

RECIPES

SWEET HEART GRANOLA

- 2 cup rolled oats
- 1/8 cup Canola oil
- 1/3 cup Fruit Sweet®
- 1/2 cup Grape Nuts

Add oil to rolled oats. Mix with hands to coat oats thoroughly. Add Fruit Sweet® and mix well. Add Grape Nuts and mix. Spread on a cookie sheet. Bake at 300 degrees for about 40 minutes, turning occasionally until lightly browned. Be careful not to over-brown. Raisins, nuts, etc. can be added to taste and calorie requirements.

Use as a snack or in a bowl with low-fat milk.

PUMPKIN PIE

- 2 eggs
- 1/2 tsp cinnamon
- 1/8 tsp ginger
- 1/8 tsp cloves
- 2 cups pumpkin
- 1 cup Fruit Sweet®
- 1-1/3 cup whole milk
- 1 9" pie shell
- Pinch of salt

Beat eggs, spices and salt until thoroughly blended. Add pumpkin and stir well. Pour in the Fruit Sweet® and milk. Stir until completely blended. Adjust with milk or cream to desired richness. Pour filling into pie shell and bake at 350 degrees for 35 minutes or until a knife inserted into the center comes clean.

Serv: 8

Exch: 2 starch, 1/2 fruit, 2 fat, Cal: 244

CARROT-PINEAPPLE MUFFINS

- 2-1/2 cups whole wheat pastry flour
- 3 Tbsp wheat or oat bran
- 3/4 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp salt
- 4 large egg whites
- 3/4 cup plus 2 Tbsp fruit sweetener
- 1/2 cup skim milk
- 1-1/3 cups grated carrots (about 4 medium)
- 12 fresh or canned pineapple chunks in juice, drained - about 1x1x1/2 inches. (Makes about 12 muffins.)

Preheat oven to 350 degrees. Put a rack in the center of oven. Lightly spray a standard muffin pan with vegetable spray. Sift together dry ingredients into a medium bowl and make a well in the center.

In a medium bowl, using a mixer at high speed, beat the egg whites with fruit sweetener until soft peaks form. Reduce speed to low and gradually beat in the milk. Pour into the well and stir just until combined. Stir in the carrots.

Spoon batter into muffin cups, filling about 3/4 full. Top each muffin with pineapple chunk.

Bake until a toothpick put in the center comes out clean and top springs back when pressed with a finger - 20 to 25 minutes. Cool for 2 minutes, run a knife around inside of cups and remove muffins.

From SWEET & NATURAL BAKING

by Mani Niall.



Three generations of working with fruit varieties and nutrition form the basis of Wax Orchards' food philosophy.

Our fruit-filled, high-fiber, low-calorie, fat-free products meet all the latest dietary concerns, in addition to being naturally 'sugar-free.'

In the rich new world of fruit-sweetened cooking and baking, you can now make cakes that are moist and fresh-keeping. Natural fat replacers, such as Wax Orchards fruit butters and purees, can help you make products that are just as rich as any buttery cakes and cookies.

Natural fruit sweeteners taste sweeter, but have 1/3 fewer calories than refined sugar. Now diet-concerned folks can enjoy "goodies" just like everyone else.

Write us at Wax Orchards for a list of cookbooks using fruit sweeteners, along with nutritional information and our product catalog list. Or visit our web site.

Where to find our products? Ask your local Natural Food store or contact us:

e-mail: customerservice@waxorchards.com

A HISTORY OF GOOD TASTE

During the years that Wax Orchards products were sold primarily in specialty stores, many people with special dietary needs were searching for healthy foods with good taste.

The first group to discover our products was the American Diabetes Association, who promptly featured us in their first gourmet fund-raising catalog for people with Diabetes. Volunteers in Minnesota continued the catalog for eight years.

Other groups became equally excited at finding our products; and today, "gourmet" and "natural" are crossing over into each other's markets.

