

Splendid Low-Carbing™ Magazine



Fall 2004 Edition

Splendid Low-Carbing™ Magazine (Fall-2004 edition)

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



Hi and welcome to the inaugural edition of "Splendid Low-Carbing™ magazine". I've been so busy over the last 14yrs developing cookbooks, raising and educating our 2 fine sons, being a wife and doing outreach work, that I've really never had time to even think of other endeavors. But earlier this year I was gifted again (most of my really great recipes tend to come to me "in an inspirational flash") with several Low-Carb breakthroughs, any one of which is such a boon to low-carbers that I had to find a way to "re-gift" these breakthrough recipes to my fellow Low-Carbers. So it was that "Splendid Low-Carbing™ magazine" was born, and you are the direct beneficiaries since even if you don't buy any of my cookbooks (and obviously I hope you do) you can benefit from many lovely new innovative Low-Carb recipes, ideas and techniques. Your life, and that of your family, will be much more enjoyable as a result. Each issue (and we are hoping that there will be at least 4 each year Fall, Winter, Spring and Summer) will contain several hand-picked recipes that will touch your Low-Carb lives in a very special way. This issue is going to return to you many really neat foods that probably have been off your menu for quite some time now, such as those delicious Red-lobster™ cheese biscuits, which us Low-Carbers tend to avoid. It is a free gift from us. You do not have to buy anything, but understandably, you will have to put up with a bit of advertising about our cookbooks, as I still do need to pay for the development of these books. I am not primarily a collector and re-packager of other people's recipes (which would enable easy, quick and cheap production of large cookbooks) but create most of these recipes myself, so my expenses are high and it takes time! Still, my philosophy for including a recipe in any of my books is simple: If my family and I like it a lot, and it's at least < 10g carbs per serving (but usually < 6g or preferably < 3g) and is made from basic, freely available healthy ingredients (not too expensive) then it may find a home in one of my books. I invite you all to enjoy our recipes, stay trim, happy, in love and, may God Bless you and your family with many years of "all of the above"! From the **Pacific Northwest** – happy low-carbing! **Jen.**

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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)

(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 - Bali Hai 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.Sweety.com OR at www.Low-Carb.us Go take a look!

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

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Introducing Jennifer's latest "Splendid Low-Carbing™" cookbook
By Eureka Publishing, Publisher of the "Splendid Low-Carbing™ series"



From our sales figures, the "Splendid Low-Carbing™" series is, thankfully, a huge hit amongst Jennifer's fellow Low-carbers. In fact, she now has 3 National Bestselling cookbooks, and though she is an extremely humble person, she obviously is thrilled about that. But it seems that we never have enough of our old favorite foods available! So, responding to popular demand from her fellow low-carbers, Jennifer has brought out a treasure-trove of new Low-Carb recipes that make so many of our old favorites legal again. It is indeed a truly inspired collection of Premier Low-Carb recipes – all (100%) of which are under 10g, most (70%) under 6g and many (40%) under 3g of carbs per serving ... including dessert recipes and favorite restaurant recipes that were commonly thought to be "out of reach forever" to all of us Low-Carbers. Jen's almost 14yrs 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 (1992) and most accomplished "Splenda"

cookbook author, come many of your old all-time favorite Chinese and other popular restaurant recipes and treats, like certain yummy cheese biscuits "Red Lobster ®" style, and great new bake-mixes (BiskMix™ is just one of these and is a HUGE breakthrough, worth the price of the book on its own) and all of them are perfectly legal on all of the popular low-carb diets, once again, as well, of course, as being simply delicious as ever! What's left to say but: "Finally we low-carbers can have it all again" ... and it's about time! Low-carbers are fast tiring of spending far too much on products that often deliver far too little. It's time for low-carb foods to become more affordable and easy to make and use, as well as totally satisfying and every bit as tasty as conventional foods we were used to! We now have some 1,200 + (and growing) carefully researched and well tested quality recipes in the growing "Splendid low-carbing™" collection, all of them carefully designed to help you lose weight and enjoy life more. This fall issue contains just a tiny fraction of Jen's "Splendid collection of Low-Carb recipes". All her awesome recipes could be yours for less than the price of a restaurant meal. 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. **The Publisher (Ian)**



Splendid LOW-CARB BAKE MIX™



This tasty bake mix (which I refer to as “low-carb bake mix”) guarantees a low-carb result in your baking. Regular sugar and white flour recipes will have carbs reduced by about 75% to 85% or more, if Low-Carb Bake Mix is substituted for white flour and SPLENDA® Granular is used to substitute for sugar and high-carb dairy is changed to low-carb, etc.

1²/₃ cups ground [almonds](#) (400 mL)
2²/₃ cup vanilla [whey](#) protein* (150 mL)
2²/₃ cup vital wheat gluten (150 mL)

The **FDA** is focusing on communicating the benefits of certain foods such as almonds - among the only good sources of protein that are also an excellent source of alpha-tocopherol vitamin E, the most potent form of vitamin E. Almonds also supply magnesium, fiber, potassium, calcium, phosphorus, iron and only 164 calories per handful and nearly 70% of the fat in almonds is healthy monounsaturated fat, which research shows helps maintain a healthy cholesterol level. Eating almonds tends to make you more resistant to weight gain. They contain phytochemicals - plant components that may provide powerful protection against heart disease, stroke, and other chronic diseases.

<p>Yield: 3¹/₃ cups (825 mL) 1¹/₃ cup (75 mL) per serving 162.9 calories 14.3 g protein 10.3 g fat 3.3 g carbs © Jennifer Eloff 2004 www.Low-Carb.us www.Sweetly.com</p>
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In large bowl, combine ground almonds, vanilla whey protein and vital wheat gluten. Use a large wooden spoon to stir and mix well. See Helpful Hints below for instructions on how to use this bake mix. Store in a closed container at room temperature. Shake container to ensure ingredients are combined well.

Helpful Hints: If very slightly coarser ground almonds (still almond flour) are used, the total yield for this bake mix is 1¹/₃ cup (75 mL) more than the 3 cups (750 mL) one would expect. If one chooses to see the yield as 3 cups (750 mL), the carbs increase slightly to 3.7 g. I only recently understood why this occurs, however, the recipes will not be adversely affected as differences are very slight.

To use this bake mix: For every cup of flour in your recipe, replace with 1 cup (250 mL) of Low-Carb Bake Mix, PLUS 2 tbs (25 mL). The aforementioned rules apply also to replacing any of the Ultimate Bake Mixes from my previous cookbooks (which are a cup-for-cup substitution for all-purpose flour). Once again, always add liquid cautiously to your own recipes that you wish to de-carb. Sometimes as much as 1¹/₂ cup (125 mL) less wet ingredients (this includes ingredients such as butter, olive oil, applesauce, pumpkin, water, yogurt, sour cream, cream, etc.) will be required. Typically, most of the time, it is 1¹/₄ cup (50 mL) wet ingredients that will need to be omitted from your regular recipe. This bake mix produces wonderful, moist baked goods most of the time, despite the whey content. Useful for piecrusts, muffins, loaves, many cakes, cookies and squares and it is guaranteed to lower carbs significantly in your favorite recipes! *If the application for this bake mix is for a savory baked product, it is possible to replace vanilla whey protein powder with natural whey protein powder.

