

Healthier Choices
for Dining Delight

Desserts

*...with Lowfat &
Allergy Alternatives*

for Health
Hospitality

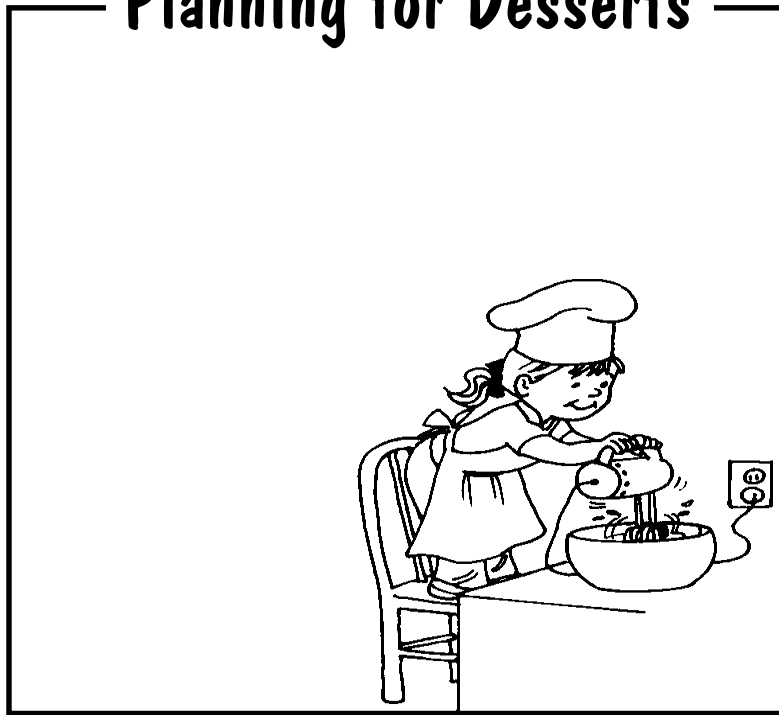
SUE GREGG

Sue Gregg Cookbooks

Contents

Cook's Prayer	2
Planning for Desserts	3
Contents	4
Cakes	61
Recipe List	62
Cookies & Candies	81
Recipe List	82
Pies	113
Recipe List	114
Puddings & Desserts	129
Recipe List	130
Toppings & Sauces	153
Recipe List	154
The Best Comes Last	160
Index	163
CUT-OUT TABS	171

Planning for Desserts



*In the house of the wise are stores of choice food and oil . . .
Proverbs 21:20*

Planning for Desserts

Commercial or Home-Made?	5
Alternative Ingredients for Allergies	8
CHART: Choosing Ingredient Alternatives	9
How to Turn Favorite Desserts into Nutritional Pluses	12
Shopping for Ingredients	13
Available at Health Food Stores	13
Available at Supermarkets	14
Mail Order Sources	16
Specialty Item Sources	17
About Flours & Grains	19
Flour Alternatives for Wheat Flour	20
CHART: Flour Amounts to Replace Wheat Flour in Cookies	21
About Sugars	23
About Salt	31
About Fats	32
Making Fat Free Recipes	32
CHART: Recipe Fat Levels	34
About Dairy & Eggs	39
About Fruits & Juices	39
About Carob, Chocolate & Cocoa	41
About Coconut	42
About Nuts & Seeds	43
About Spices & Flavorings	43
About Leavenings & Thickeners	44
Preparation & Baking How To's	46
Bakeware & Utensils	46
Mixing & Measuring Ingredients	49
Baking Tips	54
How to Read a Recipe	59
Teaching Children	60

Commercial or Home-Made?

How easy it is these days to buy donuts, pie or ice cream at the market. What's in desserts and packaged mixes? How do you evaluate what's good and what isn't?

The following is a list of different ways nutritional information is printed on package labels. In what order would you rate them as an adequate guide to nutritional value?

- a) Product Name
- b) Brand
- c) Nutritional information written on front of the package
- d) Where purchased
- e) Nutrition Facts label
- f) Ingredients list

Compare the labels of two brands crackers on the chart, p. 6. Which information do you think is the best guide to the nutritional quality? The name of the product in this case obviously communicates no difference. Titles such as *Fat Free Oatmeal Cookies* or *Low Sodium Wheat Thins* imply a nutritional benefit. A name, however, usually highlights only the main selling point. This is also true for highlighted nutritional information on the front of the package. It does not give a complete picture of the product's nutritional quality. The brand name may or may not be helpful. Some companies such as *Health Valley* and *Arrowhead Mills* are committed to high nutritional standards. In most cases health food stores are a better starting place for packaged foods of higher nutritional value, but the nutritional standards are not necessarily consistent (and truly good taste is often lacking).

Now compare the two Nutrition Facts labels (It might be helpful to find a package of another food in your cupboard that includes the Daily Values portion of the label to make this comparison). By observing only the Nutrition Facts label, which product would you rate higher in nutritional value? What percentage of calories come from fat in a serving of Brand #1? Of Brand #2? If you answered 23% fat for Brand #1 and 12.5% fat for Brand #2 you answered correctly. If you answered 5% fat for Brand #1 and 2% fat for Brand #2 you answered in reference to Daily Values, not in terms of how many calories of a cracker serving come from fat. Are you beginning to get a little confused? For a more comprehensive understanding of the new standardized Nutrition Facts Label see ***The 15 Minute Meal Planner***, pp. 292-302. Most people would rate the crackers from the supermarket (Brand #2) as higher in nutritional value than Brand #1

BRAND #1

Product Name: Honey Grahams
Brand : Mi-Del
Front of Package: 100% Whole Wheat
Where Purchased: Health Food Store

Nutrition Facts

Serving Size 2 crackers (30 g)*
Servings Per Container 16

Amount per Serving	
Calories 110	Calories from Fat 25
% Daily Value**	
Total Fat 3g	5%
Saturated Fat 0 g	0%
Cholesterol 0mg	0%
Sodium 190 mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 6 g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

Ingredients:

Whole wheat flour, honey, unsulfured molasses, soybean oil, leavening (sodium bicarbonate, ammonium bicarbonate), salt, lecithin, oil of lemon

BRAND #2

Product Name: Honey Graham Selects
Brand : Keebler
Front of Package: Low Fat
1 1/2 grams of Fat Per Serving
Where Purchased: Supermarket

Nutrition Facts

Serving Size 2 crackers (30 g)*
Servings Per Container 16

Amount per Serving	
Calories 110	Calories from Fat 25
% Daily Value**	
Total Fat 3g	5%
Saturated Fat 0 g	0%
Cholesterol 0mg	0%
Sodium 190 mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 6 g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

Ingredients:

Enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1) and riboflavin (vitamin B2)], sugar, graham flour, honey, molasses, vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), salt, emulsifiers (mono- & diglycerides, soy lecithin), sodium bicarbonate, colored with annatto and tumeric)

*Serving size of these two brands are approximately the same, within 1 gram in weight. Eight crackers of Keebler Brand equal 2 crackers of Mi-Del Brand.

