

BD and **SugarTwin®** are proud to present this collection of delicious dessert recipes for you and your family to enjoy. Each has been kitchen-tested by professional Chefs at SugarTwin. They're low in calories, delicious and sugar-free.

SugarTwin is the perfect replacement for sugar in your kitchen — it tastes, measures and stays sweet like sugar even when baking. Whether

you use "Spoonable" White or Brown SugarTwin, all your beverages and recipes will taste delicious.

SugarTwin products are in the diet sweetener section of your supermarket (as is fructose, which is called for in the Apple Spice Cake recipe).

Nutritional information and food exchanges were calculated by Certified Diabetes Educator and Diabetes Nutrition Specialist Nancy Cooper, R.D., of the International Diabetes Center, Minneapolis, MN.

SUGARTWIN EQUIVALENT SWEETNESS CHART

Sugar Measures	SugarTwin Bulk	SugarTwin Packets
2 teaspoons	2 teaspoons	1 packet
1 tablespoon	1 tablespoon	1-1/2 packets
2 tablespoons	2 tablespoons	3 packets
3 tablespoons	3 tablespoons	4-1/2 packets
1/4 cup	1/4 cup	6 packets
1/3 cup	1/3 cup	8 packets
1/2 cup	1/2 cup	12 packets

BLUSHING HOT SPICED CIDER

1 qt. apple cider

6 whole cloves

6 allspice berries

**1 cup low calorie cranberry
juice cocktail**

3 cinnamon sticks

3 Tbs. SugarTwin Spoonable

**6 orange slices, at room
temperature**



1. In large saucepan, combine all ingredients except the orange slices.
2. Heat to a simmer, reduce heat and allow to simmer 20 more minutes.
3. Cool 1 hour. Remove spices.
4. Place orange slices in serving cups. Strain cider into cups. Serve hot.



Yield: 8, 6 oz. servings

Per Serving: 65 calories, 16 gm. carbohydrates, trace protein, trace fat, 5 mg. sodium.

Exchanges: 1 fruit. **Cholesterol:** 0 mg. per serving.

SEMI-SWEET CHOCOLATE MOUSSE

2 envelopes plain gelatin

1/2 cup cold water

2 cups 2% lowfat milk

**1 tsp. ground cinnamon
(optional)**

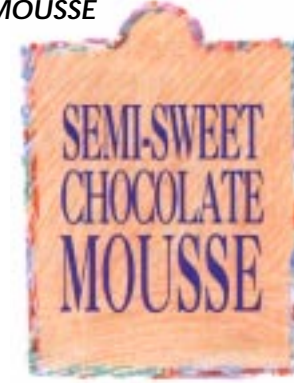
3/4 cup SugarTwin Spoonable

1/4 cup unsweetened cocoa

1 tsp. vanilla

1/8 tsp. cream of tartar

3/4 cup prepared sugar-free whipped topping mix



1. In medium saucepan, sprinkle gelatin over cold water. Let stand 5 minutes. Whisk in remaining ingredients.
2. Cook over low heat, stirring constantly, until mixture begins to simmer and gelatin is dissolved. Cool to room temperature.
3. Transfer to small mixer bowl or food processor bowl fitted with steel blade. Refrigerate 1 hour or until partially set. (Chill beaters if using electric mixer.)
4. Whip at high speed until fluffy: 2 to 3 minutes. Spoon into 6 serving bowls. Refrigerate 2 hours until set.
5. When served, top each with sugar-free whipped topping.

Yield: 6 servings

Per Serving: 1/2 cup = 69 calories, 6 gm. carbohydrates, 5 gm. protein, 3 gm. fat, 63

mg. sodium. **Exchanges:** 1/2 lowfat (2%) milk or 1/2 skim milk, 1/2 fat. **Cholesterol:** 6 mg. per serving.