BISKMIX™ (Biskmix™ is a trademark of Jennifer Eloff)



This exciting, healthy, versatile, tasty and very low-carb biscuit mix can be used similarly to Bisquick® in many favorite recipes and is only 7.2g net carbs/cup!

2¹/₄ cups Low-Carb Bake Mix, (550 mL)

(use plain whey protein in Bake Mix for savory applications, if desired.)

I always use the vanilla whey protein.)

4¹/₂ tsp baking powder (22 mL)

¹/₂ tsp salt (2 mL)

¹/₂ cup unsalted, cold butter (125 mL)

{4 oz (113 g)} (Note: important to really use that amount for correct yield)

Yield: 3¹/₂ cups (875 mL)

¹/₄ cup (50 mL) Biskmix

138.2 calories

7.0 g protein

11.6 g fat

1.8 g carbs

In food processor bowl with S-blade, combine Low-Carb Bake Mix, baking powder and salt. Add butter, cut into small pieces; process about half a minute (important for yield) until crumbly. Leftovers can be store in an airtight container for a few days and transferred to the refrigerator or freezer for longer storage. Fairly old Biskmix™ might need a boost with a little extra baking powder. Baked goods are best fresh and chilled or day-old baking is often better reheated either in the microwave or oven.

Easy instructions for substituting Biskmix™ in recipes requiring Bisquick®:

Replace each cup (250 mL) of Bisquick® with 1 cup (250 mL) Biskmix™ PLUS an extra ¹/₄ cup (or 4 tbsp) (50 mL) and typically use 2 tbsp (25 mL) less fluid than indicated in the recipe per cup (250 mL) of Bisquick® that will be replaced.

For example, if your particular recipe requires 2 cups (500 mL) of Bisquick® and 1 cup (250 mL) of fluid, you'd need to use 2¹/₂ cups (625 mL) Biskmix™, and ³/₄ cup (175 mL) fluid. Simple math!

To help with the math: {1 cup = 16 tbsp; ³/₄ cup = 12 tbsp; ²/₃ cup = 10 tbsp; ¹/₂ cup = 8 tbsp; ¹/₃ cup = 5 tbsp; ¹/₄ cup = 4 tbsp; ¹/₈ cup = 2 tbsp}

"Sometimes, for convenience, it is possible to approximate the amount of Biskmix™ required (for example, instead of using 1 cup plus 14 tbsp, use a full 2 cups) and then adjust the fluid requirements accordingly, but this is only for experienced cooks and bakers. Experienced bakers will know what a cookie batter looks like versus a cake, loaf or muffin batter, etc."

To accurately measure Biskmix™: Spoon into measuring cup, then level top with a flat knife. Do not scoop it or pack it down.

Bisquick®, a favorite Betty Crocker product, is the trademark of General Mills

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Biskmix™, Bisqmix™, Bismix™ (Trademarks of **Jennifer Eloff** 2004) is an exciting new biscuit mix that may be used *as a low-carb substitute for Bisquick®* in your favorite baking recipes. Though there are probably a few exceptions, the only recipe that I have discovered (so far) that it will not work well enough with for my liking is Cinnamon rolls, which should be more dough-like to be authentic. I suspect it may also be problematic when used in yeast applications. As it’s name suggests, Biskmix™ tends to be a “biscuit-like” mix, as opposed to a dough-like mix. That said it still makes great cobbler and dumplings (make sure batter lands on something more solid than just liquid). It would appear from testing that impossible pies are quite “possible” again, however, the resulting crust (if it is meant to form one) will probably be a little lighter in texture. But best of all, it makes spectacular scones, Red-Lobster® style biscuits, muffins, loaves and so many other recipes, and without any strange new aftertaste that needs getting used to. It can be stored for a few days at room temperature, in an airtight container but should be placed in a refrigerator or freezer for longer storage. Older Biskmix™ might need a boost with a little extra baking powder.

DISCLAIMER: All the recipes in this magazine have been tested by their respective authors (not by me - except mine of course). However I’ve every confidence in the abilities and gifts of these talented ladies, so that really should not to be a problem. Any contributors to this magazine must use only their own recipes and must have the rights to do so. Having recipes appear in this magazine does not restrict their re-use in any future publications their owners wish to publish them in. *That said, enjoy them!* **Jen**

CHEDDAR CHEESE MUFFINS

These muffins are really special. They would be great for breakfast or teatime with low-carb apricot jam, page 91, Splendid Low-carbing (substitute apricots)

2 eggs
3³/₄ cups Biskmix™ (925 mL)
(need to make 2 batches)
1¹/₃ cups grated Cheddar cheese (325 mL)
(divided)
1/2 cup SPLENDA® Granular (125 mL)
1/2 cup water (125 mL)
1/4 cup whipping cream (50 mL)
3 tbsp olive oil (45 mL)

Yield: 12 muffins

1 per serving

287.3 calories

13.1 g protein

24.7 g fat

3.7 g carbs © Jennifer Eloff 2004

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In large bowl, whisk eggs. Stir in Biskmix™, 1 cup (250 mL) Cheddar cheese, SPLENDA® Granular, water, whipping cream and olive oil. Fill 12 muffin cups ³/₄ full. Sprinkle top of dough with remaining ¹/₃ cup (75 mL) Cheddar cheese.

Bake in 400°F (200°C) oven 15 to 17 minutes. Remove from pan immediately. Serve warm. Microwave day-old muffins 15 seconds.



See more at www.Sweety.com OR at www.Low-Carb.us

ITALIAN FLATBREAD

Served warm out of the oven, this bread is great as a side with a good meal.

- 2½ cups Biskmix™ (625 mL)
- ¼ cup hot water (50 mL)
- 2 tbsp butter, melted (25 mL)
- ½ cup grated Cheddar cheese (125 mL)
- ¼ cup grated Monterey Jack (50 mL) cheese
- 2 tbsp grated Parmesan cheese (25 mL)
- 2 tsp dried parsley (10 mL)
- 1 tsp Mrs Dash® Seasoning blend (5 mL)
(use garlic and herb, if desired)

Yield: 12 servings

1 serving

165.2 calories

8.1 g protein

14.2 g fat

1.9 g carbs © Jennifer Eloff 2004

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In medium bowl, combine Biskmix™ and hot water. Place dough on ungreased cookie sheet, cover with a piece of plastic wrap and press out evenly into an 8 x 11-inch (20 x 28 cm) rectangle. Brush melted butter over dough. In small bowl, combine Cheddar cheese, Monterey Jack cheese, Parmesan cheese, parsley and Mrs Dash® Seasoning blend. Sprinkle over dough. Bake in 450°F (230°C) oven 8 to 10 minutes, or until light golden brown. Serve warm.

Helpful Hint: To reheat refrigerated Italian Flatbread, microwave briefly or heat in moderate oven a few minutes.



I use the leftover 1 cup (250 mL) Biskmix, by stirring in 1 tbsp (15 mL) water and also 1 cup (250 mL) Monterey Jack cheese. Spread into a smaller rectangle and bake as in above recipe. It's great served warm with low-carb peach jam. **Yield:** 6 servings. 166.4 calories, 9.5 g protein, 13.8 g fat, 1.7 g carbs.

