



## MY VALENTINE'S DAY PARTY

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A Valentine's day EXCLUSIVE ... courtesy of [CARBSMART](#)  
By [Jennifer Eloff](#), the Author of "[Splendid Low-Carbing](#)".



### Valentine's Day is a day for lovers ...

*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 cards, chocolates, flowers, hearts, etc. How about another innovative way to say, "I love you," to that special man in your life? What if you were then to share that precious time with a few close friends and/or family? How about arranging a Valentine's Day Party with a low-carb Finger Food and Dessert Buffet, for either high tea or in the evening? If you decide on the evening, eat by candlelight and make sure romantic music is playing softly in the background. Decorate with hearts and balloons, red and white ribbons, red roses and red and/or white tablecloths, special Valentine's Day paper napkins, etc. to create a warm, inviting Valentine's Day theme.*

*Some 23 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 stomach." That, I believe, is still sound advice, even today.*

## *With this in mind, let's party!*

Below is a sampling of recipes taken from the 353 tasty recipes (*all are under 10 g of Carbs/serving, 75% are under 5 grams and 40% are under 3 grams*) in “*Splendid Low-Carbing*” © [www.Sweety.com](http://www.Sweety.com), 2001.

### ***Choose the first four recipes on the menu and at least 3 desserts:***

- ~ Chicken Wing Drumettes
- ~ Indonesian Cocktail Meatballs
- ~ Mexican Dip and assorted vegetables
- ~ Bacon Cheese Spread with Flax Seed Crackers
- ~ Pralines ‘n Chocolate Cream Cheesecake
- ~ Chocolate Strawberry Torte
- ~ Chocolate After Dinner Mint Log
- ~ Chocolate-Dipped Strawberries
- ~ Raspberry Cream Meringues
- ~ Fruit Pizza
- ~ Rhubarb Punch
- ~ Your own specialty teas and/or coffee

### ***Make Ahead Plans:***

Some people avoid giving parties like the plague, because it can seem quite overwhelming to them in terms of the work and preparation involved. However, this daunting task, can be broken down into smaller, more manageable sub-tasks spread out over a one-week period, if desired.

From the dessert recipes, choose about three in total - something with chocolate, something fruity and perhaps a finger-food such as Chocolate-Dipped Strawberries, Raspberry Cream Meringues or Chocolate After Dinner Mint Log. Low-fat dieters may also indulge in the regular food and, if desired, you can purchase a low-fat dessert for these guests (however, they could happily indulge in Chocolate-Dipped Strawberries, Raspberry Cream Meringues and Chocolate After Dinner Mint Log).

Remember how frustrated we feel when we arrive at a party where there is hardly anything we can eat without guilt? As can be seen, this doesn't mean the low-calorie alternatives have to be high in carbohydrates. Have some purchased low-carb chocolates sitting in pretty candy dishes. Both kinds of dieters will relish them – especially when you tell them that they're not only sugarless, but also low in calories and carbohydrates!

Put up the decorations and set the table 2 days before the party. Select the music CD and set it aside. Purchase one of those great big cards at the dollar store, if you like, and set it somewhere visible for your Valentine to find.

I suggest using a weekly planner to write down what you will do each day in preparation for the party. This method cuts down on a lot of stress. Below are some make ahead plans to help make this task a no-brainer.

***Chicken Wing Drumettes:*** Defrost chicken slowly over several days in refrigerator. Marinate chicken drumettes in glass baking dish the night before. Bake just before guests arrive. Keep warm in low oven.

***Indonesian Cocktail Meatballs:*** Cook meatballs up to 3 days before. Prepare sauce the day before. Cover and refrigerate. Reheat everything in microwave oven, just before serving.

***Mexican Dip and assorted vegetables:*** Prepare dip one or two days before. Scoop into small glass serving bowl, cover with plastic wrap and refrigerate. Prepare vegetables – wash well and cut into serving sizes the day before or morning of party. Place in sealed plastic bags and refrigerate.

***Bacon Cheese Spread with Flax or Sunflower Seed Crackers:*** Prepare spread up to a week before. Cover and refrigerate. Make crackers up to 2 weeks before. Store uncovered at room temperature in a cupboard.

***Pralines ‘n Chocolate Cream Cheesecake:*** Prepare up to 1½ weeks before. Cover with plastic wrap and refrigerate. Cheesecakes only get better as they mature.

