

*Splendid Low-Carbing  
Magazine*

*Happy Valentines Day!*

*Winter 2005 Edition*

Chocolate Sweetheart cake (page 45) [Splendid Low-Carb Desserts™](#)

# *Splendid Low-Carbing™ Magazine* (Winter-2005 edition)

*Valentine's edition* By Jennifer Eloff, Author of the "Splendid Low-Carbing™ series"

**Hi and welcome** to the Winter-2005 (Valentine's) edition of "Splendid Low-Carbing™ magazine" – only the 2<sup>nd</sup>. edition of our free Magazine. Now 48, over the last several years, I was "gifted" with several Low-Carb breakthroughs, any one of which is such a boon to low-carbers, and so I just 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 still 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. This **Valentine's day issue**, presents to you several menus from gifted ladies 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 our cookbooks – we still do need to pay for the development of these books. My own 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, to stay trim, happy, in love and, very importantly, may God Bless you and your family with many years of "all of the above"! "**Happy Valentine's day**" ... 2005 from the **Pacific Northwest ... and "happy low-carbing"!** *Jennifer Eloff.*

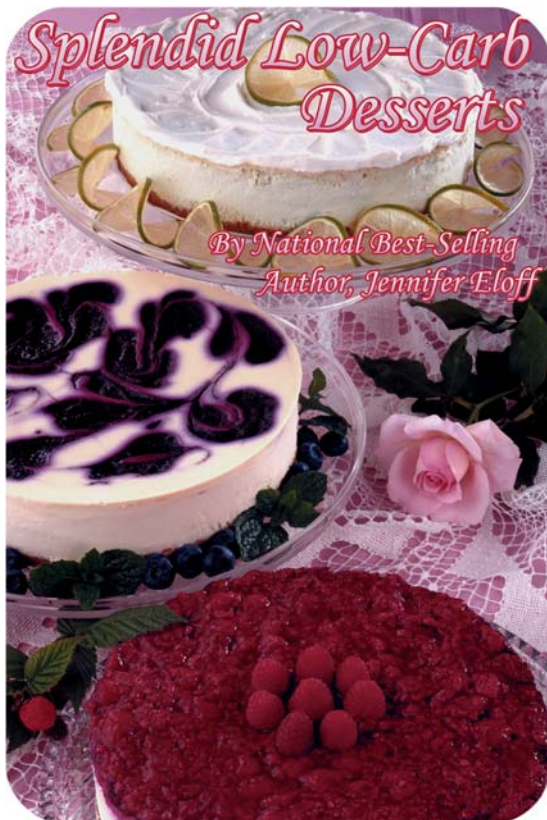


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## Introducing Jennifer's "Splendid Low-Carb™ Desserts" cookbook

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, Jen 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 desserts available! So, responding to popular demand from her fellow low-carbers, Jennifer has brought out a treasure-trove of *new Low-Carb dessert recipes* that make so many of our old favorites legal again. It is indeed a truly inspired collection of *Premier Low-Carb desserts* – all (100%) of which are under 10g, most (70%) under 6g and many (40%) under 3g of carbs per serving ... 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 dessert recipes and treats, and they represent 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! 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 Winter (Valentine's) 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, "Damn! 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.Sweetie.com](http://www.Sweetie.com) OR at [www.Low-Carb.us](http://www.Low-Carb.us) Go take a look!

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

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

Click here to read [Customer TESTIMONIALS](#)

Click here to read [interesting LOW-CARB news](#)

Click here to see [Jen's before and after pictures](#)

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Click here to see [this issues featured Low-Carb Forum](#)

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## *Valentine's Day ... a very special day for all lovers, young and old.!*

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



It's a special day set aside to express one's love for others. One of the most special gifts we can ever give to another person is our unconditional, truly loyal love. Physical gifts on Valentine's Day usually take the form of long-stemmed red roses, Valentine's Day romantic cards, chocolates in heart boxes, etc. Often a dinner reservation is made at an upscale restaurant for a romantic date, however, it is always appreciated when a wife or sweetheart goes out of her way to make a special meal just for two in a special, romantic setting. An evening meal by candlelight with soft, romantic love songs playing in the background, a white envelope addressed to your sweetheart with a love poem inside, long-stemmed red roses

in a vase on a white tablecloth and Valentine's Day napkins with your best dinner set, creates a memorable occasion to be remembered for many years to come.

Some 25 years ago, when I got married, a sweet young girl cousin of mine gave me an illustrated beginner's cookbook. The inscription read, "*The way to a man's heart is through his tummy.*" That is very good advice and I tried to remember that through the years, and it seems to work quite well with my hubby.

The very talented ladies who contribute to this magazine have each come up with lovely low-carb dinner menus for their husbands, to help you decide what your dinner menu should be. You can certainly mix and match to your heart's content. Plan in advance and buy all the groceries you will need and decide what can be made a few days before the dinner date to help lighten the work load. Valentine's day is when you want to feed your hubby "light" tasty food! Here's my menu ...



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# PINK LADY

*A pretty non-alcoholic drink!*

1<sup>1</sup>/<sub>4</sub> cups ice cold water, OR (300 mL)  
a little less for a stronger flavor  
1 tbsp Da Vinci<sup>®</sup> Sugar Free (15 mL)  
Watermelon Syrup  
1 SPLENDA<sup>®</sup> packet  
1 tsp lemon juice (5 mL)  
1 thin slice lemon

**Yield:** 1 serving

1 serving

5.4 calories

0.0 g protein

0.0 g fat

**1.4 g carbs** © Jennifer Eloff 2004

[www.Low-Carb.us](http://www.Low-Carb.us) [www.Sweetey.com](http://www.Sweetey.com)

In tall glass, combine cold water, Da Vinci<sup>®</sup> Sugar Free Watermelon Syrup, SPLENDA<sup>®</sup> and fresh squeezed lemon juice. Float slice of lemon on top. Serve immediately. **Variation: Peach Lady:** Use Da Vinci<sup>®</sup> Sugar Free Peach Syrup, omit sweetener. If desired, fill glass with carbonated water. (**0.4 g Carbs**)



The **FDA** is 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 monounsaturated fat, (healthy ) which research shows helps maintain a healthy cholesterol level. Eating almonds makes you more resistant to weight gain. They contain phytochemicals - plant components that may provide powerful protection against heart disease, stroke, & many other chronic diseases and conditions.

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. I am a Thyroid patient,

(Hashimoto's Thyroiditis) and I find that baking and cooking with Nuts is just not a problem - even for me. So, unless you are allergic to nuts, do go ahead and enjoy nuts, they are good for you! (**Jen**)

## HORSERADISH SHRIMP DIP

*Serve this dip with salad shrimp hung decoratively over side of a dip bowl.*

½ cup mayonnaise (125 mL)  
2 tbsp tomato paste (25 mL)  
1 tbsp lemon juice (15 mL)  
1 tbsp prepared horseradish (15 mL)  
1 tsp SLENDA® Granular (5 mL)  
¼ tsp hot chili powder (1 mL)

Yield: ¾ cup (175 mL)  
1 tsp (5 mL) per serving  
22.5 calories  
0.1 g protein  
2.4 g fat  
0.3 g carbs © Jennifer Eloff 2004  
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In small bowl, combine mayonnaise, tomato paste, lemon juice, horseradish, SLENDA® Granular and chili powder. Stir well. Serve with a few shrimp and/or raw induction-style veggies.



**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](#)

## PECAN CRUSTED SALMON

*This is a fabulous way to serve salmon! Impressive enough for guests.*

2 lbs fresh salmon (0.9 kg)  
1 tbsp olive oil (15 mL)  
1 cup pecans, ground (250 mL)  
 $\frac{1}{2}$  tsp salt (2 mL)  
 $\frac{1}{4}$  tsp garlic powder (1 mL)  
 $\frac{1}{4}$  tsp hot cayenne pepper (1 mL)

**Yield:** 6 servings  
1 serving  
385.0 calories  
37.9 g protein  
25.4 g fat  
**2.4 g carbs** © Jennifer Eloff 2004  
[www.Low-Carb.us](http://www.Low-Carb.us) [www.Sweety.com](http://www.Sweety.com)

In small bowl, combine ground pecans, salt, garlic powder and cayenne pepper. Brush salmon with oil and press pecan mixture over top. Bake in 375°F (190°C) oven 30 minutes. Broil 12 inches (30 cm) away from heat, about 3 minutes (set timer!). Serve with Horseradish Cream Sauce, if desired.