CHEDDAR BISCUITS

These are similar to the ever-popular Red Lobster® biscuits. I couldn't make up my mind with these biscuits, which are both awesome, so provided both recipes.

2½ cups Biskmix™ (625 mL)
½ tsp baking powder (2 mL)
½ cup grated Cheddar cheese (125 mL)
3 tbsp water (45 mL)
3 tbsp whipping cream (45 mL)

Garlic Butter:

¼ cup salted butter, melted (50 mL)
½ tsp garlic powder (2 mL)

Yield: 9 biscuits

1 biscuit

242.4 calories

9.6 g protein

21.9 g fat

2.4 g carbs © Jennifer Eloff 2004

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In large bowl, combine Biskmix™ and baking powder. Stir in Cheddar cheese. Make well in center and pour in water and whipping cream. Using a wooden spoon, stir until soft dough forms. Beat with wooden spoon 30 seconds or so. Spoon onto greased cookie sheet by ¼ cupfuls (50 mL). Do not flatten (they will naturally spread out) – just scoop out with teaspoon and drop them. Bake 8 to 10 minutes in 450°F (230°C) oven or until turning brown.

Garlic Butter: In small bowl, combine melted butter and garlic powder. Brush* over tops of baked, hot biscuits and serve immediately.

Variation: Cheddar Biscuit #2: Substitute 3½ cups (875 mL) Biskmix™ (the entire batch), ¼ tsp (1 mL) baking powder, ⅔ cup (150 mL) Cheddar cheese, ⅓ cup (75 mL) water and 3 tbsp (45 mL) whipping cream. Bake 8 to 10 minutes in 450°F (230°C) oven. Use same garlic butter to brush over hot biscuits. **Yield:** 12 biscuits. (231.8 calories; 9.8 g protein, 20.7 g fat, **2.4 g carbs**)

Helpful Hints: *If you don't have a pastry brush, an unused, clean, soft paint brush (small or medium size) works very well, believe it or not! If these biscuits are made ahead of time, reheat by placing biscuits directly on oven rack in 350°F (180°C) oven and heat 5 to 7 minutes. These delicious Cheddar Biscuits are best served hot from the oven and would be excellent served with seafood to remind one of a fabulous dinner at Red Lobster®. Choose a fish and/or shellfish recipe from my cookbooks, if desired. No extra butter is required to spread on the biscuits. These biscuits may be frozen. Microwave 40 seconds and place directly on oven rack in 350°F (180°C) oven 5 to 7 minutes or until crisper.

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See more at www.Sweetty.com OR at www.Low-Carb.us



PUMPKIN CAKE ROLL

A beautiful cake, suitable for any occasion, IDEAL for Thanksgiving!

3 eggs
1 cup SLENDA® Granular (250 mL)
 $\frac{2}{3}$ cup canned pumpkin (150 mL)
1 cup Low-Carb Bake Mix (250 mL)
 $1\frac{1}{2}$ tsp pumpkin pie spice (7 mL)
1 tsp baking powder (5 mL)
 $\frac{1}{4}$ tsp salt (1 mL)
1 tbsp Confectioner's Sugar (15 mL)

Substitute - Optional (recipe in Splendid Low-Carbing cookbooks)

Yield: 12 servings

1 slice per serving

175.5 calories

7.4 g protein

13.8 g fat

5.7 g carbs © Jennifer Eloff 2004

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Filling:

8 oz regular cream cheese, softened (250 g)

$\frac{1}{2}$ cup SLENDA® Granular (125 mL)

$\frac{1}{4}$ cup unsalted butter, softened (50 mL)

1 tbsp Da Vinci® Sugar Free (15 mL)

French Vanilla Syrup, OR

$\frac{1}{2}$ tsp (2 mL) vanilla extract and water

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Line 15 x 10-inch (38 x 25 cm) jelly roll pan with wax paper. Spray liberally with nonstick cooking spray and sprinkle with a tiny amount of bake mix. In food processor, or in bowl with electric mixer, process eggs 4 minutes on medium high speed. While processing, gradually add SLENDA® Granular. Add pumpkin; process on lower speed. In medium bowl, combine Low-Carb Bake Mix, pumpkin pie spice, baking powder and salt. Make a well in center and add pumpkin mixture. Combine well. Pour over prepared pan and spread out evenly. Bake in 375°F (190°C) oven 15 minutes. Invert cake onto clean tea towel. Carefully remove wax paper. Gently roll up cake from one short side (it will probably crack, but just keep going slowly) together with towel. Set aside to cool completely. Gently unroll and spread with cream cheese filling, sealing cracks. Roll up cake from short side. Sprinkle with Confectioner's Sugar Substitute.

Filling: In food processor with S-blade, in blender, or in bowl with electric mixer, process cream cheese, SLENDA® Granular, butter and Da Vinci® Sugar Free French Vanilla Syrup or vanilla extract and water.



Toronto clinical trial: The clinical trial conducted at the University of Toronto, found that women and men who ate about one ounce (a handful) of almonds each day lowered their LDL cholesterol by 4.4 percent from baseline. The study showed an even greater decrease of 9.4 percent in LDL cholesterol in those who ate about two handfuls of almonds a day, indicating that almonds' effect increases with increased consumption. **The study also found that all of the people in the study, regardless of how many almonds they consumed, did not gain any weight!** [LINK](#)

COCONUTTY LEMON SQUARES

Lemon and coconut are a lovely combination. Watch these disappear.

Graham Cracker-Like Crust:

1 cup Low-Carb Bake Mix (250 mL)
1 cup ground almonds (250 mL)
 $\frac{1}{2}$ cup butter, melted (125 mL)
2 SPLENDA® packets

Filling:

8 eggs, lightly beaten
 $1\frac{3}{4}$ cups SPLENDA® Granular (425 mL)
 $\frac{3}{4}$ cup lemon juice, (175 mL)
(freshly squeezed, if possible)
1 tbsp grated lemon peel (15 mL)
 $\frac{1}{3}$ cup Low-Carb Bake Mix (75 mL)
 $\frac{1}{2}$ tsp baking powder (2 mL)

Coconut Topping:

$\frac{2}{3}$ cup finely desiccated, unsweetened coconut (150 mL)
 $\frac{1}{3}$ cup SPLENDA® Granular (75 mL)

Yield: 40 squares

1 square
83.1 calories
3.3 g protein
6.6 g fat

2.5 g carbs © Jennifer Eloff 2004
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Graham Cracker-like Crust: In medium bowl, combine Low-Carb Bake Mix, ground almonds, butter and SPLENDA®. Press mixture in bottom of 9 x 13-inch (23 x 33 cm) glass baking dish. Bake in 350°F (180°C) oven 12 minutes, or until light, golden brown.

Filling: In large bowl, combine eggs, SPLENDA® Granular, lemon juice and lemon peel. Gradually whisk in Low-Carb Bake Mix and baking powder. Pour carefully over cooled crust. Bake in 325°F (160°C) oven 10 minutes, add Coconut Topping and bake another 10 minutes, or until coconut starts turning light brown in places. Let cool and refrigerate.

Coconut Topping: In small bowl, combine coconut and SPLENDA® Granular.