CHOCOLATE CREPES

1/2 cup all-purpose flour

1/3 cup SugarTwin Spoonable

1-1/2 Tbs. unsweetened cocoa

1/2 cup 2% lowfat milk

2 Tbs. vegetable oil

1 tsp. vanilla

**3 egg whites or 3/4 cup Egg
Beaters® 99% Real Egg
Product**

1/8 tsp. salt

1/8 tsp. cream of tartar

FRUIT GLACÉ

1 cup reduced fat sour cream

1/4 cup all-fruit peach or apricot preserves

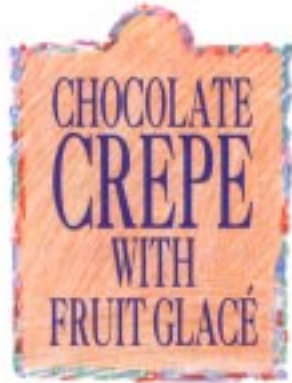
2 tsp. SugarTwin Spoonable

1/8 tsp. almond extract (optional)

FRESH FRUIT

3 cups mixed fresh fruit, sliced or chopped

1 to 2 Tbs. SugarTwin Spoonable (optional)



1. In bowl of blender or food processor, combine all crepe ingredients. Blend 30 seconds or until smooth. Let batter rest 5 minutes.
2. Heat non-stick skillet over medium heat.
3. Pour 2 Tbs. batter into preheated skillet, lifting and turning skillet to spread batter in circle.
4. Cook 30 to 45 seconds, until bubbles appear on top and edges are dry.
5. Turn crepe; cook 1 more minute. Cool. Place wax paper between crepes to prevent sticking.
6. Combine all glacé ingredients in small bowl. Whisk until blended.
7. To assemble, spread 2 Tbs. fruit glacé on each crepe. Top with 1/3 cup of fruit. Sprinkle fruit with SugarTwin Spoonable for added sweetness.
8. Fold crepe in half. Drizzle top with 1 tsp. glacé.



Yield: 10 crepes

Per Serving: 1 crepe = 125 calories, 18 gm. carbohydrates, 4 gm. protein, 4 gm. fat, 85 mg. sodium. **Exchanges:** 1/2 starch, 1/2 fruit, 1 fat. **Cholesterol:** 6 mg. per serving.

BANANA CREAM PIE

6 Tbs. SugarTwin Spoonable

5 Tbs. cornstarch

1/4 tsp. salt

1/8 tsp. cream of tartar

3 cups 2% lowfat milk

**1 carton (4 oz.) or 1/2 cup Egg
Beaters® 99% Real Egg
Product**

**2 Tbs. Fleischmann's®
Margarine, softened**

1 Tbs. vanilla

1 drop yellow food coloring (optional)

Baked 9" pie crust (see separate recipe)

2 large bananas, sliced

1 cup prepared sugar-free whipped topping mix

1. In medium non-stick saucepan, combine SugarTwin Spoonable, cornstarch, salt, cream of tartar. Gradually stir in milk until well-blended.
2. Cook over medium heat, stirring constantly, until mixture thickens and boils. Continue cooking and stirring for 1 minute. Remove from heat.
3. In medium bowl, stir at least 1/2 of hot mixture into Egg Beaters. Stir this mixture into remaining mixture in saucepan. Return pan to medium low heat. Cook, stirring, for 2 minutes. Remove from heat.



4. Stir in Fleischmann's Margarine, vanilla, yellow food coloring (optional). Cover with plastic wrap and cool to room temperature.
5. In prepared pie crust, arrange banana slices to cover the bottom and side of the crust. Top with prepared filling. Refrigerate for 2 hours or until set.
6. Top with sugar-free whipped topping. Refrigerate leftovers for no more than 2 days.



Yield: 8 servings

Per Serving: 1/8 pie (including crust) = 245 calories, 32 gm. carbohydrates, 7 gm. protein, 12 gm. fat, 309 mg. sodium. **Exchanges:** 2 starch, 2 fat or 1 starch, 1 fruit, 2 fat. **Cholesterol:** 6 mg. per serving.