**The Daily Values portion of the Nutrition Facts chart is not shown here; it is the same on all food products.

from the health food store. Read the ingredients label of each brand and see if you come to the same conclusion. Consider the quality of fat, flour, and sugars used in each brand plus chemical additions. Which brand do you think has a better balance of nutritional value? I believe the ingredients list gives a clearer and truer picture. Learn to distinguish ingredients of low nutritional quality from those of high nutritional value. If you survey the ingredients used in several ready-made commercial desserts and dessert mixes in the supermarket, you will find the following ingredients used repeatedly (as in Brand #2):

- ~hydrogenated or partially hydrogenated vegetable fats or oil (often animal fat such as fat from lard, beef)
- ~corn syrup and/or white sugar, dextrose
- ~enriched wheat flour (usually bleached)

You will find these ingredients in all types of cakes, cake mixes, cookies, cookie mixes, crackers, frozen pies, frozen desserts, and pudding mixes in the supermarkets. Even fat-free products still contain refined white flour, refined sugars, additives, preservatives, and leavenings that contain aluminum. Sugar-free offerings contain artificial sweeteners such as aspartame or NutraSweet.

Commercial desserts of high nutritional quality in supermarkets are almost nonexistent. The following tips will help you stay committed to making your own:

- ~ Keep a good stock of basic non-perishable ingredients for desserts on hand (restock items before they run out).
- ~ Have a few dessert recipes for special occasions that are especially well-liked.
- ~ If a dessert freezes well, prepare and freeze it well in advance of serving time.
- ~ Prepare a dessert in stages. For example, chop nuts, measure out ingredients, grease pans the night before or in the morning; complete dessert the next day or later the same day.
- ~ Consider some of the desserts of higher nutritional quality offered at health food stores to occasionally fill in the gaps.

Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good. Isaiah 55:2

WHAT ABOUT HEALTH FOOD STORE ALTERNATIVES?

More and more packaged cookies of higher nutritional value can be found in health food stores. These usually contain whole grain flours, fruit concentrates, honey, molasses or some other natural sugar for sweetener, a better quality of oil such as canola oil that is not hydrogenated, natural flavors, etc. They are expensive ranging from about \$.11-\$.14 per cookie as compared to \$.06-\$.15 per cookie for recipes in this book. On the other hand, commercial *fat free* cookies are considerably higher in cost, ranging from \$.29-\$.35 per cookie as compared to \$.06-\$.12 for fat free recipes in **Desserts**. See guidelines on pp. 32-33.

In most cases you will find healthy prepackaged desserts or dessert mixes more costly than preparing your own and not as tasty. And whether in supermarket or health food store, remember to read the ingredients list.

Alternative Ingredients for Allergies

Ingredients used repeatedly that cause allergy problems for many include wheat flour, eggs, milk, chocolate, and corn (in baking powder and cornstarch). The recipes in **Desserts** offer alternatives:

- ~ Replace wheat flour with barley flour or a combination of barley flour, rice flour, and oat bran. Kamut, spelt, and nut flours are other alternatives. See pp. 20-22.
- ~ To replace eggs, see p. 39.
- ~ In baking, the following liquids are generally interchangeable: milk, buttermilk, yogurt, kefir, nut milk, soy milk, rice milk, fruit juice. Some adjustment may be needed in amount added, and the resulting texture may vary. Add a tablespoon vinegar to soy or rice milk to replace buttermilk. Soy milk or rice milk can be used in puddings; *Better Than Milk* tofu beverage works best. See p. 39.
- ~ Replace baking powder with low sodium baking powder.
- ~ Replace cornstarch with arrowroot powder. See p. 44-45.
- ~ Replace chocolate or cocoa with carob powder. See p. 41.

*"Everything is permissible to me"--but not
everything is beneficial. 1 Corinthians 6:128*

Choosing Ingredient Alternatives

I use the chart below as guideline for choosing dessert ingredients for higher nutritional quality or to meet allergy needs. This does not mean that I never use some ingredients in the first column in **Desserts**. For example, I sometimes use battery eggs (eggs from caged non-fertile, non-range fed chickens), and I often use cornstarch and chocolate. On the other hand, I try to avoid all the sugars listed in the first column along with white flour, margarine, and shortening.

IN PLACE OF:	USE:
<p>SUGARS</p> <p>white sugar (cane) brown sugar powdered (confectioner's) sugar raw sugar (e.g. <i>Yellow D</i>) corn syrup <i>Equal</i> (<i>NutraSweet</i>, aspartame)</p>	<p>SUGARS (p. 23)</p> <p>honey whole cane sugar (<i>Sucanat</i>) fruit concentrates date sugar molasses, unsulfured crystalline fructose <i>FruitSource</i></p>
<p>FLOUR/GRAINS</p> <p>white flour (wheat)</p> <p>graham crackers (refined) refined grain breakfast cereals</p>	<p>FLOUR/GRAINS (p. 19)</p> <p>whole wheat pastry flour whole wheat flour brown rice flour barley flour oats, oat flour, oat bran Kamut spelt other whole grains nut flours whole wheat grahams whole grain cereals</p>
<p>FATS</p> <p>margarine shortening lard polyunsaturated oils</p>	<p>FATS (p. 32)</p> <p>butter, unsalted canola oil olive oil fat substitute products</p>

LOW FAT (30% OR LESS), CONT'D

Desserts



Rainbow Chiffon Jello Cubes (p. 142)	0%
Fruit Shrub (p. 144)	1%
Frozen Vanilla Yogurt (p. 141)	2%
Elegant Fruit Platter (Sample Fruit Platter for 8) (p. 138-139)	4%
Orange Ambrosia (p. 142)	18%
Persimmon Nut Bread (p. 140)	19%
Banana Nut Bread (p. 140)	20%
Baked Apples (p. 132)	27%
Fruit Cobbler (p. 134)	28%
Lemon Fruit Crepes (p. 136)	28%