Purchase "Jen's **SPLENDID** cookbook(s)"

Buy



## HORSERADISH CREAM SAUCE

*This sauce is fabulous with fish or roast beef.*

- 1/3 cup whipping cream (75 mL)
- 1/4 cup mayonnaise (50 mL)
- 2 tbsp horseradish (25 mL)
- 1 tbsp mustard (15 mL)
- 1 tsp SLENDA® Granular (5 mL)
- 1/8 tsp salt (0.5 mL)
- 1/8 tsp white pepper (0.5 mL)
- 1/8 tsp hot cayenne pepper (0.5 mL)

**Yield:** 3/4 cup (175 mL)  
1 tbsp (15 mL) per serving  
30.5 calories  
0.2 g protein  
3.1 g fat  
**0.5 g carbs** © Jennifer Eloff 2004  
[www.Low-Carb.us](http://www.Low-Carb.us) [www.Sweety.com](http://www.Sweety.com)

In medium bowl, combine whipping cream, mayonnaise, horseradish, mustard, SLENDA® Granular, salt, pepper and cayenne pepper. Refrigerate.

## SWEET ONION PEPPER STIR-FRY

*A colorful mosaic.*

- 3 tbsp Healthy Butter (45 mL)
- 1 cup sliced onions (250 mL)
- 1 red pepper, sliced
- 1 green pepper, sliced
- Sweet Mustard Sauce:**
- 1/2 cup SLENDA® Granular (125 mL)
- 1 tbsp prepared mustard (15 mL)
- 1 1/2 tsp Worcestershire Sauce (7 mL)
- 1/2 tsp salt (2 mL)
- 1/8 tsp black pepper (0.5 mL)

**Yield:** 10 servings  
1 serving  
52.3 calories  
0.7 g protein  
3.6 g fat  
**3.8 g carbs** © Jennifer Eloff 2004  
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**Sweet Mustard Sauce:** In small bowl, combine SLENDA® Granular, prepared mustard, Worcestershire Sauce, salt and pepper. Set aside.

In electric wok or large electric skillet, melt Healthy Butter. Add onions; fry until barely tender 2 minutes. Add red and green peppers; fry until barely tender 2 minutes. Stir in Sweet Mustard Sauce until heated through.

**Variation:** Add 1 cup (250 mL) sliced, raw mushrooms with the onions. (**4.4 g Carbs**).

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

## HEALTHY BUTTER

This is a clever way to make butter healthier and higher in monounsaturated fats. The taste is just like butter, plus it spreads easily straight from the refrigerator. My dear friend, Mary Converse from Great Falls, Montana gave me this idea.

1 lb butter, softened (0.454 kg)  
1<sup>1</sup>/<sub>2</sub> cups light-tasting olive oil (375 mL)

**Yield:** 3 cups (750 mL)  
1 tsp (5 mL) per serving  
42.5 calories  
0.0 g protein  
4.8 g fat  
**0.0 g carbs** © Jennifer Eloff 2004  
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In blender, process butter and olive oil until soft, creamy and smooth. Turn out into plastic bowl with lid and refrigerate until firm.

**Helpful Hints:** I usually double this recipe as it lasts long in the refrigerator. Choose an olive oil that has no perceptible taste, so that it doesn't overpower the taste of the butter. If per chance the olive oil overpowers the butter taste, then use that Healthy Butter for frying and cooking.

## EGGPLANT ALMONDINE

This is my top favorite way to eat this vegetable. It tastes like the eggplant has been breaded with real fine breadcrumbs.

1<sup>1</sup>/<sub>4</sub> lbs eggplant\* (0.567 kg)  
1 extra-large egg, fork beaten  
1 tbsp water (15 mL)  
1<sup>1</sup>/<sub>8</sub> cups ground almonds (275 mL)  
1<sup>1</sup>/<sub>4</sub> cup olive oil (50 mL)  
seasoning salt, to taste\*\*  
(I used Hys<sup>®</sup>)

**Yield:** 8 servings  
1 serving  
182.1 calories  
4.8 g protein  
16.0 g fat  
**5.6 g carbs** © Jennifer Eloff 2004  
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Wash eggplant surface well and cut into thin slices. In small bowl, combine egg and water. Place ground almonds on a dinner plate. Dip eggplant slices in egg wash and cover in ground almonds on both sides. In large skillet, fry in olive oil until golden brown underneath. Sprinkle surface with seasoning salt, flip and cook other side as well, seasoning also to taste. Be careful not to burn them. They cook fairly quickly, especially, when a lid is placed over the skillet.

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

# CHOCOLATE MACAROON SQUARES

*A substantial coconut macaroon base with a delicious, thick chocolate coating.*

## **Macaroon Crust:**

2 cups fine coconut (500 mL)  
(unsweetened)  
 $\frac{1}{2}$  cup vanilla [whey](#) protein (125 mL)  
24 SPLENDA<sup>®</sup> packets  
4.5 oz butter, melted (135 g)  
2 extra-large eggs, fork beaten

## **Topping:**

$\frac{2}{3}$  cup whipping cream (150 mL)  
 $\frac{2}{3}$  cup butter, melted (150 mL)  
 $\frac{1}{4}$  cup Da Vinci<sup>®</sup> Sugar Free Vanilla Syrup (50 mL)  
2 cups SPLENDA<sup>®</sup> Granular (500 mL)  
 $\frac{2}{3}$  cup vanilla whey protein (150 mL)  
 $\frac{2}{3}$  cup skim, OR whole milk powder (150 mL)  
 $\frac{1}{4}$  tsp Thickening Agent (1 mL)  
2 oz unsweetened chocolate (60 g)  
0.5 oz cocoa butter (15 g)

**Yield:** 54 squares

1 square

98.6 calories

2.4 g protein

8.8 g fat

**2.4 g carbs** © Jennifer Eloff 2004

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**Macaroon Crust:** In medium bowl, combine coconut, vanilla whey protein and SPLENDA<sup>®</sup>. Add butter and eggs; stir well. Pour into 9 x 13-inch (23 x 33 cm) glass baking dish and using plastic wrap, press crust out evenly. Bake in 350°F (180°C) oven 10 minutes.

**Topping:** In blender, combine whipping cream, butter, Da Vinci<sup>®</sup> Sugar Free Vanilla Syrup, SPLENDA<sup>®</sup> Granular, vanilla whey protein, skim or whole milk powder and Thickening Agent. Blend until smooth. In cereal bowl, melt chocolate 2 minutes on high power in microwave oven. In separate cereal bowl, melt cocoa butter 2 $\frac{1}{2}$  minutes or more on high power in microwave oven. Add melted chocolate and melted cocoa butter to blender; blend until smooth. Spread chocolate over cooled macaroon crust. Chill. Cut into squares.

**Variation: Da Vinci<sup>®</sup> Alternative:** Use water,  $\frac{1}{4}$  tsp (1 mL) vanilla extract and 1 SPLENDA<sup>®</sup> packet (optional).