PEACHES AND CREAM SCONES

Scrumptious scones - great for a change of pace at breakfast time.

4 cups Biskmix™ (1 L)
(need to make 2 batches)
1 large egg
1/4 cup canned peaches in (50 mL)
juice, drained
1/4 cup SPLENDA® Granular (50 mL)
2 tbsp sour cream (25 mL)

Yield: 12 scones
1 per serving
199.6 calories
10.0 g protein
16.4 g fat
3.5 g carbs © Jennifer Eloff 2004
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In large bowl, place Biskmix™. In blender, blend egg, peaches, SPLENDA® Granular and sour cream together. Pour into well in Biskmix™. Stir with wooden spoon to form soft, moist dough. On round pizza pan form an 8-inch (20 cm) circle (it will spread upon baking) using plastic wrap to help press out gently and evenly. Bake in 425°F (220°C) oven 12 to 15 minutes. Cover with foil after 10 minutes. The scones will be golden brown. Cut scones into wedges. Serve warm. Refrigerate remaining scones (they will become denser and quite good actually). Turn stale scones into Biscotti.

Variation: Biscotti: Form a rectangle or large circle of dough on a cookie sheet. Bake as above. Cool half an hour. Cut into biscotti shapes. Lay on ungreased cookie sheet and bake in 325°F (160°C) oven 10 minutes. Flip each biscotti and bake another 10 minutes, or until brown and crisp. Cool on wire racks. If desired, drizzle low-carb white chocolate over biscotti or dip one end in melted white chocolate. 18 large biscotti: (2.4 g Carbs each) 36 biscotti: (1.2 g Carbs).

Peach Melba Scones: Slice warm scones in half and spread with low-carb raspberry jam and top with a dollop Crème Fraiche (page 54 “*Splendid Low-Carbining for life vol-2*”) or use whipped cream. Replace top half and enjoy with a cup of hot tea, coffee, hot chocolate or your favorite beverage.

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 it's safety, click this link.](#)



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DELUXE CARROT CAKE

When I first tasted my Aunt Marie Richardson's carrot cake, I just knew I had to make a low-carb version. So here it is ... enjoy!

4 eggs
2¹/₄ cups Low-Carb Bake Mix (550 mL)
1¹/₂ cups SLENDA® Granular (375 mL)
2 tsp baking powder (10 mL)
1¹/₂ tsp baking soda (7 mL)
1 tsp cinnamon (5 mL)
1/2 tsp salt (2 mL)
3/4 cup olive oil (175 mL)
1 cup grated zucchini (250 mL)
1 cup grated carrot (250 mL)
1/2 cup drained, crushed pineapple (125 mL)
1/4 cup chopped pecans (50 mL)

Cream Cheese Frosting:

6 oz light cream cheese (180 g)
4 SLENDA® packets
3 tbsp butter, softened (45 mL)
2 tbsp whipping cream (25 mL)
1 tsp vanilla extract (5 mL)

Yield: 18 servings

1 serving
228.2 calories
7.9 g protein
19.5 g fat

5.4 g carbs © Jennifer Eloff 2004
www.Low-Carb.us www.Sweety.com

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Line a Bundt pan with wax paper and spray liberally with nonstick cooking spray. In food processor with S-blade or in bowl with electric mixer, process eggs. In medium bowl, combine Low-Carb Bake Mix, SLENDA® Granular, baking powder, baking soda, cinnamon and salt. Add half dry ingredients and olive oil to eggs. Process. Repeat. The batter will be very thick.

In medium bowl, combine zucchini, carrot, pineapple and pecans. Stir into carrot cake batter and pour into prepared pan. Bake in 350°F (180°C) oven 35 to 40 minutes or until a knife inserted in cake comes out clean. Cover with foil and bake another 20 minutes, or until a knife inserted in cake comes out clean. Loosen cooled cake from around funnel with a knife. Invert cake over cake rack. Carefully remove wax paper. Refrigerate frosted Carrot Cake.

Cream Cheese Frosting: In food processor with S-blade, in blender or in bowl with electric mixer, process cream cheese with SLENDA®, butter, whipping cream and vanilla extract until smooth. Spread over top of cooled cake.

Helpful Hints: I line my Bundt pan with wax paper (make a hole for center funnel), as often low-carb baking will stick to even nonstick pans. Cut bigger folds off. This cake freezes well (if frosted, slice and freeze in sealed container).

See more at www.Sweety.com OR at www.Low-Carb.us

CONDENSED MILK CHOCOLATE SAUCE

Decadent! See frosting recipes in the variations below.

1/2 cup whipping cream (125 mL)
1/3 cup butter, melted (75 mL)
1/3 cup Da Vinci® Sugar Free (75 mL)
French Vanilla or Vanilla Syrup
1 cup SPLENDA® Granular (250 mL)
1/3 cup vanilla whey protein (75 mL)
1/3 cup skim milk powder, OR (75 mL)
whole milk powder
1/8 tsp xanthan or guar gum, optional (0.5 mL)
1 oz unsweetened chocolate, melted (30 g)

Yield: 1²/₃ cups (400 mL)
1 tbs (15 mL) per serving
51.1 calories
1.4 g protein
4.5 g fat

1.7 g carbs © Jennifer Eloff 2004
www.Low-Carb.us www.Sweetty.com

In blender, combine whipping cream, butter, Da Vinci® Sugar Free French Vanilla or Vanilla Syrup, SPLENDA® Granular, vanilla whey protein, skim or whole milk powder and xanthan or guar gum, if using. Blend until smooth. Add melted chocolate; blend. Serve immediately or refrigerate and use later.

Variations: Condensed Milk Chocolate Frosting: Use 1/3 cup (75 mL) whipping cream and 2 tbs (25 mL) Da Vinci® Sugar Free Vanilla Syrup.

Yield: 1 cup (250 mL). 12/16/36 servings:

100.5/75.4/33.5 calories, 2.9/2.2/1.0 g protein, 8.6/6.4/2.9 g fat, 3.7/2.8/1.3 g carbs.

Caramel Sauce/Frosting: Substitute Da Vinci® Sugar Free Caramel Syrup in main recipe and use cocoa butter instead of chocolate. Follow instructions for variation above for frosting as opposed to the sauce in the main recipe.

Any-Flavor Sauce: Cocoa butter and Da Vinci® Sugar Free Syrup flavor of choice or chocolate and Da Vinci® Sugar Free Syrup flavor of choice.

Da Vinci® Alternative: Use water, appropriate flavored extract and 1 or 2 SPLENDA® packets.

Helpful Hints: This sauce is thick and becomes a little thicker upon chilling. The frosting will be a little thicker with the xanthan or guar gum - *Optional*.



A **Loma Linda University study** placed participants in one of three groups - a high-almond diet, a low-almond diet, or a no-almond diet, and discovered after four weeks an inverse relationship between the number of almonds they ate and their total cholesterol, LDL cholesterol and other blood lipids. The more the participants ate, the lower their total cholesterol and blood lipids. These findings are consistent with a body of research conducted on the role nuts play in heart health.

See more at www.Sweetty.com OR at www.Low-Carb.us

AWARD-WINNING BROWNIES

Excellent, dense and fudgy brownies!