Pies & Pie Crusts



Pumpkin Pie, reduced fat, single Rice Crust (p. 127)	21%
Fresh Apple Pie, single Rice Crust (p. 120)	26%
Fresh Berry Pie, single Rice Crust (p. 120)	27%
Carob Tofu Cheese Pie, Rice Crust (p. 125)	27%
Pumpkin Pie, Rice Crust (p. 127)	30%
Yogurt Pie (p. 128)	30%

Puddings & Custards



Tapioca, nonfat milk (p. 147)	
Apricot Yogurt Pudding (p. 149)	2%
Orange Yogurt Pudding (p. 148)	2%
Pineapple Yogurt Pudding (p. 149)	2%
Spiced Apple Yogurt Pudding (p. 149)	3%
Lite Chocolate Pudding (p. 144)	6%
Tapioca, lowfat milk (p. 147)	14%
Old Fashioned Rice Pudding (p. 151)	18%
Pineapple Kefir Pudding (p. 150)	18%
Vanilla Raisin Custard (p. 146)	22%
Peach Kefir Pudding (p. 151)	24%
Strawberry Kefir Pudding (p. 150)	24%

Sauces & Toppings



Whipped Topping (p. 159)	2%
Strawberry Topping (p. 157)	5%
Pineapple Topping (p. 157)	11%
Fruit Dip (p. 139)	22%

Cakes

See also

Preparation & Baking How To's	46
How to Read a Recipe	59

CAKES

Angel Food Cake	63
Applesauce Cake	66
Carrot Cake	67
Chocolate or Carob Cake	70
Date Nut Cake	71
German Chocolate Cake	72
Gingerbread Cake	74
No-Bake Honey Cheesecake	76
Orange Chiffon Cake	75
Pineapple Upside Down Cake	77
Poppy Seed Cake	78
Scripture Fruit Cake	79

CUPCAKES

Applesauce Cupcakes	64
Chocolate Cupcakes	68
Carob Cupcakes	68

FROSTINGS

Carob or Chocolate Frosting	69
Cream Cheese Frosting	65
German Chocolate Cake Frosting	73
Honey Cream Frosting	65
Honey Vanilla Frosting	69
Maple Frosting (Variation of Joy's 4-in-1 Non-Dairy Sauce)	159

The Making of Three Cakes	80
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The Making of Three Cakes

My First Wedding Cake

I had never decorated a wedding cake. Yet my roommate and I warmly agreed to Linda's request that we do the cake for her August wedding. Summer school studies at the University of Washington pressed me for time, so there was no opportunity to practice. Finally a week before the wedding we thought we should practice a few decorating techniques. First, we discovered that our oven wouldn't hold pans large enough for a 3-tiered cake for 225 people. We put in an order to a bakery. A sensible bride would do that, but doing it yourself was something of a tradition. We started putting on borders that slipped and rose cascades that wilted. We commiserated and prayed for miracles. By the early morning hours the cake began to appear beautiful, even "original." Balancing it in the back seat of the car on the way to the church was another peril, but the cake survived. Twenty-six years later Linda did invite me to her daughter's wedding. She made no mention of cakes. I didn't volunteer either.

A Healthy Wedding Cake

Barbara, my globe-trotting friend who long ago learned hard lessons about the consequences of poor food choices, wanted a "healthy" wedding cake. Much wiser now, I consulted a cake decorating friend who agreed to bake my *Applesauce Cake*, p. 66, recipe. 250 guests enjoyed a professionally decorated and delicious freshly ground whole wheat pastry flour cake. I persuaded Barbara to forego a healthy frosting (i.e. *Cream Cheese Frosting*, p. 65) because it would probably slide off the sides as the reception room got warmer and warmer. I consoled her that she would only have to serve "junk" frosting just once and that it was all right to scrape her piece off.

A Birthday Cake

My 6 and 3 year old daughters perched on stool and chair looking on as I finished frosting a traditional Jesus' Birthday Cake. That was before I knew anything other than white flour-white sugar cakes. The girls wanted to put the M&M's on but I doubted that they could neatly spell out "Happy Birthday Jesus" so I put them off. With the decorating completed we persuaded Dad to get the camera. The perfect picture would have mom holding the cake while two bright-eyed girls looked on. Instead, the cake slipped out of my hand landing on the backdrop of the kitchen counter. The picture revealed a tearful 6 year old and a very sad 3 year old with a chagrined mother who learned a lesson. From that time on I always invited handy children to make and decorate the cake.* Now we make an *Angel Food Cake* (p.63) and omit the M&M's.

¹For decorating ideas for Jesus' Birthday Cake see *Holiday Menus*, p.45.

Cookies & Candies

See also

Preparation & Baking How To's 46

How to Read a Recipe 59

CANDIES

Almond Roca	83
Carob Date Fudge	104
Peanut Clusters	93
Mother's Little Secret Candies	103
Snowballs	111

COOKIES

Bar Cookies

Apricot Dream Bars	85
Carob Brownies	88
Chocolate Brownies	88
Date Almond Granola Bars	95
Nutty Millet Bars	104
Polynesian Squares	109
Simple Granola Bars	95

Cookie Cutter Cookies

Gingerbread People	99
--------------------	----

Drop Cookies

Carob Drop Cookies	92
Chocolate Drop Cookies	92
Carob Chip Cookies	90
Chocolate Chip Cookies	90
Cinnamon Crisps	93
Coconut Macaroons	94
Date Walnut Cookies	96
Emilie's Yummy Oatmeals	97
Fat Free Oatmeal Cookies	91

Drop Cookies

Frosted Pumpkin Gems	98
Hobo Fortune Cookies	101
Kamut-Oatmeal Cookies	102
Kamut Flake Cookies	102
Oatmeal Raisin Cookies	105
Orange Spice Cookies	106
Lemon Spice Cookies	106
Persimmon Cookies	108
Rice Crispy Oat Cookies	110
Tofu Spice Cookies	112

No-Bake Cookies

Candy No-Bake Cookies	87
Carob No-Bake Cookies	89
Chocolate No-Bake	89

Rolled Cookies¹

Almond Tea Cakes	84
Date Sugar Cookies	86
Gingies	100
PeanutButter Sesame	107

¹Rolled cookies need not be rolled if shaped with a scoop dispenser (see p. 55)