***Chocolate Strawberry Torte:*** Prepare the day before. Refrigerate and remove 2 hours before serving. If garnishing with Chocolate-Dipped Strawberries, see make ahead plan for those.

***Chocolate After Dinner Mint Log/Snowflake Log:*** Prepare up to 1 week ahead. Refrigerate.

***Chocolate-Dipped Strawberries:*** Prepare the day before or on same day. Refrigerate. These are a great hit, by the way, with adults and kids alike!

***Raspberry Cream Meringues:*** Make meringues the afternoon or evening before. Store uncovered in cupboard. Fill just before serving. Work carefully with these as they are delicate.

***Fruit Pizza:*** Make crust and filling up to 1 week before. Cover and refrigerate. Cover with topping and glaze the day before or early in morning of party day.

***Rhubarb Punch:*** Up to 3 days before, prepare rhubarb and blend. Place in covered jug in refrigerator. Prepare punch moments before guests arrive.

## CHICKEN WING DRUMETTES

*Delicious! These are a great addition to a finger food party.*

$\frac{1}{2}$  cup olive oil (125 mL)  
 $\frac{1}{2}$  cup soy sauce (125 mL)  
 $\frac{1}{2}$  cup SLENDA<sup>®</sup> Granular (125 mL)  
2 tbsp finely chopped ginger (25 mL)  
3 cloves garlic, crushed  
 $\frac{1}{4}$  tsp hot chili powder (1 mL)  
3 lbs chicken wing drumettes (1.4 kg)

<p><b>Yield:</b> 10 servings 1 serving 407.1 calories 25.3 g protein 32.6 g fat <b>1.9 g carbs</b> © www.Sweete.com</p>
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In medium bowl, combine olive oil, soy sauce, SLENDA<sup>®</sup> Granular, ginger, garlic and hot chili powder. In 9 x 13-inch (23 x 33 cm) glass baking dish, pour marinade over chicken, turning to coat. Cover baking dish with foil and marinate chicken overnight in sauce.

Place on greased cookie sheets. Brush with marinade. Bake in 350°F (180°C) oven 25 minutes. Baste chicken with marinade again. Bake another 20 minutes. Place under grill 10 minutes to brown. Watch carefully.

**Helpful Hints:** This marinade would also be excellent for pork spareribs or Chicken Shish Kebabs.

Use 1 tbsp (15 mL) ground ginger and  $\frac{3}{4}$  tsp (3 mL) garlic powder, instead of fresh ginger and garlic, if desired.



# INDONESIAN COCKTAIL MEATBALLS

*These are always a hit!*

1 lb minced lamb or beef (0.454 kg)

1/4 cup oat bran (50 mL)

1 tsp salt (5 mL)

1/2 tsp black pepper (2 mL)

1 garlic clove

**Indonesian Sauce:**

1/3 cup water (75 mL)

1/4 cup SLENDA® Granular (50 mL)

2 tbsp soy sauce (25 mL)

2 tbsp lemon juice (25 mL)

2 tbsp peanut butter (25 mL)

1 tbsp olive oil (15 mL)

1 tbsp grated ginger root (15 mL)

2 cloves garlic, crushed

4 drops Tabasco Sauce

**Yield:** 40 meatballs

4 per serving

141.2 calories

9.8 g protein

9.9 g fat

**3.3 g carbs** © www.Sweety.com

In medium bowl, combine minced lamb or beef, oat bran, salt, black pepper and garlic clove. Form into 1-inch (2.5 cm) balls. In electric frying pan or large frying pan, fry meatballs on one side 5 minutes, flip and fry 3 to 5 minutes more, or until browned and cooked through. Brush with small amount of Indonesian Sauce, before serving on toothpicks or cocktail skewers alongside remaining Indonesian Sauce for dipping.

**Indonesian Sauce:** In medium saucepan, combine water, SLENDA® Granular, soy sauce, lemon juice, peanut butter, olive oil, ginger root, garlic and Tabasco sauce. Bring to boil, stirring constantly. Add extra water, if the sauce is too thick.