4 eggs
1 cup unsalted butter, melted (250 mL)
 $\frac{1}{4}$ cup Da Vinci® Sugar Free (50 mL)
Vanilla Syrup, OR water, $\frac{1}{4}$ tsp (1 mL)
vanilla extract & 1 SPLENDA® packet
 $\frac{1}{4}$ tsp chocolate extract (1 mL)
 $1\frac{3}{4}$ cups Low-Carb Bake Mix (425 mL)
1 cup SPLENDA® Granular (250 mL)
24 SPLENDA® packets
 $\frac{1}{3}$ cup Dutch cocoa (75 mL)
1 tsp baking powder (5 mL)
 $\frac{3}{8}$ tsp salt (1.5 mL)
Condensed Milk Chocolate Frosting

Yield: 40 (8 x 5) brownies

1 brownie

119.2 calories

3.7 g protein

10.5 g fat

2.9 g carbs © Jennifer Eloff 2004

www.Low-Carb.us www.Sweetty.com

In food processor or in bowl with electric mixer, process eggs. Add butter, Da Vinci® Sugar Free Vanilla Syrup (or water, vanilla extract and SPLENDA®) and chocolate extract. Process on slow speed. In medium bowl, combine Low-Carb Bake Mix, SPLENDA® Granular, SPLENDA®, cocoa, baking powder and salt. Add to food processor and process until smooth. Spread in greased 9 x 13-inch (2 L) glass baking dish. Bake in 350°F (180°C) oven 17 to 20 minutes, or until dinner knife inserted in brownies comes out clean.

Condensed Milk Chocolate Frosting: Prepare as directed. Spread frosting over warm brownies in baking dish. Cover and refrigerate when cool. Cut into squares when chilled and place in airtight, plastic container in refrigerator.

Helpful Hints: My husband liked these brownies, but even more after they were refrigerated for a day, as they become quite solid. These brownies freeze well. Microwave one brownie 25 to 30 seconds or allow time for thawing naturally.



See more at www.Sweetty.com OR at www.Low-Carb.us

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SugarFreeSheila.com

Hi, I'm Sheila Pike-Pereyra. I'm 25 years of age and the author of: *Sheila's Super-Simple Low-Carb Desserts* and *Sheila's Super-Simple Low-Carb Induction Meals*. In 2001, I began the Atkins way of life, and at a petite 5'3", low-carbing took me from an uncomfortable 141 pounds and a size 10 all the way down to 110 pounds and a loose size 2 in just 5 months - and I've effortlessly kept that weight off since late 2001! You are most welcome to come and visit with me at my website: SugarFreeSheila.com which contains a very extensive FAQ, original low-carb recipes (even holiday recipes!), a handy printout of my low-carb grocery list, information on both my cookbooks, updated low-carb news, my new [Motivation & Beauty Tips Page](#), and much more! Feel free to e-mail me if you have any questions about low-carbing - or even for fashion, skincare, or makeup tips. These are all my life's passion and I'm here to help! Happy low-Carbing! Bye from the **Southwest.** Sheila@SugarFreeSheila.com

Trademarks: "Sheila's low-carb™", "Sheila's Super Simple™", "Sheila's induction friendly™" as well as "SugarFreeSheila™" are established trademarks of Sheila Pike-Pereyra,



Note from the Publisher: Sheila, at 25 and Jennifer at almost 50 are very good examples of the effectiveness of low-carb diets as well as the use of their own recipes for dieting and maintaining their weight. Both are roughly the same height and both battled back from the 140's to return to having trim figures once again. You can too.

Sheila's Induction-Friendly Sweetballs

From [*Sheila's Super-Simple Low-Carb Induction Meals*](#) © April 2002 (13 total carbs)

2 lb ground beef
1-2 tubes breakfast sausage
1 pound ground veal (optional)
1 T sage
1 tsp. red pepper
1 tsp. pepper
1 tsp. thyme
1 T parsley
1 T basil
1 T minced onion
1 T oregano
1 tsp. garlic powder
1 T liquid smoke (optional)

Work ingredients together very well until completely mixed. Form into meatballs - about an inch in diameter. Place meatballs in pan on Medium heat with 2 T corn oil. Once bottom side of meatballs turn brown, flip over to finish other side. If desired, add ground pepper & garlic salt. Delicious!!!

Sheila's Delicious Induction-Friendly Low-Carb Pancakes

From [*Sheila's Super-Simple Low-Carb Desserts*](#) ©November 2002 (6 total carbs)

4 oz Philly Cream Cheese, melted in microwave for 35 seconds.
2 eggs
1 tsp. cinnamon
1/2 tsp. cream of tartar (optional)
1 T flavored Atkins/DaVinci syrup (I use Vanilla)
Butter to taste

Beat together THOROUGHLY - this is key. No lumps allowed! Pour on Pam-sprayed skillet on Low/Medium heat for 4 minutes. Flip & let fry for another 1-2 minutes. It's really that simple! **Serves 1**

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Sheila's Induction-Friendly Crispy Fried Chicken Nuggets

From [Sheila's Super-Simple Low-Carb Induction Meals](#) © April 2002 (6 total carbs)

Simply Great with Mock Mash Potatoes!!!

- 1½ pounds chicken cutlets, cut into chunks
- 1 cup Eggbeaters
- ½ cup Kraft Parmesan cheese, tossed into Ziploc

Dip cutlets in Eggbeaters in medium-sized mixing bowl, then transfer to Parmesan cheese Ziplock bag. Really mix that cheese thoroughly, in every nook & cranny. ****Remember:** the more Parmesan you get on the chicken, the crispier your nuggets are going to be! Fill pan halfway with Conola oil, & keep heat at Medium-High. Dip cutlets slowly into pan (I use a deep sauteer as a makeshift!) & carefully flip once undersides are a light golden brown.

Chicken is done once golden brown & stark-white on the inside - and looks almost "string-cheesy" when cut open. Enjoy!

Sheila's Low-Carb Post-Induction Peanut Butter Cookies!

Approximately 3 total carbs per serving © November 2002

- 1 cup peanut butter
- 1 scoop zero-carb protein powder (The Zone is great!)
- 1 cup spoonable Splenda
- 1 tsp. Baking Soda
- 1 large egg
- 1 tsp. guar or Xanthan Gum
- 3 shakes cinnamon (optional)

No flour!

Mix together & form into little balls on greased cookie sheets. Press down "crossways" with fork for a true peanut butter cookie look. 350° for 10 minutes; allow a few minutes to cool. DONE. (Serves 24)

SugarFreeSheila.com - Success Story, Recipes, FAQ, Handy Printout Grocery List, & Cookbooks! Check out my recent [Cholesterol Profile](#) after 3+ years on Atkins - by the [book](#).
Also see my new [Motivation & Beauty Tips Page!](#)

Real Low Carb Cooking From Auntie's Kitchen™

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Under the watchful eyes of my Grandmothers, I began to practice my cooking and baking skills by preparing family meals and baking desserts, cookies, and breads when I was all of 11. I loved to watch the skillful hands of these wonderful women as they created delicious food and baked goods made with love. My "Oma" *taught me the essentials of blending savory and sweet herbs and spices to create succulent, slow-cooked dishes with a European flair.* My Grandma taught me how to make "*something good from nothing much*" – now I'm a Grandma too. My love affair with cooking has continued for over 40 years now! I studied Foods and Nutrition for 4 years in school, and have been an avid, if unofficial, student ever since. I continue to learn from home cooks, restaurant and pastry chefs, cookbooks and the FoodTV network. I love casual home-style cooking, but I also enjoy preparing more "fancy" dishes. Low Carb eating has provided me with a new avenue in which to focus and develop my skills. I'm not content with food just tasting good, I want to know why it does, so I am better able to repeat my successes, and avoid repeating errors. I have always insisted that food taste good - if it doesn't meet the criteria of my picky palate, I won't serve it! I am offering here, in this magazine, a sneak peak of the cookbook I am developing with a small sample of some of my original recipes. I hope you enjoy them. From the **Northwest** – Bye for now and Happy low-carbing!