**Helpful Hint:** If desired use shortbread base of Lemon Supreme Squares, page 89 of Splendid Low-Carb Desserts instead of the macaroon base (really excellent!). For a sweeter milk chocolate topping, replace 1 cup (250 mL) of SPLENDA<sup>®</sup> Granular with 24 SPLENDA<sup>®</sup> packets. (**1.8 g Carbs**)

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





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



# LIME CHEESECAKE

*A tangy, citrus cheesecake. The crust tastes wonderfully substantial.*

## Short Crust:

1 cup Low-Carb Bake Mix (250 mL) \*  
1/4 cup SLENDA® Granular (50 mL)  
6 tbsp butter, melted (90 mL)

## Filling:

1 cup ricotta cheese (250 mL)  
8 oz regular cream cheese, (250 g)  
softened  
1 1/4 cups SLENDA® Granular (300 mL)  
3/4 cup sour cream (175 mL)  
2 egg yolks  
1/4 cup lime juice (50 mL)  
1 tbsp finely grated lime peel (15 mL)  
2 or more drops green food coloring (optional)  
2 egg whites  
1/8 tsp cream of tartar (0.5 mL)

## Topping:

lime slices for garnish  
1 1/4 cups Crème Fraiche (300 mL) (In Jen's books) or use Whipped cream  
Grated unsweetened chocolate - for garnish

**Yield:** 12/16 servings  
1 serving  
275.8/206.9 calories  
9.8/7.4 g protein  
23.1/17.4 g fat  
**7.7/5.8 g carbs** © Jennifer Eloff 2004  
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**Short Crust:** In small bowl combine Low-Carb Bake Mix and SLENDA® Granular. Stir in butter. Press into 9-inch (23 cm) spring-form pan. Bake in 350°F (180°C) oven 10 minutes.

**Filling:** In food processor with sharp blade, in blender or in bowl with electric mixer, process ricotta cheese until smooth. Add cream cheese; process until smooth. Add SLENDA® Granular, sour cream, egg yolks, lime juice, lime peel and green food coloring, if using; process until smooth.

In bowl, beat egg whites and cream of tartar until stiff peaks form; fold into cheese mixture. Pour over cooled crust. Bake in 350°F (180°C) oven 40 to 45 minutes, or until set and browning slightly. Switch off oven and leave cheesecake inside until cool.

**Topping:** Spread Crème Fraiche over cooled cheesecake. Garnish center with twisted lime slice and place a few around the base of the cheesecake. Refrigerate cheesecake. \*Look in the [FALL-2004 Magazine](#) for the "Low-Carb Bake Mix"

*It's Valentine's Day 2005 ... and we are almost 50, so it's a great time to remember that "first Kiss"! We were both 16 under the African moonlight ...*

*Lest we ever forget the passion, let's make Valentine's day just one more special day amongst many each yr, for all lovers. 34 yrs ago Jennifer cast love's spell over me - and I was entranced! That night we would dance ... and danced and danced and danced! Then out we walked into that African night ...*





# First Kiss ...



*"The dance at Fairy-Knowe" - The Wilderness, South Africa, December 1971.*

Away from the dance we stopped, in the shadow of those tall Palm trees under Africa's Moonlight,  
and there, upon that grassy stretch of river bank, dizzy with romance - we passionately embraced,  
Two excited young hearts racing with desire ... both eagerly anticipating love's delight,  
Her gorgeous body responding, warmly ... my bronzed young arms down low around her waist,  
There, serenaded by the distant soothing sounds of the saxophone's melodious powers,  
With moonlight shimmering in her eyes ... shining softly on her long wavy chestnut flowing hair,  
and wafting all around us - the intoxicating sweet scents of all those many tropical flowers ...  
*In that magic moment, the whole world disappeared ... we simply did not care,*  
Jennifer's head thrown back ... cleavage showing ... her sensual neck exposed,  
My opened hands cradling her back, drawing her closer ... warmly snuggled in my arms,  
Her moist full lips now gently parting ... her lovely lashes fluttering closed,  
Our love affair officially starting, I her *prisoner ... captive to her charms!*  
So I seek to preserve this moment .... lest precious memories ever go missing,  
Thus it was, oh fairest Mermaid, that *our eager young lips did first so sweetly touch,*  
*and 30 years later we still love passionately kissing,*  
*my darling Jennifer, you and I .... so very very very much!*

**Feb. 14 2001:** *Remembering, fondly, 30 years of passionate kissing, with you, my darling Jen!*

Very few of us (for good reason) ever have a photo of that "precious first kiss" with our true-love. So, many years later, I traveled back to Africa, found the exact spot of our first kiss, took several photos of the location and the beautiful surroundings - as well as the moon (all of which I found remarkably unchanged after all these years) and then, upon my return to north America, gave these photos - along with pictures of Jen and I, taken by her dad, on our first date, to an artist friend of mine, world-renowned artist Jonathon Bowser. Back then we went dancing at "Fairy-Knowe" in the beautiful Wilderness National Park, Southern Africa's Honeymooner's paradise. I asked Jonathon to read this poem, look at the pictures and paint the exact scene ... which he did absolutely perfectly! So now, almost 34 years later, we have this priceless painting to remind us of the precious gift of true-love that was given to us both as innocent 16 year olds - clearly (in hind-sight) a gift from the "Universe's champion of true-love" ... God! It is not possible for us to perfectly treasure anything, I wish it were, but clearly "true-love" is a very special gift that needs to be treasured, nurtured and also, quite often, protected - especially nowadays in this cynical mercenary world we live in. This turned out to be the case. **(Ian)**

*Now, if you think that I did something romantic for Jen, well - romance works best both ways! Here's a poem Jen composed for our 25<sup>th</sup> wedding anniversary:*

## **A 25th Wedding Anniversary Poem for You, My Darling Ian**

(Jennifer Eloff, 2004)



Jen at 23, on our wedding day. We met and fell in love at 16, Christmas '71. Jen gave up a lot to marry me, to be exact, her birth-family. They are still opposed to our love, even now 34 years later. So, no fancy wedding for Jen. This then is a painting of Jennifer on our '79 wedding day, shown in the bridal gown she would have loved to have worn that day ...



I don't think you will  
Ever fully understand  
How you've touched my life  
And helped form who I am today

When you're not here to share my days  
My life feels so incomplete  
For you are my only love  
The "oneness" I had known to seek

How could you ever know  
Just how truly special you are  
That even in my darkest hours  
You are my brightest star

You have made my dreams come true  
You have shown me  
And opened my heart wide open  
To what unconditional love can be

This journey together was started long ago  
Before this time and place  
The journey of completeness  
As two hearts and souls embrace

You've stood beside me through thick and thin  
Through all that life has thrown our way  
Now I know the special love we share  
Will sustain us each and every day

You are an amazing person  
Each day is fun to spend with you  
Your love for God and family and joy of life  
Completes me and I love you!

Forever is what I want with you  
For the search has long ago ended  
Our hearts found each other  
As lovers, as soul-mates, as friends!

Well, needless to say, it was a pretty emotional poem to read and every bit as emotional to receive! You know, it's one thing to give something romantic, something loving, something nice, to the one you love, but it's an entirely different experience to receive these same things gracefully. I'm still working on that. Sometimes I just choke right up!