Pies

<i>See also</i>	
Preparation & Baking How To's	46
How to Read a Recipe	59

PIE CRUSTS

Tips for Pie Crusts	115
Barley Oat Single Crust	118
Coconut Almond Single Pie Crust	125
Graham Cracker Crust	119
Sue's Special Rice Pie Crust	118
Whole Wheat Single Crust	117
Whole Wheat Double Crust	116
Cinnamon Sugar Treat (for leftover pie crust)	117

PIES

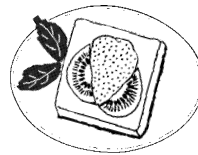
Apple Pie, Fresh	120
Banana Cream Pie	122
Berry Pie, Fresh	120
Carob Tofu Cheese Pie	125
Cherry Pie, Fresh	120
Heavenly Pecan-Chip Pie	121
Lemon Meringue Pie	123
Lemon Tofu Cheese Pie	124
Pumpkin Pie	127
Quick Coconut Blender Pie	126
Yogurt Pie	128

Yogurt Pie

One of our younger daughter's favorite desserts, this light, easy-to-make "pie," is served for our Eating Right! Seminar luncheons. The coconut variation is yum! I prefer to make it in a square pan, but it can be made just as well in a 9" pie pan. For a 9½" pie, use Graham Cracker Crust recipe, p.119.

AMOUNT: 8"-9" Pan or 9" Pie (8-9 Servings)

1. For graham cracker crust blend together:
 - 1 cup graham cracker crumbs** (p. 13, see tip, p. 119)
(about 5 double crackers)
 - 1 tablespoon crystalline fructose** (preferred, p. 13)
or 2 tablespoons Sucanat or date sugar
 - ½ stick (¼ cup) melted butter** (unsalted preferred, p. 32)
2. Pat crumbs in bottom of 8" or 9" square pan; chill in freezer at least 10-12 minutes.
3. In small saucepan whisk gelatine into juice; let stand 5 minutes to soften; heat to boiling while stirring with whisk until gelatin is dissolved; stir in honey:
 - juice drained from 8 oz. can crushed pineapple, unsweetened**
(set the drained pineapple aside)
 - 2 envelopes (4 teaspoons) unflavored gelatine** (p. 15)
 - ¼ cup honey**
4. Whisk together thoroughly in mixing bowl: pour into graham cracker crust; chill until set:
 - 3 cups nonfat or lowfat plain yogurt** (or pasteurized alternative, p. 39)
 - 1½ teaspoons vanilla**
 - reserved crushed pineapple**
 - dissolved gelatine-honey mixture**
 - ½ cup medium shred coconut, unsweetened, optional** (p. 13)
 - ½ teaspoon coconut extract, optional** (add with coconut)
5. *Optional* Score into servings; garnish each, as desired, with:
 - ½ fresh strawberry**
 - 2 half-slices kiwi fruit**
6. Store leftover pie in refrigerator (p. 58).



Per serving of 9 from 8" or 9" square pan, with nonfat yogurt; coconut, garnish not included
Exchanges: 0.25 Milk, 0.5 Bread, 1 Fat, 1.25 Fruit; 163 Calories, 6 g protein (15%), 6 g fat (30%), 23 g carbohydrate (55%; 19 g sugars), 1 g dietary fiber, 15 mg cholesterol, 100 mg sodium, \$.45

Per serving of 8 from 9" pie pan, with nonfat yogurt; coconut, garnish not included
Exchanges: 0.5 Milk, 0.5 Bread, 1.5 Fruit; 183 Calories, 7 g protein (15%), 6.5 g fat (30%), 26 g carbohydrate (55%; 22 g sugars), 1.5 g dietary fiber, 17 mg cholesterol, 113 mg sodium, \$.50

Puddings & Desserts

(complete index in back of book)

See also

Preparation & Baking How To's	46
How to Read a Recipe (for nutrient data, additional information)	59

PUDDINGS

Custards

<i>Almond Millet Custard</i>	146
<i>Vanilla Raisin Custard</i>	146

Kefir Puddings

<i>Peach Kefir Pudding</i>	151
<i>Pineapple Kefir Pudding</i>	150
<i>Strawberry Kefir Pudding</i>	150

Yogurt Puddings

<i>Apricot Yogurt Pudding</i>	148
<i>Orange Yogurt Pudding</i>	148
<i>Pineapple Yogurt Pudding</i>	149
<i>Spiced Apple Yogurt Pudding</i>	149

Other Puddings

<i>Berry Non-Non Dairy</i>	159
<i>Carob Blanc Mange</i>	145
<i>Chocolate Blanc Mange</i>	145
<i>Lite Chocolate Pudding</i>	144
<i>Maple Non-Dairy Pudding</i>	159
<i>Old Fashioned Rice Pudding</i>	151
<i>Sweet 'n Spicy Pudding</i>	147
<i>Tapioca Pudding</i>	137
<i>Vanilla Pudding</i>	

DESSERTS

Crepes

<i>Dessert Crepes</i>	135
<i>Apple-Walnut Crepes</i>	136
<i>Banana Cream Crepes</i>	137
<i>Lemon Fruit Crepes</i>	136

Crisps 'n Cobbler

<i>Fruit Cobbler</i>	134
<i>Apple Crisp</i>	131
<i>Apple Crisp, Judy's</i>	133
<i>Peach Crisp</i>	131

Frozen Desserts

<i>Frozen Vanilla Yogurt</i>	141
<i>Honey Vanilla Ice Cream</i>	141
<i>Ice Cream Social</i>	141

Nut Breads

<i>Banana Nut Bread</i>	140
<i>Persimmon Nut Bread</i>	140

Shortcake

<i>Peach Shortcake</i>	143
<i>Strawberry Shortcake</i>	143

Other Desserts

<i>Baked Apples</i>	132
<i>Elegant Fruit Platter</i>	138
<i>Sample Fruit Platter for 8</i>	139
<i>Fruit Dip</i>	139
<i>Fruit Shrub</i>	144
<i>Orange Ambrosia</i>	142
<i>Rainbow Chiffon Jello Cubes</i>	142

Sauces & Toppings

<i>See also</i>	
Preparation & Baking How To's	46
How to Read a Recipe	59

RECIPES

Carob Sauce	156
Chocolate Carob Sauce	156
Chocolate Sauce	156
Joy's 4-in-1 Non-Dairy Sauce	158
Lemon Sauce	155
Pineapple Topping	157
Strawberry Topping	157
Whipped Cream	155
Whipped Topping	159

