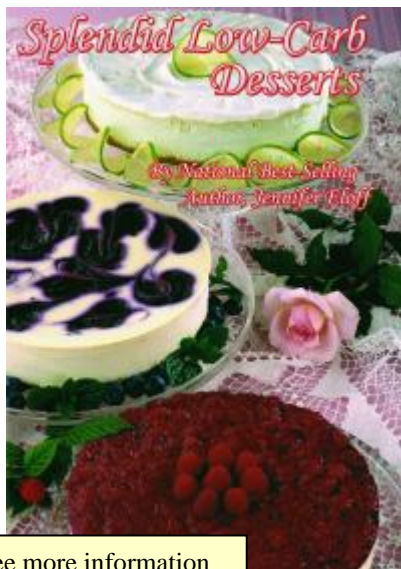
*the "Splendid Low-Carbing™" series:*





## “Jen’s Splendid low-carbing™ cookbook series”

Jen’s other 4 low-carb books - **NOT AVAILABLE IN BOOKSTORES** yet. All (100%) of her 1,200+ quality recipes are < 10g carbs per serving, but most (70%) are < 6g carbs and many (40%) are < 3g carbs per serving.



**NOT AVAILABLE IN BOOKSTORES**, Order on-line from:  
[www.Low-Carb.us](http://www.Low-Carb.us) or [www.Sweetv.com](http://www.Sweetv.com)

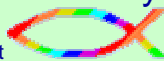
## Note from the publisher:

**Jen and the lovely ladies who contribute to this magazine are way too modest and bashful to mention this next point, so I will on their behalf:** How many people have you encountered in this Low-Carb WOL (and in other endeavors) who “talk the talk” and are really marketing dynamos, promoting themselves, their products and their interests very energetically? But do yourselves a favor ... “watch their walk”! Sometime, when calm and reason prevails, ask them for photos, health information etc. of them and their families, and see if indeed their recipes/books/ideas really work, or if it’s just another slick marketing ploy to get you to part with your hard-earned money. Worse yet, every pound lost and kept off, every hard won improvement in your blood pressure, blood sugar, LDL cholesterol, triglycerides etc. are at stake too, not just your money and your looks. So, watch their walk carefully, it may have a huge impact on you and your family, for better or for worse. Jen has a proven track record - almost 14 years spread almost perfectly over the tricky mid-life period for her and her husband (when most problems usually arise) and spanning the crucial years (4 – 18 and 7-21) of her children’s lives, as well as coinciding with her Hashimoto’s thyroiditis - which makes weight loss extremely difficult and weight gain very easy! The photos and facts definitively prove they do indeed “walk the walk” ... and it has proved to be a very sensible walk for them. *Trust is earned ... I hope that they have earned your trust.*

So there you have it. **4 talented low-Carbers** in this third edition, hailing from the Midwest, the Pacific Northwest, the Northwest and the Pacific coastal region of this great continent of ours – and each of them sharing some really tasty recipes with you. I know you will join me in saying “*Many thanks to them all!*” Folks, when I said this is going to be a Low-Carb Magazine “*Of the people, by the people and for the people*”, you can now see I really I meant it! I’d really encourage you to come forward with your favorite recipes (They must be yours though, not taken out of a copyrighted cookbook, magazine or website!) and creations, as well as giving some thought to how you can contribute to making this the **best free Low-Carb magazine** in the world! I happen to be married to one of these talented ladies and I really do believe in them all! Back when Jen had just 1 recipe to her name, I just knew she could do it - so much so that “*I bet the farm on her*”. Praise the Lord, she did, else we would have lost our home! Well, you can do it too! You are invited (irrespective as to where you live) to send ideas, recipes, stories, low-carb BIO’s and photos to us here at: [Desserts@Sweetv.com](mailto:Desserts@Sweetv.com)  
**Before I end ... a couple of endorsements:** (1) Click here to see [this issue’s featured Low-Carb Forum](#) (2) Jennifer personally subscribes to one, and if you want a really nice printed Low-Carb Magazine delivered to your door, then Jennifer suggests you look at: (click link to see/subscribe) “[Low-Carb energy magazine](#)”. It is relatively new but really is a very good magazine and easily worth it’s cost. Jen really enjoys getting and reading it! From time to time you may even come across some of Jen’s recipes, or reviews of our cookbooks or other related items in “*low-Carb Energy magazine*™”.

So now it’s time to say “Goodbye – till next time”.

From the Midwest, Pacific Northwest



Pacific and the Northwest

*Happy Low-Carbing ... [God bless](#) ... and have a great Day!*