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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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# Real Low Carb Cooking From Auntie's Kitchen™

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*Valentine's Day at our home is often an evening out at a fine restaurant! However, when I asked my husband what he would like to do for Valentine's Day this year, he came up with this menu. The Cream of Mushroom Soup is rich and hearty to warm one up on a cool day. Spinach Salad and Hot Bacon Dressing are perfect served alongside the Pork Roast, which not only tastes and smells wonderful, but looks so elegant. The flavors are very complimentary. The Raspberry Parfait is a beautiful and light ending to a wonderful meal. To make this meal easy, make the soup a day ahead. The pork can be butterflied, stuffed, seasoned and tied the day before, then roasted the next day. The custard and raspberry puree may also be made a day ahead. While the meat is roasting, finish the soup and prepare the salad and hot bacon dressing. You should assemble the dessert just prior to serving.*

*Happy Valentine's Day, and Bon Appetit! Love, Auntie*



## Cream of Mushroom Soup

*Your family will be requesting this rich, creamy and delicious soup. This is my husband's favorite homemade soup, by far. I like to add a dollop of sour cream.*

1 lb frozen mushrooms (500 g)  
1 lb fresh mushrooms (500 g)  
4 cups water (1 L)  
12 oz onion, chopped (375 g)  
 $\frac{1}{4}$  cup olive oil or more if needed (50 mL)  
 $\frac{1}{4}$  cup butter (50 mL)  
1 tsp Auntie's Special Spice Blend (5 mL)  
1 tsp salt (5 mL)  
8 cups water (2 L)  
2 cups beef broth (500 mL)  
1 cup chicken broth (250 mL)  
1 tbs balsamic or white vinegar (15 mL)  
2 whole bay leaves  
 $1\frac{1}{2}$  tsp Xanthan Gum, or as needed (7 mL)  
3 cups heavy cream (750 mL)

Yield: 12 servings 1 serving 324.0 calories 5.0 g protein 31.0 g fat <b>7.0 g carbs</b>
--

In a large bowl, pour 4 cups (1 L) water over frozen mushroom pieces. Set aside. Chop fresh mushrooms, set aside. Chop onion. Heat large Stock Pot over medium-high heat. When pot is hot, add olive oil and butter. When butter is melted, add fresh mushrooms. Stir to coat with butter mixture. Allow to cook for 5 minutes. Add onion; stir. Cook for 5 minutes.

Strain as much liquid from frozen mushrooms as possible. **IMPORTANT: RESERVE liquid!** Add drained, frozen mushrooms to stock pot. Stir. Cook mushrooms and onions for 5 minutes. Add Auntie's Special Spice Blend and salt. Cook, stirring occasionally, until mushrooms and onions are golden brown (about 15 minutes).

Add  $\frac{1}{2}$  cup (125 mL) reserved liquid. Stir to release brown bits from bottom of pot. Stir. Gradually add remaining reserved mushroom liquid, stir to ensure nothing is sticking to bottom of pot. Add water, beef broth, chicken broth, balsamic vinegar, and bay leaves. Stir. Bring to a boil. Reduce heat to low. Simmer 30 minutes. Lightly sprinkle Xanthan gum, a small amount at a time, over top of simmering liquid and whisk until all Xanthan gum is incorporated. Just before serving, add heavy cream. Stir to combine. Remove bay leaves. If desired, use an immersion blender to puree soup. Heat to just under boiling and serve. Do not allow soup to boil or it will curdle.

## Auntie's Special Spice Blend

*This versatile blend of fragrant spices can be used as a dry rub for chicken, pork, beef, veal, seafood or lamb .It can also be used to flavor coatings for deep fried vegetables, or in soups, stews, sauces and gravies. One recipe lasts me approximately 3 months.*

4 tsp black pepper, freshly (20 mL)  
ground  
4 tsp ginger, ground (20 mL)  
4 tsp basil leaves (20 mL)  
4 tsp oregano (20 mL)  
4 tsp poultry seasoning (20 mL)  
4 tsp savory (20 mL)  
2 tsp sage (10 mL)  
2 tsp rosemary, crushed (10 mL)  
2 tsp lemon pepper (10 mL)  
1 tsp cumin powder (5 mL)  
1 tsp chili powder (5 mL)

Yield: 32 servings
1 serving
4.0 calories
Trace protein
Trace fat
<b>1.0 g carbs</b>

Add all ingredients to small bowl. Blend together thoroughly. Use to flavor coating for chicken, pork, beef, veal or lamb.

Yield: 3/4 cup (175 mL). This may be stored in an airtight container.

**NOTES:** Add 4 teaspoons (20 mL) salt when not using with pork rind coating.





## Raspberry Parfait

*Serve this delicious dessert in tall champagne flutes, or fancy glasses for an elegant dinner party dessert, or romantic dinner for two.*

1 recipe Simple Chilled Custard

1 recipe Raspberry Puree

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

$\frac{1}{4}$  cup whole raspberries for garnish (50 mL)

Yield: 4 servings

1 serving

404.0 calories

7.0 g protein

36.0 g fat

**8.0 g carbs**



Prepare Simple Chilled Custard. Refrigerate until ready to serve.

While custard is chilling, prepare Raspberry Puree. Refrigerate until ready to serve.

In a tall parfait glass or champagne flute, layer 2 tablespoons Raspberry Puree, then 2 tablespoons (25 mL) Custard, repeat layers until glass is full. Top with whipped cream and garnish with berries.

**Variation:** Any berry puree may be used for these elegant desserts. Mixed whole and sliced berries may be used instead of puree. Adjust carbs accordingly

**Helpful Hint:** Be sure berries are dry before adding to whipped cream.

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## Simple Chilled Custard

*This easy to prepare light pudding is mild flavored and not too sweet. Its versatility makes it perfect in parfaits, other desserts, or on its own.*

6 large egg yolks  
1/4 cup SPLENDA® Granular (50 mL)  
1 tsp Xanthan Gum (5 mL)  
1 pinch salt  
1 cup Heavy Cream (250 mL)  
1 cup Water (250 mL)  
1 tsp Vanilla (5 mL)  
1 tsp Almond Extract, optional (5 mL)

Yield: 4 servings
1 serving
313.0 calories
6.0 g protein
30.0 g fat
<b>4.0 g carbs</b>

Whipped cream, sweetened, for garnish  
Freshly grated nutmeg -- for garnish

Place a medium-size ceramic or stainless-steel bowl in the refrigerator to chill. Combine SPLENDA® Granular with Xanthan gum in small dish, making sure to mix thoroughly. In a heavy saucepan (not aluminum) combine the egg yolks, SPLENDA® Granular and Xanthan Gum mixture, and salt. Beat until the mixture is pale yellow. Combine cream and water and heat in a small saucepan until it steams, or microwave on high for 1 minute 30 seconds. Place the egg yolk mixture over low heat and slowly stir in the warm cream, Vanilla and Almond Extracts. Cook, stirring constantly with a whisk until the custard becomes thick enough to coat the back of a wooden spoon, about 4 to 5 minutes. Immediately pour the custard into the chilled mixing bowl (this stops the cooking), cover, and place in the refrigerator until it is cold, about 2 hours. Do not stir the custard while it is chilling. Serve in custard cups, topped with sweetened whipped cream and sprinkled with a little nutmeg over the whipped cream.

**Variations:** Layer with chocolate, caramel, or fruit sauce, or fruit purees for elegant parfaits.

**Helpful Hint:** Egg yolk mixture will become quite stiff before cream is added. Vigorous whisking is important to ensure no lumps form.

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**Note from the Publisher:** “Auntie”, as she is affectionately known to her friends, is busily developing a “low-carb” cookbook of really lovely recipes which, when it is done, we have agreed to publish. So, as the saying goes: “Watch this space”. Our commitment to the “Low-Carb” lifestyle is, as you can see, quite determined! (**Ian**)

## Raspberry Puree

*This adds a beautiful touch to Simple Chilled Custard for an elegant parfait. It also works as a syrup, a topping for cheesecake, or for decorating dessert plates.*

2 Cups Raspberries (500 mL)  
 $\frac{1}{4}$  cup (50 mL) or to taste, Raspberry or  
Vanilla flavored Da Vinci® Syrup (50 mL)  
 $\frac{1}{2}$  tsp Xanthan Gum (2 mL)

Clean berries. Set aside.

Sprinkle a small amount of Xanthan gum in a very fine dust over the Da Vinci® Syrup.

Whisk until completely blended. Continue until all the Xanthan Gum is incorporated into the syrup. Pour the Da Vinci® Syrup and Xanthan Gum over berries. Let sit for at least 15 minutes. Puree mixture until smooth, using either a regular or stick blender.

**Variations: Blackberry Puree** – use 2 cups (500 mL) blackberries instead of raspberries. 3 grams carbs per serving.

**Strawberry Puree** – use 2 cups (500 mL) strawberries instead of raspberries. 3 grams carbs per serving.

**Blueberry Puree** – use 1 cup (250 mL) blueberries instead of raspberries. 4 grams carbs per serving.

**Helpful Hint:** If desired, mixture can be strained through a fine sieve to remove the seeds and create a syrup, or Coulis, which can be used as a sauce, or in a "squeeze" bottle for dressing up other desserts.