**HAPPY VALENTINE'S DAY!**



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## MEXICAN DIP

*The best! Everyone raves about this dip when I serve it.*

4 oz light cream cheese, softened (125 g)  
1<sup>1</sup>/<sub>4</sub> cups grated Cheddar cheese (300 mL)  
1<sup>1</sup>/<sub>3</sub> cup sour cream (75 mL)  
1<sup>1</sup>/<sub>4</sub> cup medium-hot Salsa (50 mL)  
1 garlic clove, crushed  
3 tbsp finely chopped chives (45 mL)

**Yield:** 2 cups (500 mL)  
1 tsp (5 mL) per serving  
8 calories  
0.4 g protein  
0.7 g fat  
**0.2 g carbs** © www.Sweety.com

In food processor with sharp blade or in blender, process cream cheese, until smooth. Add cheddar cheese, sour cream, half of Salsa and garlic; process. In small bowl, combine processed cheese mixture, remaining Salsa and chives. Cover with plastic wrap and refrigerate until ready to serve. Serve cold or microwave on high power 30 seconds. Serve with assorted vegetables and/or low-carb crackers (and Tortilla chips for those not following a low-carbohydrate diet).

**Helpful Hint:** Finely chopped green onions may be used instead of chives.

## BACON CHEESE SPREAD

*Your friends will beg you for this recipe!*

8 oz light cream cheese, softened (250 g)  
1<sup>1</sup>/<sub>2</sub> cup mayonnaise (125 mL)  
1<sup>1</sup>/<sub>2</sub> cups Cheddar cheese (375 mL)  
2 tbsp chopped chives, OR (25 mL)  
green onions  
1 tsp dried parsley (5 mL)  
1<sup>1</sup>/<sub>4</sub> tsp garlic powder (1 mL)  
8 crisply cooked bacon slices

**Yield:** 12 servings  
1 serving  
176.4 calories  
7.5 g protein  
15.7 g fat  
**1.1 g carbs** © www.Sweety.com

In food processor with sharp blade or in blender, process cream cheese and mayonnaise until smooth. In medium bowl, combine cream cheese mixture, Cheddar cheese, chives or green onions, parsley and garlic powder until well combined. Spread evenly in 9-inch (23 cm) glass pie dish.

Place bacon on bacon rack and cover with two paper towels. Microwave on high power 7 to 8 minutes. Cut into small pieces with pair of kitchen scissors. Garnish top of cheese spread with bacon pieces. Bake in 350°F (180°C) oven 15 minutes and serve with low-carb crackers and/or cucumber slices.

## FLAX SEED CRACKERS

*Flax seeds – nature’s Tomoxifen – in strong, crunchy crackers.*

1/2 cup soy flour, OR (125 mL)  
whole spelt flour, OR whole wheat  
pastry flour  
1/2 cup flax seeds, ground (125 mL)  
1/2 cup grated Parmesan, OR (125 mL)  
Romano cheese  
2 tbsp spelt, OR (25 mL)  
whole wheat pastry flour  
2 tbsp SPLENDA<sup>®</sup> Granular (25 mL)  
1/4 tsp baking soda (1 mL)  
1/4 tsp salt (1 mL)  
5 tbsp water (75 mL)  
3 tbsp olive oil (45 mL)

<p><b>Yield:</b> 45 crackers 1 cracker 29.1 calories 1.4 g protein 2.1 g fat <b>0.9 g carbs</b> © www.Sweetty.com</p>
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In medium bowl, combine soy or whole spelt flour or whole wheat pastry flour, ground flax seeds, grated Parmesan or Romano cheese, spelt flour or whole wheat pastry flour, SPLENDA<sup>®</sup> Granular, baking soda and salt; stir. Make well in center of dry ingredients. Pour water and olive oil into center. Stir with fork to combine. Turn out on countertop. Knead lightly.

Line 11 x 17-inch (28 x 43 cm) jelly roll pan with foil. Spray with nonstick cooking spray. Press dough onto foil and flatten out with hands across pan, ignoring big spaces that form. Use small rolling pin or nonstick cooking spray bottle (or any small cylindrical shape) to roll out dough toward edges of pan. Dip rolling pin in soy protein isolate (zero carbs) or soy flour, as needed, to prevent sticking to dough. If dough bunches up at edges or gets too thick there, use knife to neatly cut edges. Reuse dough where necessary. Roll dough thinly to cover entire pan evenly. Prick dough with fork and score 9 vertical x 5 horizontal cuts.

Bake 13 minutes in 400°F (200°C) oven, cover loosely with foil and bake 2 minutes more. Allow to cool 5 minutes before cutting along scored areas. For crispier crackers, remove outside edge crackers and bake middle crackers a further 5 minutes. Store uncovered in cupboard. As crackers dry out overnight, they become even more crisp.