Index

A

- All-Fruit Spread,
 see Fruit, Spreads, All-Fruit
- All-Purpose Scoop Dispenser, 48, 55, 82
- Almond Coconut Single Crust*, 125
- Almond Extract, 14
- Almond Flour, 17
- Almond Granola Bars, Date*, 95
- Almond Millet Custard*, 146
- Almond Roca*, 83
- Almond Tea Cakes*, 84
- Almonds, 13, 14, 16
 Toasting Almonds Tip, 73
- Aluminum, 7, 46
- Ambrosia, Orange*, 142
- Angel Food Cake*, 63
- Angel Tube Cake Pan, 47
- Apple Crisp*, 131
- Apple Crisp, Judy's*, 133
- Apple Juice, 39
- Apple Pie, Fresh*, 120
- Apples, Baked*, 132
- Apples, Dried, 13, 16
- Apples, Fresh
 Selection for Baking Tip, 131
 Wax Removal Tip, 131
- Apple Yogurt Pudding, Spiced*, 149
- Applesauce, 14, 40
- Applesauce Cake*, 66
- Applesauce Cupcakes*, 64
- Apple Walnut Crepes*, 136
- Apricot Dream Bars*, 85
- Apricot Nectar, 14
- Apricots, Dried, 13
- Apricot Yogurt Pudding*, 148
- Arrowroot Powder, 8, 10, 12, 13, 16, 19, 39, 44-45, 51
- Aspartame, 7, 9
- B**
- Baked Apples*, 132
- Bakeware, 46-48
- Baking, 56
 Tests for Doneness, 56
- Baking Pans, 47; Greasing, 54;
 Lining with Wax paper, 55
- Baking Powder, 8, 10, 44, 50, 51
 Homemade, 44
 Low Sodium, 8, 10, 13, 44
 Rumford, 10, 13, 14, 44
- Baking Soda, 10, 14, 50, 51
- Banana Cream Crepes*, 137
- Banana Cream Pie*, 122
- Banana Nut Bread*, 140
- Bar Cookies, Recipes, 82
- Barley, Flour, Grain, 8, 9, 13, 16, 20, Using in Cookies Chart, 21
- Barley Malt Syrup, 29
- Barley Oat Single Crust*, 118
- Beet Sugar, 26, *see* White Sugar
- Battery Eggs, *see* Eggs, Battery
- Berry Non-Dairy Pudding*, 159
- Berry Pie, Fresh*, 120
- Better Than Milk Tofu Beverage,
 14, 39; *see also* soy milk
- Birthday Cake, Jesus', 80
- Black Mission Figs, 15, 16
- Blackstrap Molasses, *see* Molasses
- Blender, 46
- Blender Pie, Quick Coconut*, 114
- Bread, Drying Tip, 152
- Bread Flour, *see* Whole Wheat Flour
- Breakfast Cereals,
 see Whole Grain Cereals
- Brewer's Yeast, 13, 16
- Brownies, Carob or Chocolate*, 88
- Brown Rice Cereal, 13, 22
- Brown Rice, Flour, Grain, 8, 9, 13, 14, 16; in Cookies Chart, 21
- Brown Sugar, 9, 26;
 Cost Comparison Chart, 30;
 Nutrient Chart, 26
- Bundt Pan, 47
- Butter, 32, 51, 52
 Raw Certified, 13, 17
 Salted, 12
 Unsalted, 9, 12, 13, 14, 32
- Butter Spread, 32
- Buttermilk, 8, 10, 12, 14, 39
 Powdered, 13, 14, 39

C

- Cakes, Cooling, 57; Cutting, 57;
Frosting Layers Tip, 73;
Mixing, 53; Pans, 47, 54-55;
Recipes, 62; Storing, 58; Tests
for Doneness, 56
- Candies, Mother's Little Secret*, 103
- Candies, Recipes, 82
- Candy No-Bake Cookies*, 87
- Candy Thermometer, 49
- Cane Sugar, 26
Whole, *see* Sucanat
- Canola Oil, 9, 12, 13, 14, 16, 32
- Carob Blanc Mange*, 145
- Carob Brownies*, 88
- Carob Cake*, 70
- Carob Chip Cookies*, 90
- Carob Chips, 11, 12, 13, 16,
42, 51
- Carob Cupcakes*, 68
- Carob Date Fudge*, 104
- Carob Drop Cookies*, 92
- Carob Frosting*, 69
- Carob Powder, 8, 11, 12, 13,
14, 16, 41-42, 51
- Carob No-Bake Cookies*, 89
- Carob Sauce*, 156
- Carob Tofu Cheese Pie*, 125
- Carrot Cake*, 67
- Cereals, *see* whole grain cereals
- Certified Milk, Raw, 10
- Cheddar Cheese, Raw Certified, 17
- Cheesecake, No-Bake Honey*, 76
- Chef's Knife, 49, 71
- Cherry Pie, Fresh*, 120
- Chocolate, 8, 11, 12, 15, 41-42
- Chocolate Blanc Mange*, 145
- Chocolate Brownies*, 88
- Chocolate Cake*, 70
- Chocolate Cake, German*, 72-73
- Chocolate Chip Cookies*, 90
- Chocolate Chips, 11, 12, 13,
42, 51
- Chocolate Cupcakes*, 68
- Chocolate Drop Cookies*, 92
- Chocolate Frosting*, 62
- Chocolate No-Bake Cookies*, 89
- Chocolate Pudding*, 144
- Chocolate Sauce*, 156
- Cinnamon Crisps*, 93
- Cinnamon Sugar Treat*, 117
- Cobbler, Fruit*, 134
- Cocoa, 8, 11, 41, 51
Low-fat, 11, 12, 13, 18, 42
- Coconut, 11, 13, 16, 42, 94
- Coconut Blender Pie, Quick*, 114
- Coconut Extract, 15
- Coconut Macaroons*, 94
- Coconut Single Crust, Almond*, 125
- Confectioner's Sugar, 9
- Cookie Cutter Cookies, Recipe, 82
- Cookies, Cooling, 57; Dispensing
Dough, 55; Mixing, 53;
Recipes, 82; Serving, 58; Stor-
ing, 58; Test for Doneness, 56
- Cookie Sheets, 47
- Cookware, 46-49
- Cookware, Stainless, Waterless, 17
- Cornstarch, 8, 10, 15, 19, 44-45, 51
- Corn Syrup, 7
- Cost of Food, 59
- Cream Cheese, Light Cream Cheese,
10, 15
- Cream Cheese Frosting*, 65
- Cream of Tartar, 15, 54
- Crepe Pan, 48
- Crepes, Recipes, 135
- Crisp, Apple*, 131
- Crisp, Judy's Apple*, 131
- Crisp, Peach*, 131
- Crystalline Fructose, 13
see Fructose, Crystalline
- Cupcakes, Pans, 47
Preparing Pans, 54-55;
Recipes, 62
- Custard, Almond Millet*, 146
- Custard, Vanilla Raisin*, 146