## Roasted Red Pepper and Feta Stuffed Pork Loin

*This impressive dish takes a few minutes to prepare, but the beautiful end result is worth the effort. Perfect for Sunday dinner or an elegant dinner party.*

2  $\frac{1}{4}$  lbs whole center pork loin (1 kg)  
1 oz cold butter (25 mL)  
2 prepared, roasted red peppers  
4 oz feta cheese, crumbled (125 g)  
1 tsp olive oil (5 mL)  
1 tsp Auntie's Special Spice Blend (5 mL)  
Olive oil (for frying)  
1 cup chicken stock (250 mL)  
1 cup water (250 mL)  
 $\frac{1}{2}$  tsp Xanthan Gum, or as needed (2 mL)

Yield: 4 servings 1 serving 35.0 calories 1.0 g protein Trace fat <b>3.0 g carbs</b>
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Yield: 8 servings 1 serving 285.0 calories 21.0 g protein 21.0 g fat <b>1.0 g carbs</b>
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Preheat oven to 350 F° (180 °C). Spray medium roasting pan and rack with non-stick vegetable spray. Butterfly meat: With fat side of meat down, make a lengthwise cut through centre, to  $\frac{1}{2}$  inch (12 mm) from the bottom, being sure to not cut through. Lay meat flat, pound to flatten. Spread cold butter over entire cut surface of meat. Lay roasted red peppers on meat. Spread feta cheese evenly over peppers. Beginning at one long end, roll meat, jelly roll fashion. Secure with skewers or toothpicks. Smear 1 tsp (5 mL) olive oil all over outside of roast. Sprinkle Auntie's Special Spice Blend evenly over roast, and gently rub into surface. Using kitchen string, tie at one inch (2.5 cm) intervals, and around length of meat.

In heavy frying pan over high heat, sear roast on all sides. Transfer to rack in roasting pan. Add chicken stock to hot frying pan, scraping up brown bits. Pour over roast. Place roast in oven; cook, uncovered for 45 minutes. Cover with foil and continue roasting until internal temperature of meat registers 160 F° (71 °C) on meat thermometer. Remove meat from pan; cover tightly with foil. Let rest 15 minutes before cutting. While roast is resting, make gravy: Pour liquids from roaster into small saucepan. Add water. Over medium high temperature, heat until liquid boils. Reduce heat to medium. Adjust seasoning to taste. Whisk in half the Xanthan gum, a tiny amount at a time, very quickly. Let rest for five minutes. Check for consistency, adding more Xanthan gum if necessary. Use a very sharp knife to slice meat in  $\frac{1}{2}$  inch (12 mm) crosswise slices. Remove string before serving.



## Spinach Salad

*This iron-rich salad is an ideal accompaniment to grilled meat. Induction-level friendly, yet very flavorful and satisfying. One of our favorite stand-by's.*

4 cups whole baby spinach leaves (1 L)  
4 hard-boiled eggs, sliced  
 $\frac{1}{2}$  cup mushrooms, sliced  $\frac{1}{4}$ " thick (25 mL)  
4 slices bacon, cooked and crumbled  
*or* 4 teaspoons bacon bits (20 mL)

Yield: 4 servings
1 serving
123.0 calories
9.0 g protein
9.0 g fat
<b>1.0 g carbs</b>

Soak spinach leaves in 4 quarts (1 L) water with 2 heaping tablespoons of salt for 20 minutes. While spinach is soaking, peel and slice hard boiled eggs. Clean and slice mushrooms. Dry spinach leaves, using a salad spinner, or paper towels. In each of 4 bowls, arrange a cup of spinach. Top with a sliced egg and mushroom. Top with crumbled bacon or bacon bits. Serve with Tangy Hot Bacon Dressing or your favorite bottled dressing.

**Helpful Hint:** Prepare bacon while spinach is soaking. Cook in a large skillet until crispy. Reserve bacon fat for Tangy Hot Bacon Dressing.

**Variation: Spinach and Red Onion Salad:** Divide  $\frac{1}{4}$ cup (50 mL) chopped red onion to spinach in salad bowls. (Add 1 carb per serving).



## Tangy Hot Bacon Dressing

*This dressing is a natural with Spinach Salad, but is tasty with a variety of dishes.*

- $\frac{1}{2}$  cup bacon fat, cooled (125 mL)
- 1 clove minced garlic
- 2 tbsp white or red wine vinegar (25 mL)
- 1 tbsp Dijon-style mustard (15 mL)
- 1 tbsp lemon juice (15 mL)
- $\frac{1}{4}$  tsp pepper (1 mL)

### *Finish With*

- $\frac{1}{2}$  cup heavy cream (125 mL)
- $\frac{1}{2}$  packet SPLENDA<sup>®</sup>, or to taste (optional)

Yield: 4 servings
1 serving
360.0 calories
1.0 g protein
39.0 g fat
<b>2.0 g carbs</b>

In medium frying pan, over medium-low heat, add minced garlic to cooled bacon fat. Stir for 1 minute - do not allow garlic to burn. Add vinegar, mustard, lemon juice and pepper. Whisk until completely blended. Reduce heat to low, and simmer until ready to use. Just before serving, add heavy cream. Whisk to blend. Taste and adjust seasonings. If desired, add SPLENDA<sup>®</sup>. Pour over Spinach Salad. This dressing can be served without the heavy cream if desired.

**Variation: Hot Bacon Dipping Sauce:** Do not add cream, but increase mustard to 2 tbsp (25 mL), add 2 SPLENDA<sup>®</sup> packets and  $\frac{1}{8}$  tsp (0.5 mL) of Xanthan Gum. Use to dip Swedish Meatballs, Sausage Nibbles, shrimp or chicken wings.

**Variation: Wilted Greens:** Add 4cups (1L) of green beans, **or** spinach, **or** Swiss chard, **or** beet tops for a flavorful side dish. Sprinkle with crumbled bacon bits.

**Helpful Hint:** Be sure to add cream at the last minute, or it will curdle. For a lighter dressing, whisk the cream for a minute before adding to dressing.



[Click here to View Sheila's really lovely website:](#)

# 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](http://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](mailto:Sheila@SugarFreeSheila.com)

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**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 Lover's Loaf

34 total carbohydrates for *entire* recipe

- 1 lb. ground turkey
- 1 lb. ground beef
- 1 package plain oatmeal - lowest-carb you can find
- 3 eggs, beaten slightly
- 2 tomatoes, puréed
- ½ tsp. salt
- ½ tsp. pepper
- ½ cup chopped onion

Combine ingredients and transfer to heart-shaped loaf pan. 325° for 1 hour, or until done.

## Sheila's "Morning-After" Fudge

Approximately 110 total carbs for *entire* recipe

- 1½ cups Splenda
- ¾ cup heavy cream
- ¼ stick butter
- 4 cups sugar-free, low-carb chocolate chips (lowest carb you can find!)
- ½ cup unsweetened cocoa powder
- 1 T chocolate extract (optional)
- 1 T vanilla

Boil Splenda, heavy cream, & butter for 10 minutes. Stir, stir, stir! Remove from heat, & stir in low-carb chocolate chips. Add chocolate extract & vanilla; transfer to wax-paper-lined, heart-shaped pan (typically, an 8" square pan is used). Chill overnight; use heart-shaped cookie cutter to serve in the morning!

Okay, here's the rest of the meal! I'm going to pass along my no-nonsense recipe for Mock Mash. Many, I'm sure, would love nothing more than to start this recipe from scratch, but I am positively *diabolical* in my laziness when it comes to Mock Mash. Why do more than what it honestly takes for the best taste and texture? I need to replace the Mock Mash recipe on my Recipe Page with this one; it'll attract more "tryers." They can get fancy with it later!