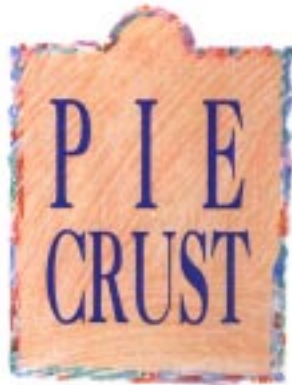
PIE CRUST

1 cup all-purpose flour, sifted

1/4 tsp. salt

1/4 cup Fleischmann's®
Margarine (3 Tbs. may be used
for a lower-fat, lower-calorie
crust, if desired)

2 to 3 Tbs. ice water (or more,
if needed)



1. Preheat oven to 450° F.
2. In medium bowl, combine sifted flour and salt. Using a pastry blender or 2 knives, cut in Fleischmann's Margarine until mixture resembles coarse crumbs.
3. Sprinkle in ice water, 1 Tbs. at a time, blending with fork until pastry is evenly moistened and almost clings to side of bowl. (**Do not overmix**; add less or more water as needed.)
4. Gather pastry into ball. Shape into flattened round ball on lightly floured pastry cloth or board. With floured rolling pin, roll pastry two inches larger than inverted pie plate. Roll pastry onto rolling pin and unroll into the pie plate. Ease pastry into pie plate, pressing firmly against the bottom and side.
5. Fold edge of pastry under, even with edge of pie plate. Flute pastry against edge of pie plate by pinching it between thumb and forefinger. With a fork, prick bottom and around side of pastry thoroughly. (To prevent over-browning, wrap edge of crust with strips of aluminum foil before baking. Remove for last 3 to 5 minutes of baking time.)

6. For an unbaked filling, bake crust at 450° F for 10 to 12 minutes, until light, golden brown. Cool crust completely before filling.



Per Serving: 1/8 crust = 113 calories, 13 gm. carbohydrates, 2 gm. protein, 6 gm. fat, 137 mg. sodium. **Exchanges:** 1 starch, 1 fat. **Cholesterol:** 0 mg. per serving.



SHORTCAKE

2 cups all-purpose flour

3 Tbs. SugarTwin Spoonable

1 Tbs. baking powder

1/2 tsp. salt

1/8 tsp. cream of tartar

5 Tbs. Fleischmann's®
Margarine

3/4 cup 2% lowfat milk



PEACH TOPPING

2/3 cup Brown SugarTwin

1 Tbs. cornstarch

3/4 tsp. ground cinnamon

1/4 tsp. ground ginger

1/4 tsp. ground nutmeg

1 cup water

1-1/2 tsp. lemon juice (optional)

1 Tbs. Fleischmann's Margarine

1 tsp. brandy or rum flavor extract

4 cups sliced peeled fresh peaches (1-1/2 lb unpitted), or
no-sugar-added frozen peaches, thawed, drained

1 cup prepared sugar-free whipped topping mix

1. **Prepare Shortcakes:** Preheat oven to 450° F. Into large bowl, sift together dry ingredients.
2. With pastry blender or 2 knives, cut the Fleischmann's Margarine into flour mixture until it resembles fine crumbs. Stir in milk until just evenly moistened.
3. Turn dough onto lightly floured surface and shape into ball. Knead 20 to 25 times. With a floured rolling pin, roll the dough into 1/2" thick circle. Cut into 8, 3" circles. Place shortcakes at least 1" apart on ungreased cookie sheet.
4. Bake at 450° F for 10 to 12 minutes until golden brown. Turn shortcakes onto wire rack. While still hot, split shortcakes crosswise with serrated knife; do not separate halves.
5. **Prepare Peach Topping:** In large saucepan, combine Brown SugarTwin, cornstarch, spices. Stir in water and lemon juice (optional). Cook over medium heat, stirring until thickened. Stir in Fleischmann's Margarine, brandy or rum flavor extract. Remove from heat; stir in peaches. Serve warm as filling and topping for split shortcakes. Top with sugar-free whipped topping.



Yield: 8 servings

Per Serving: 258 calories, 36 gm. carbohydrates, 5 gm. protein, 10 gm. fat, 355 mg. sodium. **Exchanges:** 1-1/2 starch, 1 fruit, 2 fat. **Cholesterol:** 2 mg. per serving.