D

- Dairy Products, 10, 39
Raw Certified, 17
- Date Almond Granola Bars*, 95
- Date Fudge, Carob*, 104
- Date Nut Cake*, 71
- Date Walnut Cookies*, 96
- Date Sugar, 9, 13, 29
Cost Comparison Chart, 30

Date Sugar Cookies, 86
 Dates, 15, 16
 Dices or Nuggets, 11, 13, 16, 40
Dessert Crepes, 135
 Desserts, Recipes, 130
 Dextrose, 29
Dip, Fruit, 139
 Double Boiler, 47
 Dried Fruit, *see* Fruit, Dried,
 see also specific kind
 Drop Cookies, Recipes, 82
 Dry Bread, Tip, 152
 Duck Eggs, 39

E

Egg Beaters, 15, 39
 Eggs, 8, 10, 12, 39, 53,
 Battery, 10, 15
 in Cooking Puddings, 54
 Fertile or Range-Fed, 10, 13,
 17, 18
 Egg Separator, 48, 53
 Egg Substitutes, 10, 13, 15, 18, 29,
 33, 39
 Egg Whites, 39, 53-54
 Electric Mixer, 46
Elegant Fruit Platter, 138
Emilie's Yummy Oatmeals, 97
 Ener-G Egg Replacer, 39
 Equal, 9
 Evaporated Milk, 51
 Exchange Values, 59
 Extracts, 15, 43

F

Fat, Fats, 9, 12, 32-38
 see also specific kind, Oils;
 in Chocolate, in Carob Chips, 42
 Hydrogenated, 7, 32, 42
 Partially Hydrogenated, 7
 Reducing in Recipes, 32-34
 Recipes,
 Low Fat, 34-35
 Moderate Fat, 36-37
 High Fat, 38
 "Fat Free" Oatmeal Cookies, 91
 Fat Substitues, 9, 13, 18, 29, 33

Fertile Eggs,
 see Eggs, Fertile or Range-Fed
 Figs, 15, 16
 Flavorings, 43
 Flaxseed Binder for eggs, 39
 Flax Seeds, 13, 16
 Flour, Whole Grain, 13, 19, 24, 52
 see also Grains
 see also specific kind,
 Buying & Storing, 22
 Sifting, 50
 Food Cost, 59
Fresh Apple Pie, 120
Fresh Berry Pie, 120
Fresh Cherry Pie, 120
 Frosted Cookies
 Carob Drob Cookies, 92
 Chocolate Drop Cookies, 92
 Frosted Pumpkin Gems, 98
Frosted Pumpkin Gems, 98
 Frostings, Recipes, 62
 Frozen Desserts, Recipes, 130
Frozen Vanilla Yogurt, 141
 Fructose, Crystalline, 9, 12, 13, 16,
 23, 27, 51
 Cost Comparison Chart, 30
 Fruit, 11, 23
 Canned, 11, 15, 39-40, 41, 51
 Home Canning, 40
 Dried, 11, 40, 41;
 Chopping Tip, 71
 Fresh, 11, 24
 Frozen, 11, 15, 40-41
Fruit Cake, Scripture, 79
Fruit Cobbler, 134
 Fruit Concentrate, 9, 23, 28-29
 Mystic Lake Dairy Mixed Fruit
 Concentrate, 14, 16, 28
Fruit Crepes, Lemon, 136
Fruit Dip, 139
 Fruit Juice, 8, 11, 39, 41
Fruit Platter, Elegant, 138
Fruit Platter, Simple for 8, 139
Fruit Shrub, 144
 FruitSource, 9, 29, 33
 Cost Comparison Chart, 30
 FruitSpreads, All-Fruit, 11, 13, 14,
 15, 41

Fruit Sugar, 23, 27
Fudge, Carob Date, 104

G

Gelatine, *see* Unflavored Gelatine
German Chocolate Cake, 72
German Chocolate Cake Frosting, 73
Gingerbread Cake, 74
Gingerbread People, 99
Gingies, 100
Glass Bakeward, *see* Pyrex
Graham Cracker Crust, 119
Graham Crackers, 9, 13, 22
 Making Crumbs, 46, 119
 Label Comparison Chart, 6
Grains, 9, 13, 19, 126
 Buying & Storing, 22
Grapefruit Juice, 15
Granola Bars, Date Almond, 95
Granola Bars, Simple, 95

H

Hazelnut Flour, 17
Heavenly Pecan-Chip Pie, 114
Hobo Fortune Cookies, 101
Honey, 9, 12, 13, 15, 16, 24-25, 33, 51, 55;
 Cost Comparison Chart, 30
Honey Cheesecake, No-Bake, 76
Honey Cream Frosting, 65
Honey Vanilla Frosting, 69
Honey Vanilla Ice Cream, 141

I

Ice Cream, Honey Vanilla, 141
Ice Cream Social, 141
Instant Nonfat Dry Milk, 10

J

Jello, 10
Jello Cubes, Rainbow Chiffon, 142
Joy's 4-in-1 Non-Dairy Sauce, 158
Judy's Apple Crisp, 133
Juice, *see* Fruit Juice

Just Like Shortenin', 18, 29, 33-34

K

Kamut Cereal Flakes, 13
Kamut Flake Cookies, 102
Kamut, Flour, Grain, 8, 9, 13, 16, 21
Kamut-Oatmeal Cookies, 102
kefir, 8, 13; Raw Certified, 17
Kefir Pudding, Peach, 151
Kefir Pudding, Pineapple, 150
Kefir Pudding, Strawberry, 150
Kitchen Shears, 49, 71
Kitchen Timer, 49