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# **Make Time For Love: Sheila's *Seriously* Snappy Faux Mashed Potatoes**

Approximately 18 total carbohydrates for entire recipe!

- 1 (1-lb.) package frozen cauliflower
- 1 (3-oz.) cube Philly Cream Cheese
- ½-1 tsp. minced garlic
- ½-1 tsp. minced onion
- Half stick butter
- 1 ounce olive oil (an extraordinarily healthful addition, but also one that is *entirely* optional)

Simply toss entire bag of still-frozen cauliflower into a boiling pot, filled a bit more than halfway. Boil 30 minutes on Medium-High heat. As cauliflower boils, prepare large pasta bowl with remaining ingredients. Once boiling is finished, strain cauliflower as thoroughly as possible, ensuring all remnants of water have drained from what is about to become a dish you'll find yourself craving (second to your sweetheart, of course) every night! Transfer to pasta bowl, right on top of the luscious ingredients that await it. Stir, stir, stir to combine ingredients thoroughly. Just heat in microwave for 40 seconds if temperature gets a bit tepid!

## **Sheila's *Low-Carb "Facts and Fiction":***

**[Q] You don't have to exercise on Atkins, right? [A]** For those following Atkins by the [book](#), daily exercise is "[non-negotiable](#)."

**[Q] How do I know if low-carbing is even for me? Does [the book](#) say anything about that? [A]** Yes; click [here](#) to examine the types for whom a restricted-carbohydrate lifestyle is meant.

**[Q] Wait a minute, isn't the [USDA Food Pyramid](#) the healthiest, most balanced way to go? [A]** Jonny Bowden, M.A., C.N.S., put it more beautifully than I ever could: "The Food Pyramid is an invention of the U.S. Department of Agriculture [not even by doctors, but essentially businessmen] in the late 20th century. Most of the foods on it did not exist before the invention of agriculture. If the history of the human genus were a 24-hour clock, agriculture was invented about 5 3/4 minutes ago. On this same clock, the Food Pyramid is less than 17 seconds old. To assume it is the last word on the best kind of fuel for the human body is, in my humble opinion, utter folly."

**[Q] I see milk isn't allowed on Atkins. Great, there goes my calcium. [A]** Au contraire! [Calcium Sources](#) Notice that milk is at the bottom of the list?

**[Q] How long does it usually take the body to get into ketosis after starting this way of eating? [A]** It ranges, of course, but I would expect anywhere from 1-4 days. For me personally, it took 2!

## Announcing a NEW Weight Loss Workbook!

Dear [SugarFreeSheila.com](http://SugarFreeSheila.com) Visitor:

Please allow me to introduce my latest and most anticipated creation, "Sheila's Super-Simple™ Low Carb Weight Loss Workbook", in which you may chronicle your progress, week-by-week, and hold yourself continuously accountable in your low-carbohydrate lifestyle. Finally, a personalized, fun narrative for every imaginable aspect of your growth and advancement towards goal. Photographs, all personal vital statistics, even your personal feelings - keep it all covered here!

For more information on this inspiring new Workbook, please click [here](#). Feb 2005 is upon us! I hope this announcement reaches you in good spirits, and that you are still happily plugging away towards your personal goal in your low-carb way of eating. If you have reached your goal and are maintaining it, congratulations and keep up the good work!

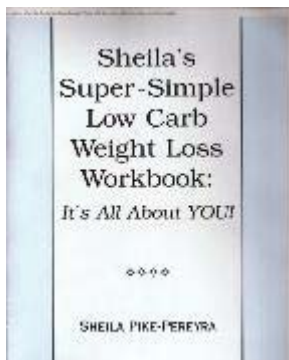
Discounts are available if you also wish to purchase my two cookbooks, [Sheila's Super-Simple Low-Carb Desserts](#) and the newer [Sheila's Super-Simple Low-Carb Induction Meals](#) - and as always, U.S. shipping is free! If you have any questions remaining regarding Workbook content or ordering not covered on the aforementioned [Sheila's Super-Simple Low-Carb Weight Loss Workbook info page](#), please e-mail me at [sheila@sugarfreesheila.com](mailto:sheila@sugarfreesheila.com). Also, check out my new [Motivation & Beauty Tips Page!](#)



Happy Low-Carbing!  
**Sheila Pike-Pereyra**  
Happy Valentines Day!



**Before:** 5'3", size 10, 140+ pounds  
**After:** A loose size 2, 107 pounds  
*Maintaining effortlessly since 2001!*



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# Down-home country cooking (low-Carb) From the Mid-West,

© 2005 Jenita Davison

Hi, 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 always enjoy fixing a special meal for my sweetie on Valentine's Day. We will soon be celebrating our 35th anniversary, but romance has not waned in our marriage. This year I plan to fix pork chops (seasoned with a mix that I altered to our taste and rolled in Jennifer's great Biskmix). My husband is able to handle more carbs than most, so I will make one of his favorites--macaroni and cheese--using Dreamfield's pasta. Ranch Broccoli Coleslaw will round out the meal (you can substitute cabbage, if you prefer). For dessert, I have come up with a layered Pumpkin Cheesecake Dessert that he likes topped with whipped cream. He tolerates sugar alcohols really well, so for his afternoon snack I have invented a fudge that he enjoys. I hope you enjoy my recipes, from "**Granny's kitchen**". Happy low-Carbing and bye to you all from the **Mid-West, Jenita.**

## Pork Chops

2 pork chops

Pork Seasoning\*

1/4 cup Biskmix (50 mL)

Sprinkle both sides of the pork chops with the pork seasoning. Roll in Biskmix and fry on a low heat in a small amount of oil, covering to keep them moist.

### \*Pork Seasoning

1/2 c. grated, dried orange rind (125 mL)

2 tsp. onion powder (10 mL)

2 tsp. sage (10 mL)

1/2 tsp. salt (2 mL)

1 tsp. celery salt (5 mL)

1 tsp. thyme (5 mL)

3/4 tsp. black pepper (3 mL)

Combine all spices in blender or food processor and blend until fine. Place in shaker bottle. Use on all pork, poultry, etc.

**Yield:** 2 servings

1 serving

352.2 calories

23.5 g protein

24.6 g fat

**0.9 g carbs**

## Macaroni & Cheese

3/4 c. Dreamfields macaroni, (175 mL)  
uncooked  
1/2 c. cream (125 mL)  
2 T. butter (25 mL)  
2 oz. cream cheese (60 g)  
4 slices American cheese  
1/2 tsp. dry mustard (2 mL)  
1/4 tsp. paprika (1 mL)  
Tiny sprinkle Splenda  
salt & pepper to taste

**Yield:** 3 servings  
1 serving  
464.9 calories  
9.0 g protein  
41.8 g fat  
**9.1 g carbs**

Cook macaroni in salted water with oil added. Drain. Add rest of ingredients, chopping cream cheese and American cheese into small chunks. Stir until smooth. Season to taste and serve.

## Ranch Broccoli Slaw

2 T. prepared Ranch dressing (25 mL)  
1 T. mayonnaise (15 mL)  
2 pkt. Splenda  
1/8 tsp. lemon juice (0.5 mL)  
1/8 tsp. black pepper (0.5 mL)  
1/16 tsp. celery seed (0.25 mL)  
2 c. broccoli slaw (500 mL)

**Yield:** 3 servings  
1 serving  
112.8 calories  
1.9 g protein  
10.2 g fat  
**3.4 g carbs**

Mix dressing ingredients until smooth. Stir into broccoli slaw and serve. The dressing may be prepared ahead and added just before serving.