Low calorie, low carbohydrate *and* high fiber content meet today's needs for healthy diets - for Diabetes, heart, fitness, allergy and vegan concerns.

NO ARTIFICIAL SWEETENERS. Only natural concentrated fruit juice is used to sweeten our products. We also offer these sweeteners for your own cooking projects. Bakers are discovering that Fruit Sweet™ and Pear Sweet are especially useful for fine baking and extended shelf life.

The high fiber content shows the large amount of fruit in the preserves. This accounts for the unusually fresh, intense fruit flavors.

Total sugars and calories are lower in our Butters and Spreads than in sugared preserves. Great taste and good for you!

NATURAL FRUIT SWEETENERS

Concentrated fruit juice blends taste sweeter than sugar or honey with 1/3 fewer calories.

"Baked goods sweetened with fruit juice concentrate stay fresh longer and retain moisture better than ... white sugar."
From *Professional Healthy Cooking* by Sandy Kapoor, Ph.D., MPH, RD, at Cal. State Poly. University.

To convert a recipe to fruit sweetener, replace sugar using 2/3 cup concentrate per one cup of sugar. Reduce liquid in your recipe by 1/3 of the concentrate used. You can substitute cup for cup, but it may be too sweet. Concentrated juices sold in the market frozen juice sections are not sweet enough.

COOKBOOKS

Learn to bake the healthy, rich, fruit-sweetened way with *Sweet & Natural Baking* by Mani Niall, a talented baker from Los Angeles entitled "Baker to the Stars" because of the popularity of his products with many celebrities.

Many other cookbooks concerned with diabetes, heart disease, allergies, fitness, vegetarian cooking, low sodium and fat, gourmet, professional textbooks, Food Finds and spa cookbooks recommend Wax Orchards products.

Check our website or send for a list.

BAKING TIPS ON FAT REDUCTION

Half of the oil, butter or oleo in your recipe may be replaced by apple puree or our very thick fruit butter. This is great for bars, breads or muffins. Non-fat yogurt or sour cream may be used. Study the fat-free Sweetheart Brownie recipe information.

Use only egg whites, fresh or powdered. When combining sweetener and oleo, microwave them together, medium high, for 30 seconds.

FIBER, FIBER, FIBER

A high-fiber diet helps people to lose weight because roughage has no calories and satisfies hunger quickly.

People on restricted diets, with more fiber, absorb fewer calories. This means easier long-term weight control.

From: Tufts University nutrition newsletter.

Nutritional analysis, based on 15 grams = 1 TBL.S or 3 tsp

PRODUCT	FAT gm	CAL	CARBS gm	FIBER gm	SODIUM mg	SUGAR gm	POT Mg
Judge	0.25	45	10.5	1.5	20	9	
Berry Spread	0	25	6.5	1	2.5	5.5	
Fruit Syrup	0	30	7.5	0.5	2.5	7	
Fruit Butter	0	22.5	6	0.5	2.5	5.5	
Chutneys	0.25	25	5.5	0.5	7.5	5	
Tangy Plum	0	20	5	0.5	10	4.5	
Tomato Sauce	0	15	3.5	0.5	30	3	
Mince	0	25	5.5	0.5	5	5	
Sweeteners	0	42	10.5	0.3	1	10	95
Gluc. Sugar	0	58	15	0	0	15	0.5

Fruit Exchanges: Ratings are by professional dietitians

Berry Spread, Fruit Butter: Sugars are from concentrated fruit & juices

2 tsp = free (14 calories)

4 tsp = 1/2 fruit (28 calories)

Fruit Syrup: 1 tsp = free (10 cal), 3 tsp = 1/2 fruit (30 cal)

Fudges: 1 tsp = free (15 cal), 2 tsp = 1/2 fruit (30 cal)

CONSULT YOUR DIETITIAN FOR INDIVIDUAL NEED

This is an analysis of whole foods without any artificial sweeteners.