**Variation: Sunflower Seed Crackers:** Use 2/3 cup (150 mL) unsalted sunflower seeds, ground, in place of flax seeds. (**0.9 g Carbs**)

**Soy-free Crackers:** Use whole spelt flour or whole wheat pastry flour instead of soy flour. (**1.3 g Carbs**)

# PRALINES 'N CHOCOLATE CREAM CHEESECAKE

*A marbled beauty – my husband's favorite!*

## **Pecan Crust**

$\frac{2}{3}$  cup unsalted pecan halves, (150 mL)  
ground  
2 tbsp soy, OR spelt flour (25 mL)  
2 tbsp SPLENDA<sup>®</sup> Granular (25 mL)  
2 tbsp butter, melted (25 mL)  
1 egg yolk

<b>Yield:</b> 12 servings/16 serv. 1 serving 291.6 calories 6.8 g protein 26.4 g fat © www.Sweety.com <b>8.9 g carbs/6.6 g carbs</b>
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## **Filling:**

$\frac{1}{2}$  cup coarsely chopped pecans (125 mL)  
2 tbsp butter, melted (25 mL)  
2 tbsp SPLENDA<sup>®</sup> Granular (25 mL)  
16 oz light Cream Cheese, softened (500 g)  
 $1\frac{1}{4}$  cups SPLENDA<sup>®</sup> Granular (300 mL)  
 $\frac{1}{2}$  cup half-and-half cream (125 mL)  
 $\frac{1}{2}$  cup whipping cream (125 mL)  
 $\frac{1}{4}$  cup water (50 mL)  
 $\frac{1}{2}$  envelopes gelatin (22 mL)  
2 oz unsweetened baking chocolate, melted (60 g)  
 $\frac{1}{2}$  cup SPLENDA<sup>®</sup> Granular (125 mL)  
 $\frac{2}{3}$  cup sour cream (150 mL)



**Pecan Crust:** In small bowl, combine pecans, soy or spelt flour, SPLENDA<sup>®</sup> Granular, butter and egg yolk. Press into bottom of 9-inch (23 cm) glass pie dish or springform pan. Bake in 350°F (180°C) oven 10 minutes or microwave 2 minutes. (The baked crust holds together slightly better.)

**Filling:** In small bowl, combine pecans, butter and 2 tbsp (25 mL) SPLENDA<sup>®</sup> Granular; set aside. In food processor with sharp blade, blender or in bowl with electric mixer, process cream cheese until smooth. Add  $1\frac{1}{4}$  cups (300 mL) SPLENDA<sup>®</sup> Granular, half-and-half cream and whipping cream; process. In small saucepan, combine water and gelatin. Dissolve gelatin over medium heat (or microwave 40 seconds). Add dissolved gelatin to cream cheese mixture; process.

Stir chocolate and  $\frac{1}{2}$  cup (125 mL) SPLENDA<sup>®</sup> Granular into  $1\frac{1}{2}$  cups (375 mL) batter. To remaining batter, add sour cream and process until smooth. Spread all but  $\frac{3}{4}$  cup (175 mL) plain batter over crust. Sprinkle praline mixture over plain batter. Spread chocolate cheese mixture over pralines. Now spoon several dollops of plain batter on top of chocolate layer. Using paring knife with sharp tip, swirl to marble. Chill several hours.

# CHOCOLATE STRAWBERRY TORTE

*This cake has a light, moist texture.*

5 extra-large eggs, separated  
1/4 tsp lemon juice (1 mL)  
1 1/4 cups almonds, ground (300 mL)  
1 cup SPLENDA<sup>®</sup> Granular (250 mL)  
1/4 cup cocoa (50 mL)  
2 tbsp spelt flour, OR (25 mL)  
all-purpose flour  
2 1/2 tsp baking powder (12 mL)  
1/4 cup sour cream (50 mL)  
1 tsp vanilla extract (5 mL)  
1/2 cup strawberries, sliced (125 mL)

**Chocolate Cream Frosting:**

1 cup whipping cream (250 mL)  
1/2 cup SPLENDA<sup>®</sup> Granular (125 mL)  
1/4 cup cocoa (50 mL)  
1/2 tsp vanilla extract (2 mL)

<p><b>Yield:</b> 12 servings 1 serving 200.3 calories 6.5 g protein 16.3 g fat <b>6.7 g carbs</b> © www.Sweetty.com</p>
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In large bowl, beat egg whites with lemon juice until stiff. While beating, add egg yolks one at a time until thick and creamy. In medium bowl, combine almonds, SPLENDA<sup>®</sup> Granular, cocoa, spelt flour or all-purpose flour and baking powder. Make well in center and fold in egg mixture, sour cream and vanilla extract.