TRADITIONAL BREAD PUDDING

1 can (12 oz.) evaporated skimmed milk

1 cup water

3 Tbs. Fleischmann's® Margarine

1/2 cup Egg Beaters® 99% Real Egg Product

1/2 cup Brown SugarTwin or SugarTwin Spoonable

1 tsp. ground cinnamon

1 tsp. vanilla

1/8 tsp. cream of tartar

4-5 cups French bread, cut into 3/4-inch cubes

1/2 cup raisins, loosely packed

1. Preheat oven to 350° F. * Spray 8" square baking pan with no stick baking spray.
2. In small saucepan, combine evaporated milk, water, Fleischmann's Margarine. Cook over medium-low heat, stirring occasionally, until Fleischmann's Margarine is melted and milk is heated through. **Do not boil.**
3. In large bowl, combine Egg Beaters, Brown SugarTwin (or SugarTwin Spoonable), cinnamon, vanilla, cream of tartar. Gradually whisk in hot milk mixture; mix well. Stir in bread cubes and raisins; stir until thoroughly moistened.



4. Pour pudding into prepared baking pan. Bake at 350° F for 45 minutes or until knife blade inserted in center comes out clean. Cut into 8 servings; serve warm. Refrigerate leftovers for up to 3 days.

*Hint: If baking in glass or ceramic dish, reduce oven temperature 25° F.

Variation: For chocolate lovers, combine 2 Tbs. unsweetened cocoa with SugarTwin before addition to pudding.



Yield: 8, 2" x 4" servings

Per Serving: 156 calories, 22 gm. carbohydrates, 6 gm. protein, 5 gm. fat, 198 mg. sodium. **Exchanges:** 1 starch, 1/2 fruit, 1 fat. **Cholesterol:** 2 mg. per serving.

PEANUT BUTTER & FRUIT NUGGETS

1-1/2 cups all-purpose flour

2 tsp. baking powder

1/2 tsp. baking soda

1/8 tsp. cream of tartar

1/8 tsp. salt

1/2 cup no-sugar-added peanut butter

6 Tbs. Fleischmann's® Margarine

1/4 cup Egg Beaters® 99% Real Egg Product

1/4 cup Brown SugarTwin

2 Tbs. SugarTwin Spoonable

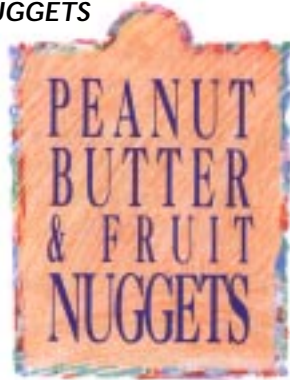
1 tsp. finely grated orange zest

1 tsp. vanilla

1 ripe medium banana, pureed (1/2 cup)

1/3 cup all-fruit, no-sugar-added fruit preserves (strawberry, raspberry or blueberry as desired)

1. Preheat oven to 375° F.
2. Into medium bowl, sift together first 5 dry ingredients.
3. In large mixer bowl, cream together peanut butter and Fleischmann's Margarine until fluffy. At low speed, mix in Egg Beaters, Brown and Spoonable SugarTwin, orange zest, vanilla.



4. Alternately add sifted dry ingredients and pureed banana. Mix until evenly blended, about 1 minute.
5. By 1/2 tablespoonful, shape dough into balls and place 1" apart on ungreased cookie sheets. With thumbtip, press "well" into top of each cookie; fill with 1/4 tsp. all-fruit preserves of choice.



6. Bake at 375° F for 8 to 10 minutes until bottoms of cookies are golden brown. Remove cookies from cookie sheets to wire rack. Cool completely.

Yield: About 5 dozen cookies

Per Serving: 3 Cookies = 123 calories, 14 gm. carbohydrates, 3 gm. protein, 6 gm. fat, 135 mg. sodium. **Exchanges:** 1 starch, 1 fat. **Cholesterol:** 0 mg. per serving.