## Pumpkin Cheesecake Dessert

1 c. pecans, chopped (250 mL)  
2 pkt. Splenda  
2 T. butter, melted (25 mL)  
dash cinnamon  
8 oz. cream cheese, softened (250 g)  
1/3 c. Splenda (75 mL)  
1 tsp. vanilla extract (5 mL)  
1 egg  
1 small can pumpkin  
2 eggs  
2/3 c. cream (150 mL)  
3/4 c. Splenda (175 mL)  
2 tsp. molasses (10 mL)  
1 tsp. cinnamon (5 mL)

**Yield:** 12/16 servings  
1 serving  
231.9/173.9 calories  
4.9/3.6 g protein  
20.3/15.2 g fat  
**7.6/5.8 g carbs**



1/4 tsp. ginger (1 mL)  
1/4 tsp. nutmeg (1 mL)  
1/8 tsp. salt (0.5 mL)  
1 tsp. vanilla (5 mL)

Melt butter in deep dish pie pan in microwave. Add 2 pkt. Splenda and dash cinnamon. Stir in pecans. Press firmly on bottom of pan and bake 8 minutes at 400 °F (200°C). Beat cream cheese, 1/3 c. Splenda, vanilla and 1 egg. Spread carefully over hot crust. Beat rest of ingredients and spread over cream cheese. Bake 45-50 min. at 350°F (180°C), or until a knife comes out clean when stuck into the pumpkin. Cool. Serve with whipped cream. Serves 12-16

## Best Fudge

(I often double the recipe for my sweet-toothed hubby)

1/3 c. xylitol (75 mL)  
6 pkt. Splenda  
3/4 tsp. unflavored gelatin (3 mL)  
3 T. cream (45 mL)  
1 T. water (15 mL)  
1 T. S/F honey (15 mL)  
1/2 square unsweetened chocolate (0.5 oz)  
1/4 c. butter (50 mL)  
1 tsp. vanilla (5 mL)  
1/3 c. chopped nuts (75 mL)

(prefer pecans--toast a couple of minutes in the microwave)

<p><b>Yield:</b> 16 pieces 1 piece 69.3 calories 0.5 g protein 5.8 g fat <b>3.4 g carbs</b></p>
---

In heavy non-stick saucepan, stir together sweeteners and gelatin. Add cream, water, honey, chocolate and butter. Bring to a boil, stirring almost constantly. Cook to soft ball stage (242°F). Remove from heat, add vanilla, cool 15 min. without stirring. Beat until color gets lighter and texture changes. Add nuts and spread in well greased 1 qt. casserole. Chill until set. This gets better with age; in

fact, it will set up better if you set it in the refrigerator, uncovered, overnight. I often cut it into pieces and separate them as soon as it is partially set, then leave uncovered overnight. Cut into 16 pieces.



*Happy Valentine's Day!*

*Jenita.*

# 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 four 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.

## Smoked Salmon Pinwheels

1 3 oz. package moist smoked salmon (aka lox)

1 8 oz. package cream cheese, softened

½ tsp. Worcestershire sauce, preferably the white kind

½ tsp. dried dill weed OR 1 tsp. minced fresh dill

1 tablespoon capers, minced

6 low carb tortillas or wraps

Green onions or small dill pickles (cornichons) (optional but pretty!)

Fresh dill sprigs if desired

Combine softened cream cheese, Worcestershire sauce, dill and minced capers. Spread evenly on low carb tortillas or wraps, all the way to the edges. Place a single layer of smoked salmon over the cream cheese, leaving one edge of the cream cheese uncovered to act as the “glue” to hold the wrap together. Starting at the opposite edge, if desired place a green onion OR small dill pickles; roll tightly toward the cream cheese edge, using that edge to secure the low carb tortilla to itself. Wrap each rolled tortilla in plastic wrap and refrigerate at least an hour to firm up the cream cheese. When ready to serve, slice each roll on the diagonal into 6 to 8 pinwheels. (Set the end pieces, which are uneven, aside for snacking when presentation is not critical!) Arrange pinwheels on a pretty platter, garnish with fresh dill sprigs if desired.

**Nutritional Analysis:** Yield: 6 servings

1 serving: 237.2 calories, 18.6 g protein, 15.2 g fat, **6.1 g carbs**

**A comment from Char's about SWEETENERS:** There is something called the "synergistic effect" of combining more than one sweetener in a recipe. I personally really like Diabetisweet and liquid Splenda concentrate. (A web search will locate both these items for you.) I also use erythritol, a sugar alcohol which is least likely to cause gastric distress. However, one of its properties is a slight "cooling effect" - rather like a menthol cough drop has - so I never use more than 1/2 erythritol in a recipe's sweetener mix unless this effect would contribute to the recipe's appeal! Also - the use of aspartame in recipes that are exposed to heat is not encouraged, because the sweetness breaks down under heat. In addition, Dr. Atkins recommended staying away from this particular sweetener for other reasons as well. Some people may experience weight loss stalls or increased appetite when using Aspartame.

## Pretty in Pink Champagne

1 bottle good quality champagne, very well chilled Sugarfree raspberry syrup (such as Torani® or DaVinci®) Fresh or frozen raspberries, thawed and drained, if desired

Put a teaspoon or so of the sugarfree syrup and a fresh or frozen raspberry in the bottom of a chilled champagne flute and fill with the chilled champagne.

**Nutritional Analysis:** Yield: 1 serving, 1/2 cup.  
81.3 calories, 0.1 g protein, 0.0 g fat, **1.0 g carbs**



## Char's Crabby Cakes with Chipotle Aioli

1 1-lb. can back fin or lump crabmeat or fresh crabmeat – picked over to remove shells

1/2 cup crumb mix (see below)

1/4 cup Best Foods or Hellman's mayonnaise

1 egg

1/4 teaspoon White Worcestershire sauce

1/4 teaspoon Old Bay seasoning

Additional crumb mix for breading

Oil for frying (I used a mix of 2/3 coconut/1/3 olive oil)

Mix together crumb mix, mayonnaise, and egg; stir in Worcestershire and Old Bay. Mix well. Blend in rinsed and drained crabmeat, mixing lightly. Divide into 6 equal portions and form into thick patties. Put additional crumb mixture on a plate and coat each side of the patties. Chill patties 1 hr before frying. Heat oils (to about 1/2" deep) in large nonstick or cast iron frying pan over medium high heat till shimmering. Cook patties, 3 at a time, until nicely browned on each side, about 2-3 minutes per side. Drain on paper towels and serve with Chipotle Aioli.

Serving Suggestion: Serve the crab cakes with a nice spinach salad sprinkled with pine nuts and crumbled bacon and your favorite vinaigrette dressing.

**Nutritional Analysis:** 6 servings.

1 serving: 248.1 calories, 23.6 g protein, 16.1 g fat, **0.9 g carbs**

## Chipotle Aioli

Mix 1/4 cup Best Foods mayonnaise with Chipotle Tabasco, lemon juice and crushed garlic to taste. Chill till serving time.

### Crumb mix

*I keep this in a Ziploc bag in the freezer all the time. It's great for breading anything from crab cakes to pork chops to veggies for oven or pan frying!*

1 cup crushed pork rinds (I love to use the Hot & Spicy kind but plain is fine too) mixed with 2 tablespoons flax meal, 1/4 cup almond meal, and 2 tablespoons Vital Wheat Gluten. Then Shake well and freeze to use as needed. You can crush the pork rinds with a rolling pin in a Ziploc bag, or do them in the Vitamix, blender, or food processor until they are a nice fine crumb.

**Nutritional Analysis:** 1/4 cup per serving

1 serving: 62.6 calories, 6.7 g protein, 3.4 g fat, **1.0 g carbs**



## Low Carb "Apple" Crisp

*My DH hates to try anything that's "instead of the real thing" and HE actually REQUESTED that I grow a couple zucchinis big enough to make this again!! From him - a ringing endorsement!*

1 jumbo zucchini - I mean a BIG one!! (Or several smaller ones, peeled and halved)  
1 cup equivalent artificial sweetener - such as granulated Splenda, or erythritol, or Splenda liquid concentrate  
1 teaspoon good-quality cinnamon  
1/4 teaspoon nutmeg  
1 Tablespoon Thicken Thin Not/Starch or other thickener such as guar or xanthan gum

### *Topping:*

1/2 cup almond or hazelnut meal  
1/2 cup TVP (texturized vegetable protein, available in health stores or Bob's Red Mills)  
1/3 cup artificial sweetener  
1/2 teaspoon cinnamon  
3/4 cup oat bran  
1/2 cup butter, melted

Preheat oven to 350 degrees. Bring a large pot of water to a boil. Peel and trim zucchini. Slice it lengthwise into quarters. Remove the seeds. Slice the zucchini into slices that resemble apple slices. You should have about 6 cups of slices.