Red Pepper Cream Soup **5.0g** carbs

Red Pepper Cream Soup

This light and creamy soup is delicious! Impress your guests with this excellent meal starter, or serve with a low carb wrap for a perfect lunch... It is easy to prepare, and very flavorful.

1 lb red bell peppers (500 g)
6 oz onion (170 g)
2 cloves garlic
2 oz butter (55 g)
2 tbsp olive oil (30 mL)
 $\frac{1}{4}$ tsp salt (1 mL)
 $\frac{1}{8}$ tsp black pepper (.5 mL)
4 cups chicken stock (1 L)
1 cup water (250 mL)
1 cup heavy cream (250 mL)
3 tbsp fresh basil, chopped (45 mL)

Yield: 8 servings
1 serving
216.0 calories
2.0 g protein
20.0 g fat
5.0 g carbs
© Wendy Collum 2004

Wash peppers. Remove and discard seed pod. Chop into $\frac{1}{2}$ inch (12 mm) pieces. Set aside. Chop onion into $\frac{1}{2}$ inch (12 mm) pieces. Set aside. Peel and mince garlic.

In Dutch oven or stock pot over medium heat, melt butter with olive oil. Add red bell peppers, onion and garlic. Sauté, for 5 minutes. Add salt and pepper. Sauté 5 more minutes, or until tender.

Add chicken stock and water. Stir well. Reduce heat to low. Simmer 30 minutes. Stir occasionally. Transfer to blender or food processor, or use immersion blender, and puree until smooth. Return to pot. Stir in heavy cream and chopped basil. Reheat, but do not boil.

Variation: Red Pepper Cream Soup with Lime: Add the juice and grated rind of 1 lime just before adding heavy cream.

Roasted Red Pepper Cream Soup: To prepare peppers, place whole peppers under broiler, turning to brown evenly, for about 7 minutes. When skin is browned, transfer to paper bag. Close bag and set aside for 15 minutes. The thin outer skin should be easily removed. Continue as per above directions.

Red Pepper or Roasted Red Pepper Soup: Omit cream.

Red Pepper or Roasted Red Pepper Soup with Tomato: Add 3 tbsp (45 mL) tomato paste to mixture with chicken stock.

Cheesy Scalloped Rutabaga

Delicious! You'll get rave reviews when you serve this along side ham. You'll be asked to make this often! This can easily be doubled to please a crowd.

1 lb rutabaga, peeled and (500 g)
8 oz onion, (250 g)
1 cup grated cheddar cheese, divided (250 mL)
2 cup cream (500 mL)
 $\frac{1}{2}$ cup water (125 mL)
1 tsp salt (5 mL)
 $\frac{1}{3}$ tsp pepper (1.5 mL)
 $1\frac{1}{3}$ tsp Xanthan Gum (6.5 mL)
 $\frac{1}{2}$ cup grated cheddar cheese (250 mL)
 $\frac{1}{4}$ cup ground pork rinds (50 mL)

Yield: 10 servings
1 serving
243.0 calories
10.0 g protein
20.0 g fat
6.0 g carbs
© Wendy Collum 2004

Preheat oven to 350 F° (180 °C). Grease 8 x 8 inch (20 x 20 cm) pan or 2 L casserole dish. Peel rutabaga and onion. Slice $\frac{1}{8}$ " (3 mm) thick. Place a layer of rutabaga in bottom of casserole dish. Add a layer of onions. Spread $\frac{1}{3}$ cup cheese over top. Repeat layers of rutabaga, onion, butter and cheese until all rutabaga and onion are used. Set aside.

Over medium heat, in a small pan, warm cream with water just until it coats the back of a spoon. Add salt, and pepper. Stir. Sprinkle Xanthan gum in tiny amounts over top of cream, whisking briskly to incorporate. When all Xanthan gum has been incorporated, continue to whisk for 1 minute. Pour cream over rutabaga. Cover with foil. Place casserole on a baking sheet in oven. Bake 45 minutes. Remove foil.

Combine $\frac{1}{2}$ cup grated cheese with ground pork rinds. Sprinkle evenly over rutabaga. Bake an additional 20 to 25 minutes, until top is browned and bubbly.

Variation: Scalloped Rutabaga: Omit cheese. Add 1 tablespoon butter on top of each layer of rutabaga.

Scalloped Rutabaga with Cream Cheese: Instead of using cheddar cheese, melt 8 ounces of cream cheese with cream and water mixture.

Cheesy Scalloped Rutabaga with Mushrooms: Sauté 1 can of mushrooms in 2 tbsp. butter. Layer: rutabaga, onion, mushrooms, cheese. Repeat.

Helpful Hint: Speedy Version: In microwave safe bowl, pre-cook rutabaga for 5 minutes on high. In microwave safe bowl, pre-cook sliced onion with 2 tbsp. butter for 5 minutes. Layer in greased casserole, and cook as indicated above.

Crab and Shrimp Stuffed Sole Packets

This recipe received a 5 Star rating from my family! So elegant, yet simple to prepare and ready in minutes! You can be proud to serve this to special guests for dinner.

2 1/4 lb sole fillets (8 fillets) (1 kg)
1/4 c butter (room temperature) (125 g)
1 tsp dry parsley (5 mL)
1 tbsp lemon juice (15 mL)
1/4 tsp tarragon (optional) (1 mL)
1/2 med onion, (6 oz) chopped (170 g)
4 oz canned lump crabmeat (125 g)
4 oz canned cocktail shrimp (125 g)
4 oz cream cheese cut in 1" pieces (125 g)
2 tbsp oil, for frying (30 mL)
Salt and pepper, to taste
Dry Parsley or Hot Pepper Sauce for garnish

Yield: 8 servings
1 serving
264.0 calories
28.0 g protein
16.0 g fat
1.0 g carbs
© Wendy Collum 2004

Preheat oven to 400 F° (200 °C). Spray a 9 x 9 inch (22 x 22 cm) casserole lightly with Pam, or smear with olive oil. Rinse sole fillets in cold water. Dry with paper towel. Lay on a cutting board, skin side up.

Combine butter, parsley, lemon juice and tarragon until completely blended. Spread 1 teaspoon butter mixture on skin side of each fillet. Refrigerate.

To prepare filling: Heat a medium skillet over medium heat. Add oil and remaining butter mixture. When butter begins to brown add chopped onion. Cook, stirring occasionally for 4 to 5 minutes, or until onion turns brown around edges and becomes clear. Add crabmeat and shrimp. Cook 2 minutes, then reduce heat to low. Add cubed cream cheese. Stir to melt cheese and combine. Remove from heat. Assemble packets.