Pour into two greased 8-inch (20 cm) cake pans. Bake in 350°F (180°C) oven 20 minutes or until cake tester comes out clean. Allow to cool on cake rack.

**Chocolate Cream Frosting:** In medium bowl, beat whipping cream, SPLENDA<sup>®</sup> Granular, cocoa and vanilla extract until stiff.

Frost cooled cake layers in center and on top. Place sliced strawberries on top of frosting on bottom layer. Sprinkle top layer with 1 tsp (5 mL) grated unsweetened chocolate, if desired. This gives frosting a deep chocolate color after a few hours.

**Helpful Hint:** Garnish cake with chocolate-dipped strawberries, if desired. (See Chocolate After Dinner Mint Log for recipe).

## CHOCOLATE AFTER DINNER MINT LOG

Arrange this log on a pretty oblong serving plate, with several slices around it.

8 oz regular cream cheese, softened (250 g)

3 tbsp butter, softened (45 mL)

$\frac{3}{4}$  tsp peppermint extract (3 mL)

1  $\frac{1}{2}$  cups Confectioner's Sugar (375 mL)

Substitute, see recipe below

green food coloring

### **Dipping Chocolate:**

1 cup SPLENDA<sup>®</sup> Granular (250 mL)

$\frac{1}{4}$  cup skim milk powder (50 mL)

3 tbsp whipping cream (45 mL)

2 tbsp unsalted butter, melted (25 mL)

1 tbsp water (15 mL)

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

1 oz unsweetened baking chocolate (30 g)

**Yield:** 56 slices

1 slice

43.7 calories

2.5 g protein

2.9 g fat

**2.0 g carbs** © www.Sweetie.com



In food processor with sharp blade, blender or in bowl with electric mixer, process cream cheese, butter and peppermint extract until smooth. Add Confectioner's Sugar Substitute and green food coloring to achieve a light green, pleasing color; process. In 9 x 13-inch (23 x 33 cm) glass baking dish, fashion 13-inch (33 cm) log. Freeze while preparing Dipping Chocolate.

**Dipping Chocolate:** In blender or food mill (food processor attachment), blend SPLENDA<sup>®</sup> Granular and skim milk powder until fine. In cereal bowl, combine blended mixture, whipping cream, butter, water and vanilla extract. Stir with wire whisk until smooth. In another cereal bowl, microwave chocolate 2 minutes or until almost completely melted (do not overheat or chocolate will seize). Stir until chocolate is completely melted. Use soft spatula to scrape all chocolate out of bowl and stir into creamy mixture with wire whisk. If chocolate cools, warm at 5 to 10 second intervals, being careful not to overheat as chocolate will seize and become bitter (skip this step for Chocolate After Dinner Mint Log). Frost entire log with chocolate. Freeze half an hour, then refrigerate. Cut into thin slices to serve. **Yield:** 1 batch. (30 g **Total Carbs for the whole batch**)

**Variation: Snowflake Log:** (Coconut and chocolate ... see the book)

**Chocolate-Dipped Strawberries:** This chocolate is great for dipping strawberries. Freeze dipped strawberries very briefly and refrigerate or serve.

## CONFECTIONER'S SUGAR SUBSTITUTE

*This Substitute (whey option) makes an incredible coffee creamer. Handy for coffee in hotels or motels, when all they have in the rooms is creamer with sugar.*

### **Confectioner's Sugar Substitute:**

2<sup>1</sup>/<sub>4</sub> cups SLENDA<sup>®</sup> Granular (550 mL)  
1<sup>1</sup>/<sub>3</sub> cups whole milk powder (325 mL)  
1/2 cup whey protein powder, (125 mL)  
(natural), OR soy protein isolate

<p><b>Yield:</b> 3 cups (750 mL) 1 tbsp (15 mL) per serving 23.6 calories 1.5 g protein 0.9 g fat <b>2.4 g carbs</b> © www.Sweety.com</p>
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In large bowl, combine SLENDA<sup>®</sup> Granular, whole milk powder and natural whey protein powder or soy protein isolate. Blend in small batches in blender. Stir together in bowl to combine well. This mixture will keep well in airtight container at room temperature.