Boil the zucchini slices in the boiling water for 3 minutes. Drain well in a colander.

Mix together the 1 cup sweetener, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, and 1 tablespoon Thickener. Sprinkle over the zucchini slices and toss to coat evenly. Place zucchini slices into a greased 8 or 9 inch square baking pan. Mix the remaining ingredients together to make the crumb topping. Distribute it evenly over the zucchini. Bake for 45 minutes, until topping is browned and crispy.

May be served warm, cold or at room temperature.

**Nutritional Analysis:** Yield: 8 to 10 servings.

1 serving (Yield: 8): 233.6 calories, 14.4 g protein, 15.4 g fat, **11.2 g carbs**

1 serving (Yield:10): 186.9 calories, 11.5 g protein, 12.4 g fat, **9.0 g carbs**

## Editor's note about *SPLENDA*®

We often get asked about the Safety of *SPLENDA*® - I suppose it is quite natural to assume that we should know, since Jen was the first author (worldwide and for many years) to use Splenda in her cookbooks. That was almost 14 years ago now. Well, we do believe that the decision about which foods you and your family eat, is really up to you to decide, but given that some serious misinformation abounds about just about anything on the internet - and *SPLENDA*® is no exception, so you do need some input from us. Jen, 14 years later, is still the most prolific and best known author writing *SPLENDA*® based cookbooks. 14 years ago, many years before *SPLENDA*® was approved for sale in the USA, *SPLENDA*® 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 it still does require the reduction or elimination of Sugar wherever possible. **However, 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 shadow of a doubt*) more *SPLENDA*® than any other 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. The "obesity" epidemic and all the other Sugar-related afflictions have had to "stay way" from our doorstep - we insist! So, before believing any scare stories about *SPLENDA*®, think about our family, and look at us. *SPLENDA*® has indeed been used by millions of people for many years before it was approved for sale in the USA. Before that there were no "scare stories" – most of which can be traced back to 1 or 2 individuals who know well how to get attention for themselves and who totally ignore any of the millions of "positives" about *SPLENDA*®. *They are much less interested in the truth than in publicity!*

So there you have it. **Five talented low-Carbing ladies** in this second edition, hailing from the Midwest, the Pacific Northwest, the Southwest, 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@Sweety.com](mailto:Desserts@Sweety.com)

## 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





Jen's family ... In case you missed this point - our children grew-up on **SPLENDA**®







***Apple-Peach Lattice Pie***  
***8.1 g carbs for a generous slice!***  
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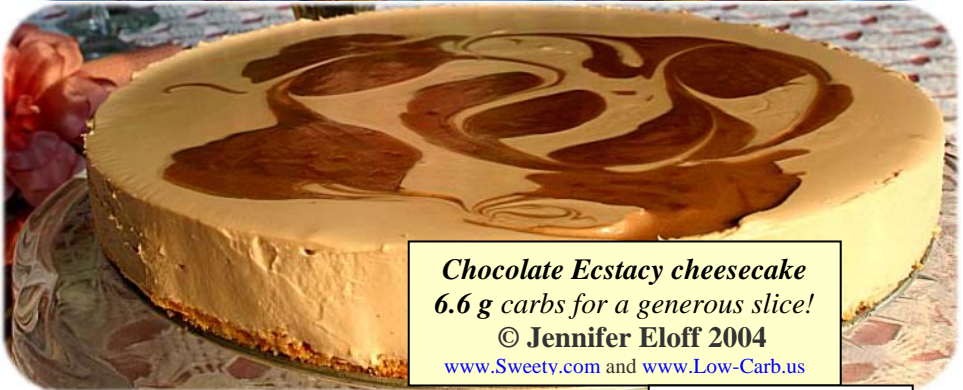
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***Peanut Butter Cups***  
**3.0 g carbs each**  
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***Corn Bread***  
**7.5 g carbs for a big piece!**  
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***Chocolate Ecstasy cheesecake***  
**6.6 g carbs for a generous slice!**  
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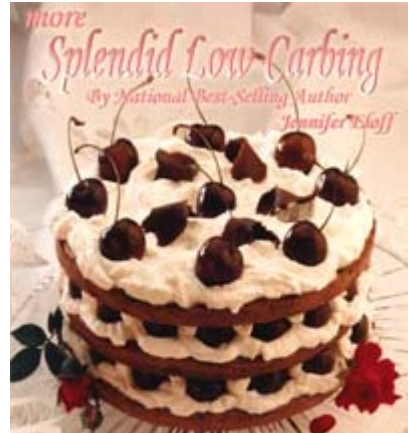
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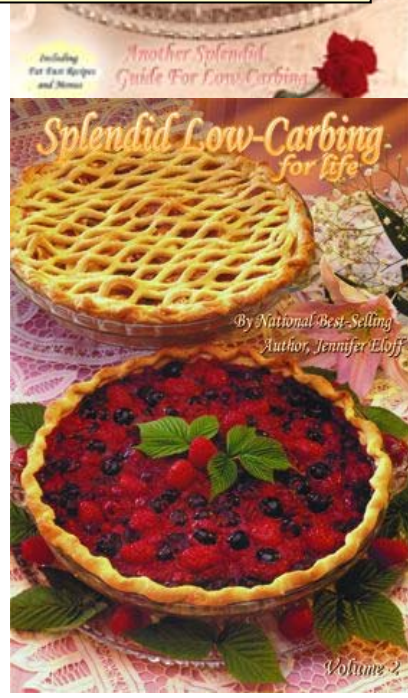
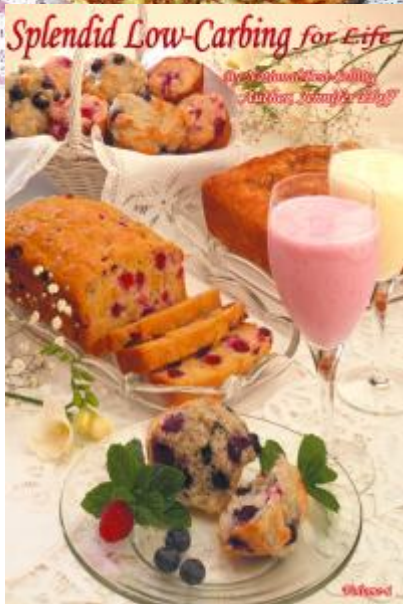


# “Jen’s Splendid low-carbing™ cookbook series”

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.



Click on any of the covers for more



**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) or [www.SugarFreeSheila.com](http://www.SugarFreeSheila.com)

## In Closing ... Till the Spring of 2005

**Bye for now ... but first a few endorsements:** Well, we are almost at the end of this Winter-2005 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, go ahead and try [Nancy Mosher’s fine low-carb cookbooks](#). Just like Jennifer, Nancy is living proof that her recipes work wonders and can help you lose weight and still enjoy a good quality of life! 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, not just 5 cookbooks from one author. I really do believe that we 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 a low-carb magazine, and if you want a really nice printed Low-Carb Magazine delivered to your door, then Jennifer suggests you look at the lovely professional “[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, and occasionally, appearing in it! So, from time to time you may come across some of Jen’s recipes, or reviews of her cookbooks and related items in: “*Low-Carb Energy magazine™*”. Well, that’s all for now folks ... till Springtime!

[Click to subscribe to “LOW-CARB Energy Magazine™”](#)

**DISCLAIMER:** All the recipes in this magazine have been tested by their respective authors (but 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*

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

From the Midwest, Pacific Northwest



Pacific, Northwest & Southwest

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