To assemble sole packets: Lay fillet, buttered side down, on a plate. Spread filling evenly over middle third section of fillet. Sprinkle with salt & pepper. Bring left section over stuffing, then right section. You should have a packet about 3 inches (7 cm) square. If needed, use a toothpick to secure. Place in prepared casserole dish, seam side down. Repeat with remaining fillets. Cover casserole lightly with aluminum foil.

Bake at 400 F° (200 °C) for 15 to 20 minutes, until sole flakes easily with a fork. Sprinkle lightly with parsley flakes or pepper sauce.

Variation: Seafood and Asparagus Sole Packets: Add 2 steamed asparagus tips, vertically centered in each fillet.



Crab and Shrimp stuffed Sole Packets **1.0g** carbs

Pork Paprikash

This Hungarian dish is so good, you'll find yourself craving it! My Sister-In-Law's creation inspired this recipe.

- 3 lbs pork roast cut in 1inch (2.5 cm) cubes (1.5 kg)
- 14 oz onion, chopped fine (440 g)
- 2 tbsp Paprika (30 mL)
- 1/2 tsp salt (2 mL)
- 1/4 tsp pepper (1 mL)
- Olive oil for frying

Sauce

- 1 cup stock (chicken and/or beef) 250 mL)
- 1 cup heavy cream (250 mL)
- 2/3 cup sour cream (150 mL)
- 1/4 cup white wine (50 mL)
- 1/4 tsp Xanthan Gum, or as needed (1 mL)

Yield: 8servings
1 serving
424.0 calories
27.0 g protein
31.0 g fat
6.0 g carbs
© Wendy Collum 2004

In Dutch oven over medium heat, fry pork cubes in olive oil, a few pieces at a time, until browned. Remove to a bowl to keep warm. When all the meat is browned, return to Dutch oven. Add chopped onion. Stir. Cook until onion is browned, and soft, about 10 minutes. Add paprika, salt and pepper; stir to combine. Cover and let cook for 10 minutes. Reduce heat to low, add stock and simmer for 30 minutes, or until pork is tender.

In a small bowl, whisk together heavy cream and sour cream until smooth. Add to pork mixture. Add white wine. Stir until well blended. Cook over low heat for 10 minutes. Sprinkle Xanthan Gum, in tiny amounts over liquid in pot. Whisk vigorously to blend. Continue until desired consistency is reached. Serve over mashed cauliflower or low carb pasta.

Variation: Chicken Paprikash: Use a cut up whole chicken, or chicken parts. Brown on all sides, and prepare as for Pork Paprikash.



Pork Paprikash **6.0g** carbs



Almond Snow Cake **4.0g** carbs

Almond Snow Cake

My mother suggested the name for this cake because of its light color and melt-in-your-mouth texture. Very similar in flavor to a traditional Angel Food Cake, it is perfect for birthdays, yet simple enough for Sunday Dinner dessert.

10 egg whites
1 tsp cream of tartar (5 mL)
1 1/4 cups SLENDA® Granular (300 mL)
1 1/4 cups almond meal (300 mL)
1 tbsp cornstarch (15 mL)
1/4 tsp Xanthan Gum (1 mL)
1 pinch salt
1 tsp white vinegar (5 mL)
1 tsp vanilla extract (5 mL)

Yield: 10 servings 1 serving 100.0 calories 6.0 g protein 6.0 g fat 4.0 g carbs © Wendy Collum 2004
--

Bring egg whites to room temperature (let stand on counter for about 1 1/2 hours). Preheat oven to 375 °F (190 °C). In large mixer bowl, beat egg whites at low speed until they become foamy, about 30 seconds. Without stopping beaters, add Cream of Tartar, and increase speed to medium high. Continue to beat egg whites until very stiff peaks form, being careful to not over-beat as dry whites will separate.

In blender or food processor, process SLENDA® Granular until powdery. Add almond meal, cornstarch, Xanthan Gum and salt. Process until all ingredients are well blended. Set aside.

Combine vinegar and vanilla extract. Gently sprinkle over egg whites and fold in quickly, being careful to not deflate the whites.

Divide almond mixture into fourths. Sprinkle 1/4 of the almond and SLENDA® Granular mixture over egg whites. Fold in gently until evenly distributed, being careful to not deflate egg white mixture. Add remaining almond mixture, 1/4 at a time, folding gently after each addition until all ingredients are combined. Spoon mixture into ungreased tube pan. Use a thin knife or metal spatula to cut gently through batter to remove any air pockets. Bake for 30 to 45 minutes, until cake is light gold color, and firm to the touch. Remove from oven, and turn upside down. Allow cake to cool completely before removing from pan. Serve with sliced strawberries and dollops of whipped cream, or with your favorite frosting.

<p>“Real Low Carb Cooking From Auntie's Kitchen™” by Wendy Collum Is expected to be published sometime in 2005 ... check back at: www.Sweetly.com and www.Low-Carb.us from time to time for more.</p>

DOWN-HOME COUNTRY COOKING

(low-Carb) FROM THE MID-WEST,

© 2004 Jenita Davison

Hi, I'm **Jenita**. I'm 54 years old, live in northern Missouri - been married to Terry for 34 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 have need of blood pressure meds. I hope you enjoy my recipes, from "**Granny's kitchen**". Happy low-Carbing and bye to you all from the **Mid-West, Jenita**.

Upside-Down Pizza

3/4 lb. ground pork (or beef)
3 T. chopped onion
2 T. chopped green pepper
8 oz. shredded Mozzarella cheese
8 oz. pizza sauce
1 egg
1/4 c. cream
1 T. whole wheat flour
1/4 c. Parmesan cheese

Yield: 6 servings
1 serving
330.7 calories
21.8 g protein
23.7 g fat
6.5 g carbs
© Jenita Davison 2004

Brown meat with onion and green peppers, seasoning to taste. Drain and place in 8" square pan. Sprinkle with Mozzarella, then spread with pizza sauce. Beat egg, cream and flour together. Pour over meat mixture and top with Parmesan. Bake 25-30 min. at 350°F.

Walnut Topping

1/2 c. English walnuts, chopped
1/2 T. butter
2 pkt. Splenda
2 T. S/F maple syrup
1/2 tsp. molasses

Yield: 4 servings
1 serving
111.7 calories
3.8 g protein
10.3 g fat
2.1 g carbs
© Jenita Davison 2004

Toast walnuts in a small saucepan for a couple of minutes. Add butter and Splenda, stir and cook a short while. Add syrup and molasses. Cook over low heat until flavors blend and it thickens some. This is excellent over ice cream.