L

Lard, 9
Leavenings, 10, 44
 see also specific kind
Lecithin Granules, 14, 16
Lecithin, Liquid, 54
Lemon Extract, 15
Lemon Fruit Crepes, 136
Lemon Juice, 15
Lemon Meringue Pie, 123
Lemon Peel, 15; Storage Tip, 106
Lemon Spice Cookies, 106
Lemon Sauce, 155
Lemon Tofu Cheese Pie, 124
Lemon Zester, 49
Lite Chocolate Pudding, 144
Liquid Lecithin, *see* Lecithin, Liquid
Loaf Breads, *see* Quick Breads
Loaf Pans, 48
Lowfat Milk, 10
Low Sodium Baking Powder,
 see Baking Powder

M

Macaroons, Coconut, 94
Maple Frosting, 159
Maple Non-Dairy Pudding, 159
Maple Sugar, 29
Maple Syrup, 16
 Cost Comparison Chart, 30
Margarine, 9, 12, 32
Mayonnaise, 14; Shopping Tip, 70
Measuring Cups, 48, 49
Measuring Spoons, 48
Measurement Equivalents, 50-51
Metal Spatula, 49, 73

Milk, 8, 39, *see also* specific kind
Cultured, 8, 12; Homogenized, 10
Raw Certified, 10, 17, 39
Sour, 12; Whole, 10, 39
Millet, 14
Millet Bars, Nutty, 104
Millet Custard, Almond, 146
Mineral Salt, *see* Salt
Mixing Bowls, 48
Mixing Spoons, 48
Molasses, 9, 14, 27-28
Nutrient Comparison Chart, 28
Mother's Little Secret Candies, 103
Mystic Lake Dairy Mixed Fruit
Concentrate, 14, 17, 33, 91
Cost Comparison Chart, 30

N

Neufchatel Cheese, 10
No-Bake Cookies, Recipes, 82
No-Bake Honey Cheesecake, 76
Non-Dairy Sauce, Joy's 4-in-1, 158
Nonfat Dry Milk,
see Non Instant Nonfat Dry Milk
Nonfat Milk, 10
Non Instant Nonfat Dry Milk, 10, 14,
16, 39, 51
Non-Stick Spray, 54; Olive Oil, 14
Nut Breads, Recipes, 130
Nut Flour, 8, 9, 13, 17, 22
Nut Milk, 8
NutraSweet, 7, 9
Nutrient Data, for Recipes, 59,
Sources, 59
Nuts, 11, 12, 14, 43
see also Nut Flour, Nut Milk
Nutty Millet Bars, 104

O

Oat Bran, 8, 9, 14, 15, 20
Using in Cookies Chart, 21
Oat Cookies, Rice Crispy, 110
Oat Flour, 9, 16
Oat Groats, 16
Oatmeal Cookies, "Fat-Free," 91
Oatmeal Cookies, Kamut, 102
Oatmeal Raisin Cookies, 105

Oatmeals, Emilie's Yummy, 97
Oats, 9, 14, 15, 16
Rolled Oats Tip, 89
Oat Single Crust, Barley, 114
Oils, *see also* specific kind
Fractionated Palm, 42
for Greasing Pans, 54
Monounsaturated, 32
Polyunsaturated, 9
Old Fashioned Rice Pudding, 151
Olive Oil, 9, 12, 14, 16, 32
Olive Oil Non-Stick Spray, 14
Orange Ambrosia, 142
Orange Chiffon Cake, 75
Orange Extract, 15
Orange Peel, 15; Storage Tip, 106
Orange Spice Cookies, 106
Orange Pudding, Yogurt 148
Orange Zester, 49
Organic Food Sources, 16
Oven Thermometer, 48, 56

P

Pastry Blender, 49, 53
Pastry Flour,
see Whole Wheat Pastry Flour
Pastry Sheet, 49
Peach Crisp, 131
Peach Kefir Pudding, 151
Peach Shortcake, 143
Peanut Butter, 11, 15, 16m 43
Peanut Butter Sesame Cookies, 107
Peanut Clusters, 93
Peanuts, 11, 16
Pecan-Chip Pie, Heavenly, 114
Pecans, 14, 15, 16
Persimmon Cookies, 108
Persimmon Nut Bread, 140
Persimmons, 15
Pie Crusts, 32, 53, 57
Cinnamon Sugar Treat, 117
Mixing, Rolling, Shaping, 116
Recipes, 114
Pie Pans, 47
Pies, Recipes, 114; Storing, 58
Pie Server, 49
Pineapple, 15, 40, 51
Using with Gelatine Tip, 149

Pineapple Juice, 39
Pineapple Kefir Pudding, 151
Pineapple Sauce, 157
Pineapple Upside Down Cake, 77
Pineapple Yogurt Pudding, 149
 Pistachio Flour, 17
Polynesian Squares, 109
Poppy Seed Cake, 78
 Poppy Seeds, 15
 Powdered Buttermilk,
 see Buttermilk, Powdered
 Powdered Sugar, 9
 Preheating, 55
 Protein Powder, 14, 111
 Puddings, Cooking with Eggs, 54,
 Cooling, 57, Storing, 58;
 Recipes, 130
 Pumpkin, 15; Cooking Fresh, 127
Pumpkin Gems, Frosted, 98
Pumpkin Pie, 127
 Pyrex Glassware, 46, 55

Q

Quail Eggs, 39
 Quick Breads, 56, 57
Quick Coconut Blender Pie, 114
 Quick Oats, Rolled, Tip, 89

R

Rainbow Chiffon Jello Cubes, 142
Raisin Cookies, Oatmeal, 105
 Raisins, 15, 16, 40
 Range-Fed Eggs,
 see Eggs, Fertile or Range-Fed
 Raw Certified Dairy Products, 17
 Raw Certified Milk, 10, 17, 39
 Raw Sugar, 9, 26
 RealSalt, 14, 18, 31
Rice Crispy Oat Cookies, 110
 Rice Flour, *see* Brown Rice Flour
 Rice Dream Non-Dairy Beverage,
 14, 39; *see also* Rice Milk
 Rice Milk, 8, 10, 14, 39
 see also Rice Dream
Rice Pie Crust, Sue's Special, 118
Rice Pudding, Old Fashioned, 151
 Rice Syrup, 29
 Ricotta Cheese, 10, 15

Rolled Cookies, Recipes, 82
 Rolled Oats, *see* Oats; Tip, 89
 Rolling Pin, 49
 Rubber Spatulas or Scraper, 48, 53
 Rumford Baking Powder,
 see Baking Powder