FRUIT PARFAIT

2 cups multi-grain hot cereal blend

1/2 cup Brown SugarTwin

1 tsp. cinnamon

3 Tbs. Fleischmann's® Margarine, melted

1 envelope plus 1 tsp. plain gelatin

1 cup cold water, divided

8 oz. part skim ricotta cheese

8 oz. fat free cream cheese product

1/2 cup SugarTwin Spoonable

1/2 tsp. lemon extract

1 tsp. vanilla

1/8 tsp. cream of tartar

1/3 cup no-sugar-added, all fruit strawberry preserves

8 oz. frozen whole strawberries, thawed, or 1-1/2 cups sliced fresh berries

8 oz. frozen blueberries or 1-1/2 cups fresh berries

3/4 cup prepared sugar-free whipped topping mix

1. In a bowl of food processor or blender, process cereal to resemble cookie crumbs. Add Brown SugarTwin, cinnamon, melted Fleischmann's Margarine. Process just until blended. Set aside.



2. In small saucepan, dissolve gelatin in 1/3 cup cold water. Allow to sit 1 minute. Heat until gelatin is dissolved. Add remaining 2/3 cup water. Cool to room temperature.

3. In food processor or small mixer bowl, mix ricotta, cream cheese product, SugarTwin Spoonable, lemon extract, vanilla, cream of tartar until blended. Combine with gelatin mixture. Chill no longer than 15 minutes (or gelatin will set) while preparing fruit.

4. In small saucepan, heat strawberry preserves until melted. Pour half of sauce into a bowl. Add blueberries. Gently stir strawberries into the saucepan.

5. Spoon 1/4 cup strawberry mixture into each 8 oz. parfait glass. Top with 2 Tbs. cheese mixture.

6. Sprinkle parfaits with 2 Tbs. cereal mixture.

7. Repeat layers. Alternate fruit for visual appeal. Top with sugar-free whipped topping. Refrigerate until served.



Yield: 6 parfaits

Per Serving: 328 calories, 46 gm. carbohydrates, 18 gm. protein, 11 gm. fat, 388 mg. sodium. **Exchanges:** 2 starch, 1 fruit, 1 medium-fat meat, 1 fat. **Cholesterol:** 20 mg. per serving.

APPLE SPICE CAKE

1-3/4 cups all-purpose flour

2 tsp. pumpkin pie spice

1 Tbs. cinnamon

1-1/2 tsp. baking powder

2 tsp. baking soda

1 tsp. salt

1/4 tsp. cream of tartar

2 egg whites

1/4 cup Fleischmann's® Margarine

3 Tbs. fructose

1 whole egg, separated

1-1/2 cups unsweetened chunky applesauce

3/4 cup lowfat yogurt

3/4 cup Brown SugarTwin

1 tsp. vanilla

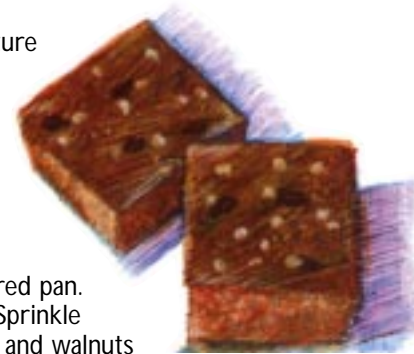
1/3 cup raisins, chopped

1/4 cup walnuts, chopped

1. Preheat oven to 350° F. Spray 13" x 9" baking pan with no-stick cooking spray.
2. Mix flour, spices, baking powder, baking soda, salt, cream of tartar together. Set aside.



3. In small mixer bowl, beat 3 egg whites until soft peaks form. Set aside.
4. In large mixer bowl, cream Fleischmann's Margarine, fructose, egg yolk.
5. In separate small bowl, blend applesauce, yogurt, Brown SugarTwin, vanilla.
6. Alternately add dry ingredients and applesauce mixture to creamed mixture until well-blended.
7. Carefully stir in beaten egg whites.
8. Turn into prepared pan. Spread evenly. Sprinkle chopped raisins and walnuts over surface. Bake 30 to 35 minutes or until a toothpick inserted in the center comes out clean.