Spicy Garden Vegetables

2 T. oil
1/2 med. zucchini, sliced
3 T. onion, chopped
1/2 carrot, shredded
1/2 c. celery, chopped
1/2 tsp. garlic powder
1/4 tsp. basil
salt & pepper to taste
1/3 c. salsa
1 tsp. Dijon mustard

Yield: 2 servings
1 serving
158.8 calories
2.4 g protein
13.8 g fat
6.6 g carbs
© Jenita Davison 2004

Heat oil in skillet and add zucchini, onion, carrot and celery, plus garlic, basil, salt and pepper to taste. Cook 5 min. or until tender. Add salsa and mustard. Stir, cook uncovered, 5 min. (Good with green pepper and sprinkled with Parmesan)

Sauerkraut Salad

2/3 c. Splenda
1/4 c. cider vinegar
14 oz. can sauerkraut
1 c. diced celery
1/2 small jar pimentos
1/4 c. chopped onion
1/4 c. sunflower seeds

Yield: 4 servings
1 serving
91.1 calories
3.1 g protein
4.0 g fat
8.6 g carbs
© Jenita Davison 2004

Bring Splenda and vinegar to a boil in microwave; let cool. Pour sauerkraut into a colander and rinse with water, pressing until dry. Place in bowl and add celery, pimentos, onion and sunflower seeds. Add cooled syrup and mix well. Chill 24 hours. Great with brats.

So there you have it. Four talented low-Carbing ladies in this first edition, hailing from the Midwest, the Pacific Northwest, the Southwest and the Northwest 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*”, 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 your ideas, recipes, BIO’s and photos to us here at: Desserts@Sweetv.com

let's take a quick look at the effectiveness of two low-carb author's cookbook's & diet regimes - a fair question to ask for those of you considering buying their books.



Here (above) Jen (5'3") is in her early 40's, before low-carbing, closing in on 150lbs and then here (RHS) she is fast approaching 50 and after 5 low-carb cookbooks, safely back in the 120's.

Sheila,
(bottom
RHS) is at,
5'3", age
21 and
145lbs



(Size-10). Then Sheila (LHS) is pictured - 4yrs and 2 cookbooks later, at 25, a super-trim 110lbs and size-2. Considering that neither has had surgery of any kind to help their weight loss or reshape their figures – just “*Atkins low-carbing*” and sensible exercise, that's pretty impressive! Both have lost 15%-25% off of their highs, toned up their bodies and improved their health. And all this while enjoying great food and developing 1,000's of fabulous, tasty and very effective low-carb recipes. Considering they have 7 low-carb cookbooks in print (between the 2 of them in the last 5 years) *that makes these photos even that much more impressive!*



These photos even that much more impressive! Their books have worked for them. It makes perfect sense that their books will also help you with your own Low-carb diets.



Apple-Peach Lattice Pie
8.1 g carbs for a generous slice!
© Jennifer Eloff 2004
www.Sweetty.com and www.Low-Carb.us

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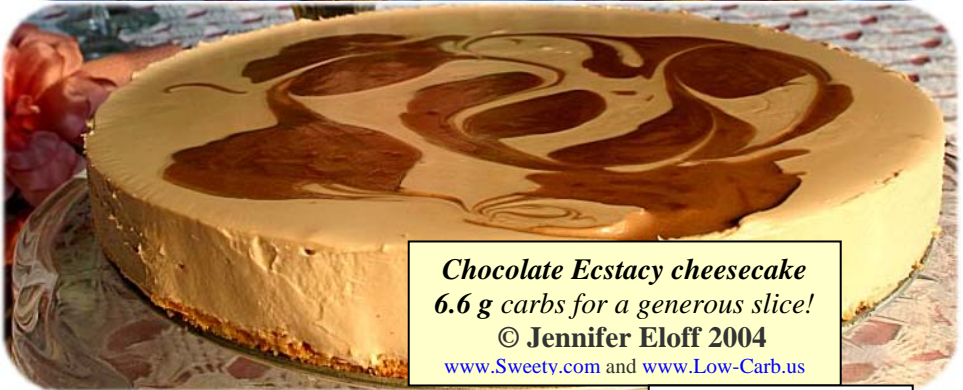
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Corn Bread
7.5 g carbs for a big piece!
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Chocolate Ecstasy cheesecake
6.6 g carbs for a generous slice!
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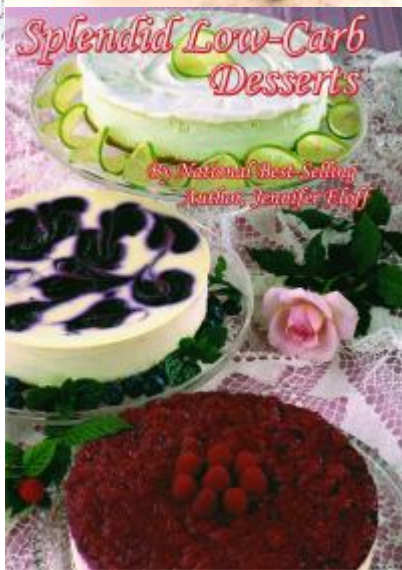
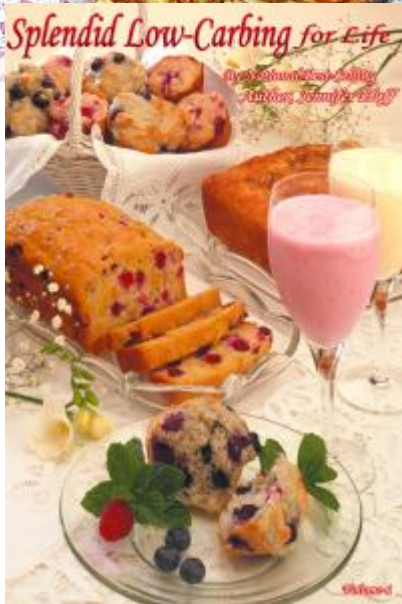
the "Splendid Low-Carbing™" series:

“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.



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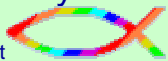
NOT AVAILABLE IN BOOKSTORES, Order on-line from:
www.Low-Carb.us or www.Sweetv.com or www.SugarFreeSheila.com

Bye for now ... and a few endorsements: Well, we are almost at the end of this Fall-2004 edition of “Splendid Low-Carbing™ magazine” and we hope you have enjoyed reading it and looking at all the recipes - better yet, make them for your family and friends - then you all can enjoy them as they were intended! As the Publisher of this magazine and Jennifer’s (and very soon other authors) fabulous cookbooks ... **we do have a few endorsements to make:** (1) Click here to see [this issue’s featured Low-Carb Forum](#) (2) What about other author’s books? Well, Jennifer’s cookbook collection includes many books, not just her own - that would be just plain silly. For instance, one such book is “500 low-carb recipes” by the very popular author, Dana Carpender, in fact 7 of Jennifer’s recipes from “*Splendid Low-Carbing™*” are in Dana’s “500 low-carb recipes”. Also, Jennifer has Sheila’s lovely cookbooks and they often write back and forth, chatting as authors and low-carbers, as well as several of Dr. Atkins’ books and many others, which we will get to mention in upcoming issues. It seems one can never have a large enough collection of “low-Carb” cookbooks and books on low-carbing. Each author brings a different “flavor” to your kitchen – kind of like visiting several different restaurants. You would never think of just going to one restaurant, again and again and again, that’s why we all have cookbook collections. These authors really should not be in competition with one another, rather the sum-total of all their different styles of cooking and baking add up to a really fulfilling dining experience for you and your family and friends. (3) The same is true of Low-Carb magazines. 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 “*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™*”.

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

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

From the Midwest, Northwest



Pacific Northwest and Southwest

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