## CRÈME FRAICHE

*Lovely sweetened whipped topping for serving with desserts or for garnishing desserts. It holds up better than plain whipped cream.*

1 cup whipping cream (250 mL)  
1/2 cup SLENDA<sup>®</sup> Granular (125 mL)  
1/2 tsp Thickening Agent, recipe (2 mL)  
below (optional)  
1/2 tsp vanilla extract (2 mL)  
2/3 cup sour cream (150 mL)

<p><b>Yield:</b> 2<sup>1</sup>/<sub>2</sub> cups (625 mL) 1/4 cup (50 mL) per serving 106.3 calories 1.0 g protein 10.5 g fat <b>2.5 g carbs</b> © www.Sweety.com</p>
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In medium bowl, beat whipping cream with SLENDA<sup>®</sup> Granular, Thickening Agent, if using, and vanilla extract until stiff. Stir in sour cream. It will keep at least one week or longer in refrigerator.

**Helpful Hints:** Thickening Agent makes Crème Fraiche firmer and easier to garnish desserts using a pastry bag. If using Thickening Agent, add all ingredients at once to food processor or blender and blend until smooth. This recipe may easily be doubled or halved. Half this recipe will suffice as a topping for a cheesecake. **(1.2 g Carbs)**

## RASPBERRY CREAM MERINGUES

*These are delightful and pretty! My sons prefer a double batch!*

3 extra-large egg whites  
1/4 tsp cream of tartar (1 mL)  
1 tsp vanilla extract (5 mL)  
1/2 cup SPLENDA® Granular (125 mL)  
**Filling:**\*1/2 Crème Fraiche, (recipe above)  
30 raspberries

**Yield:** 25 meringues  
1 meringue  
16.6 calories  
0.6 g protein  
0.9 g fat  
**1.2 g carbs** © www.Sweety.com

Spray cookie sheet with nonstick cooking spray. Line with wax or parchment paper. Set aside. In medium bowl, beat egg whites until stiff with cream of tartar and vanilla extract. While beating, add SPLENDA® Granular 1 tbsp (15 mL) at a time. Spoon mixture into pastry bag fitted with small, fluted nozzle. On wax paper, form 30 small, flat buttons. Pipe around circular edge of buttons, making about 2 layers, and keeping well inside bottom to form an encasing, with center forming small hollow or “basket.” Bake in 300°F (150°C) oven 10 minutes. Reduce heat to 250°F (120°C) and bake 25 minutes. Move meringues to top oven shelf and bake another 15 minutes or until light, crisp and just beginning to color. Cool on cookie sheet on wire rack. Carefully, remove meringues from wax paper with hard, thin, flat spatula. Fill meringues just before serving.

**Filling:** Prepare Crème Fraiche, above. Place one large, juicy raspberry or two small ones in center of each meringue on bed of Crème Fraiche. Serve immediately.

**Helpful Hints:** \*Make half Crème Fraiche recipe, above or the whole batch, and refrigerate the remainder. It will last at least a week in the refrigerator.

## THICKENING AGENT

*This is useful to use instead of pure cornstarch or flour in thickening sauces.*

8 1/2 tsp xanthan gum (42 mL)  
4 1/2 tsp guar gum (22 mL)  
2 1/4 tsp corn starch (11 mL)

In small plastic container with lid, combine xanthan gum, guar gum and cornstarch; seal. Store at room temperature.

**Yield:** 1/3 cup (75 mL)  
1 tsp (5 mL) per serving  
1.5 calories  
0.0 g protein  
0.0 g fat  
**0.4 g carbs** © www.Sweety.com

**Helpful Hint:** Substitute Thickening Agent for cornstarch, using 1/4 as much and substitute Thickening Agent for flour, using 1/8 as much to achieve approximately the same results. This Thickening Agent must be used in small quantities to avoid a “gummy” texture. For instance, do not use in quantities greater than 1/2 tsp (2 mL) for thickening sauces for stir-fried vegetables. You may use only guar gum or only xanthan gum, if one or the other is not available.