S

SaladMaster Cookware, 17, 47
 Salt, 11, 12, 14, 16, 18, 31, 50, 51,
 see also RealSalt
 Sauces, Recipes, 154
Scripture Fruit Cake, 79
 Scoop Dispenser, All-Purpose, 48,
 55, 82
 Sea Salt, *see* Salt
 Seeds, 11, 43; *see also* specific kind
Sesame Cookies, Peanut Butter, 107
 Sesame Seeds, 14, 16
Shortcake, Peach, 143
Shortcake, Strawberry, 143
 Shortening, 9, 12, 32
Shrub, Fruit, 144
Simple Fruit Platter for 8, 139
Simple Granola Bars, 95
 Skim Milk, *see* Nonfat Milk
Snowballs, 111
 Sodium, 12, *see* Salt
 Sorghum Syrup, 29
 Sour Cream, 10, 15
 Soy Flour, 16
 Soy Milk, 8, 10, 14, 16, 39,
 see also Better Than Milk
 Spatula, Metal, 49, 73
 Spelt, Flour, Grain, 8, 9, 14, 16, 21
Spice Cookies, Orange or Lemon,
 106
Spice Cookies, Tofu, 112
Spiced Apple Yogurt Pudding, 149
 Spices, 15, 43, 50
Spicy Pudding, Sweet 'n, 152
 Stainless Steel, 46
 Stainless Steel Cookware,
 Waterless, 17
 Steuve's Natural Raw Certified
 Dairy Products, 17
 Stevia Rebaudiana Extract, 29

Strawberry Kefir Pudding, 150
Strawberry Shortcake, 143
Strawberry Topping, 157
Strainers, 49
Sucanat, 9, 12, 14, 26-27, 33, 51,
52; in baking, 27
Cost Comparison Chart, 30
Nutrient Chart, 26
Sue's Special Rice Pie Crust, 118
Sugar, Sugars, 9, 23, 58,
see also specific kinds
Cost Comparison Chart, 30
Sulfur, Sulfur Dioxide, 40
Sunflower Seeds, 14, 16
Sweeteners, *see* Sugars
Sweet 'n Spicy Pudding, 152

T

Tapioca, 14, 15, 16; About, 147
Tapioca Pudding, 147
Teaching Children, 60
Thickeners, 10, 44-45
Thermometer, Candy, 49
Thermometer, Oven, 48, 56
Timer, Kitchen, 49
Toasted Almonds, 73
Tofu, 14, 15, 39
Tofu Beverage, *see* Soy Milk
Tofu Cheese Pie, Carob, 125
Tofu Cheese Pie, Lemon, 124
Tofu Spice Cookies, 112
Toppings, Recipes, 154
Turbinado Sugar, 26

U

Unbleached White Flour,
see Wheat Flour
Unflavored Gelatine, 10, 15, 45,
Using with Pineapple Tip, 149
Upside Down Cake, Pineapple, 77
Utensils, 48, *see also* specific items

V

Vanilla Extract, 14, 43
Vanilla Ice Cream, Honey, 242
Vanilla Raisin Custard, 146
Vanilla Pudding, 137
Vanilla Yogurt, Frozen, 141

W

Walnut Cookies, Date, 96
Walnuts, 15, 16
Waterless Cookware, Stainless
Steel, 17
Wedding Cake, 66, 80
Wheat Flour, 7, 8, 12, 19
see also Whole Wheat Pastry
Flour, Whole Wheat Flour
Wheat Germ, 15
Whipped Cream, 155
Freezing Tip, 155
Whipped Topping, 159
Whipping Cream, 10
Raw Certified, 10, 14, 17
Ultra-Pasteurized, 15
Whisk, Wire Whisk, 48, 52
White Sugar, 7, 9, 12, 23, 24, 26
Cost Comparison Chart, 30
Nutrient Chart, 26
White Flour, *see* Wheat Flour
Unbleached, 19
Whole Cane Sugar, *see* Sucanat
Whole Grain, *see* Grains, Flour
Whole Grain Cereals, 9, 22
Whole Wheat Flour, 9, 19
Whole Wheat Pastry Flour, 9, 12,
14, 16, 19
Whole Wheat Pastry Grain, 16
Whole Wheat Double Pie Crust, 117
Whole Wheat Single Pie Crust, 116
WonderSlim Fat & Egg Substitute,
18, 29, 33-34
WonderSlim Low-Fat Cocoa, 18, 42

Y

Yellow D Sugar, 9
Yogurt, 8, 10, 12, 14, 15, 39
Homogenized, 10
Pasteurized, 10, 14, 18, 39
Whole (full fat), 10, 39
Yogurt Pie, 128
Yogurt Pudding, Apricot, 148
Yogurt Pudding, Orange, 148
Yogurt Pudding, Pineapple, 149
Yogurt Pudding, Spiced Apple, 149
Yummy Oatmeals, Emilie's, 97

Z

Zester, Lemon/Orange, 49

SCRIPTURES & SCRIPTURE REFERENCES

Genesis 43:11, 84
Genesis 46:11, 79
Judges 5:25, 79
1 Samuel 30:12, 79
1 Kings 17:14, 79
2 Kings 20:7, 79
2 Chronicles 9:9, 79
Isaiah 2:4, 160
Isaiah 55:2, 7
Isaiah 64:4, 160
Psalms 65:13, 19
Isaiah 65:25, 160
Jeremiah 6:20, 79
Proverbs 13:15, 10
Proverbs 13:16, 11
Proverbs 20:6, 60
Proverbs 21:20, 3
Proverbs 23:6-7, 30
Proverbs 24:3-4, 113
Proverbs 24:13, 24
Proverbs 25:2, 24
Proverbs 25:16, 24, 79
Proverbs 29:15, 81
Proverbs 31:14, 18
Proverbs 31:27, 129
Matthew 5:13, 79
Matthew 13:33, 79
Luke 11:12, 79
Luke 14:34, 31
John 2:10, 153, 160
John 6:39-40, 161
John 15:13, 161
Acts 4:12, 160
Acts 17:24-31, 161
Romans 1:19-20, 160
Romans 14:17, 101
1 Corinthians 2:9, 160
1 Corinthians 6:12, 8
2 Corinthians 5:21, 161
Colossians 4:6 31
Hebrew 5:12, 79

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