Yield: 12, 3" x 3-1/4" squares

Per Serving: 181 calories, 28 gm. carbohydrates, 5 gm. protein, 6 gm. fat, 451 mg. sodium. **Exchanges:** 2 starch, 1 fat. **Cholesterol:** 19 mg. per serving.

BAKED APPLES WITH RUM-RAISIN SAUCE

4 large tart apples (about 2 lbs.)

8 tsp. Brown SugarTwin, divided

1/4 tsp. ground allspice, divided

4 tsp. Fleischmann's® Margarine, divided

1/4 cup golden raisins, loosely packed

2 Tbs. SugarTwin Spoonable

1-1/2 tsp. cornstarch

1 tsp. finely grated lemon zest

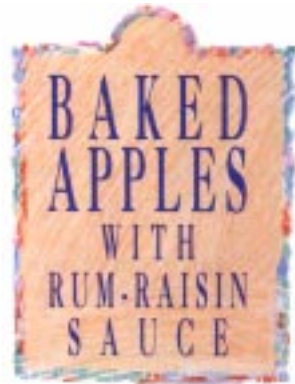
1/2 tsp. ground cinnamon

1/8 tsp. salt

1-1/2 cups boiling water

1-1/2 tsp. rum extract

1. Preheat oven to 375° F.
2. Core apples and pare upper half of each (to prevent splitting during baking).
3. Place apples in 8" x 8" baking dish. Season center of each with 2 tsp. Brown SugarTwin, 1/4 of the allspice, 1 tsp. Fleischmann's Margarine.



4. In small bowl, combine raisins, SugarTwin Spoonable, cornstarch, lemon zest, cinnamon, salt. Whisk in boiling water and rum extract. Pour sauce over and around prepared apples.
5. Bake at 375° F for 30 to 40 minutes, or until apples are tender when pierced with fork. (Time will vary with the variety and size of apples.) During baking, baste apples 3 or 4 times with Rum-Raisin Sauce. Serve warm. Refrigerate leftover apples.



Yield: 4 servings

Per Serving: 187 calories, 40 gm. carbohydrates, 1 gm. protein, 5 gm. fat, 114 mg. sodium. **Exchanges:** 2-1/2 fruit, 1 fat. **Cholesterol:** 0 mg. per serving.

SugarTwin Professional Kitchen Secrets:

These professional tips & hints developed by the SugarTwin Chefs will aid your future baking with SugarTwin. Each recipe in this cook booklet already reflects this information.

- Add 1/8 tsp. cream of tartar with dry ingredients to improve flavor of most recipes. (Larger size recipes may require up to 1/4 tsp.)
- Most recipes baked with SugarTwin may also need a 1/2 tsp. vanilla or cinnamon to improve the flavor.
- To increase volume and improve texture of cakes, muffins, and quick breads made with SugarTwin, beat 2 egg whites to soft peak-stage and fold into prepared batters before baking.
- Use natural unsweetened applesauce as a partial substitute for margarine, shortening, or oil to increase moisture and sweetness in cakes, cookies, muffins, and quick breads.
- In recipes with unsweetened cocoa, blend cocoa with SugarTwin and other dry ingredients before adding to batters and doughs.
- Substitute unsweetened cocoa in recipes that call for unsweetened baking chocolate for a less bitter flavor. Use 3 level Tbs. cocoa to replace 1 oz. of baking chocolate.
- For lighter texture in cakes and cookies made with margarine or shortening, cream alone until fluffy before adding eggs or egg substitute. Add SugarTwin with other dry ingredients.

Egg Beaters® 99% Real Egg Product Hints & Tips:

When adjusting your favorite recipes to include Egg Beaters, please keep the following in mind: 1) Use 1/4 cup Egg Beaters to replace each whole egg; 2) In recipes with up to 2 egg yolks, use 3 Tbs. Egg Beaters per yolk; 3) With recipes where eggs are separated, Egg Beaters can replace the yolks (use 3 Tbs. per yolk), but Egg Beaters cannot be used to replace whipped or beaten egg whites.