# FRUIT PIZZA

*Arrange strawberry slices in the shape of a heart in the center of Fruit Pizza.*

## ***Crust:***

1<sup>2</sup>/<sub>3</sub> cups ground almonds (400 mL)  
1/3 cup SLENDA<sup>®</sup> Granular (75 mL)  
2 tbsp soy, OR spelt flour (25 mL)  
1 tbsp unsalted butter, melted (15 mL)  
1 egg white  
1/4 tsp almond extract (1 mL)

## ***Filling:***

8 oz regular cream cheese, softened (250 g)  
1/2 cup sour cream (125 mL)  
1/4 cup SLENDA<sup>®</sup> Granular (50 mL)  
1 tsp vanilla extract (5 mL)

## ***Topping:***

1 cup fresh strawberries, sliced (250 mL)  
1/4 cup fresh raspberries (50 mL)  
1/4 cup fresh blueberries (50 mL)  
1 kiwi, sliced

## ***Pineapple Glaze:***

1/2 cup SLENDA<sup>®</sup> Granular (125 mL)  
1/2 tsp Thickening Agent, above (2 mL)  
1/2 cup unsweetened pineapple juice (125 mL)  
2 tbsp lemon juice (25 mL)

***Yield:*** 16 slices

1 slice

156.4 calories

4.7 g protein

12.3 g fat

**6.3 g carbs** © www.Sweety.com



***Crust:*** In medium bowl, combine almonds, SLENDA<sup>®</sup> Granular and soy or spelt flour. Stir in butter. Beat egg white with fork until frothy; stir in almond extract. Stir egg white mixture into crust mixture. Place dough ball on 12-inch (30 cm) pizza pan. Use small rolling pin or small cylindrical object (such as baking powder container) to roll dough to fit inside edges of pan. Bake in 325°F (160°C) oven 20 to 25 minutes or until golden.

***Filling:*** In food processor with sharp blade or in blender, process cream cheese until smooth. Add sour cream, SLENDA<sup>®</sup> Granular and vanilla extract; process. Spread smoothly over crust.

***Topping:*** Arrange sliced strawberries, raspberries, blueberries and sliced kiwi on cream cheese filling. Spread glaze over fruit, using pastry brush where necessary. Pineapple Glaze must cover entire fruit pizza.

***Pineapple Glaze:*** In small saucepan, place SLENDA<sup>®</sup> Granular and Thickening Agent. Gradually stir in pineapple juice and lemon juice. Bring to boil. Sieve. Thin glaze with some water, if too thick.

## RHUBARB PUNCH

*This unusual punch was served successfully at a wedding reception.*

4 cups fresh or frozen rhubarb, (1 L) chopped  
2 cups SPLENDA<sup>®</sup> Granular (500 mL)  
2 cups water, divided (250 mL)  
1/2 can (6 oz) frozen unsweetened pineapple  
juice concentrate (178 mL)  
10 cups ice cold water (2.5 L)  
4 cups carbonated lemon-flavored water, chilled  
(1.25 L)

**Yield:** 40 servings  
1/2 cup (125 mL) per serving  
15.6 calories  
0.1 g protein  
0.0 g fat  
**3.7 g carbs** © www.Sweety.com

In large saucepan, combine rhubarb, SPLENDA<sup>®</sup> Granular and 1 cup (250 mL) water. Bring to boil; reduce heat and simmer 10 minutes or until rhubarb is soft. Cool slightly. In blender, blend rhubarb and 1 cup (250 mL) water until smooth. In large punch bowl, combine rhubarb, frozen unsweetened pineapple concentrate and 10 cups (2.5 L) ice cold water. Slowly stir in carbonated water. Serve immediately.

**Helpful Hints:** For a sweeter punch, use diet Sprite for about the same net carbohydrates per serving instead of carbonated lemon-flavored water, or use 12.5 oz (355 mL) frozen, unsweetened pineapple juice concentrate. (**5.0 g Carbs**) If the rhubarb is out of your garden, then sieve the cooked, blended rhubarb to catch any fibers. Leftover punch may be stored in airtight juice containers.

**HAPPY VALENTINE'S DAY!**



[For overnight delivery, click here to BUY "Splendid Low-Carbing"](#)

*You may also want to meet Jennifer Eloff, National Best-Selling cookbook author of Splenda based cookbooks (for a decade now) by reading the following Interview:*

["An Interview with the author of Splendid Low-Carbing"](#)