

Praline Pecan Crunch Snack Mix


1- 16 oz. package Quaker Squares cinnamon-flavor oatmeal cereal (8 cups)
1 cup coarsely chopped pecans
1 cup dried cherries or dried cranberries
1/3 cup brown sugar
1/3 cup light corn syrup
3 Tbsp. margarine
1 tsp. vanilla
1/2 tsp. baking soda

Heat oven to 250° F. Spray 9x13" pan with non-stick cooking spray. Combine cereal, nuts and dried fruit in pan; set aside. In a large microwavable bowl, combine brown sugar, corn syrup and margarine. Microwave on high 1 minute 30 seconds. Stir. Microwave again for 30 seconds or until boiling. Stir vanilla and baking soda into mixture. Pour over cereal; stir to coat mixture evenly. Bake 1 hour, stirring every 20 minutes. Spread on baking sheet and cool completely; break into pieces. Store tightly covered.

Makes 9 cups.

Recipe from www.quakeroats.com

EGGLESS NOG

[Print this recipe](#) 

All You Need

1 quart	skim milk
1 c.	fat-free egg substitute
1/4 c.	sugar
1/2 c.	instant vanilla pudding mix
2 tsp	to 3 tsp. vanilla extract
1/2 tsp	ground nutmeg


All You Do

1. Place all ingredients in a blender container.
2. Blend until smooth.
3. Chill for several hours.
4. Shake or stir eggnog well before serving.

Nutrition information per serving

Calories	102
Cholesterol	4 mg
Fat	0.3 g
Protein	5 g
Sodium	211 mg

HOLIDAY HONEY-SPICE BARS

[Print this recipe](#) 

All You Need

small	amount no-stick cooking spray
3/4 c.	packed brown sugar
1 each	egg
1 c.	honey

1 tbsp	freshly grated orange peel
2 3/4 c.	all-purpose flour
1 tsp	SPICE ISLANDS ground allspice
1 tsp	SPICE ISLANDS ground cinnamon
1 tsp	SPICE ISLANDS ground ginger
1/2 tsp	baking soda
1/2 tsp	salt
1 c.	slivered almonds, toasted
1 c.	dried apricot halves (snipped into quarters)
1 c.	dried cranberries
1 c.	sifted powdered sugar (for glaze)
1 1/2 tbsp	orange juice; add extra 1/2 Tbsp if needed (for glaze)

All You Do

1. Line 13 x 9 inch baking pan with aluminum foil or baking parchment, allowing ends to extend 2 inches up sides of pan; coat with cooking spray.
2. Using electric mixer, beat brown sugar and egg until smooth; mix in honey and orange peel.
3. In small bowl, combine flour, spices, baking soda and salt; gradually add to honey mixture, mixing well. Stir in almonds, apricots and cranberries. (Mixture will be thick and sticky.)
4. With oiled hands, pat batter evenly into prepared pan. Bake at 350 degrees F for 28 to 32 minutes or until light golden brown; cool 10 minutes in pan on wire rack.
5. In small bowl, mix powdered sugar with enough orange juice to make a thin glaze. Holding edges of foil, lift out of pan to cutting surface. Spread glaze over top, reserving 1 tablespoon for decorating. If desired, let stand 15 to 20 minutes or until glaze is set. Cut into bars.

Nutrition information per serving

Exchange Diets

20 minutes prep time. 28-32 minutes to bake. Makes 48 bars. One bar provides 102 calories, 2 grams fat, 0 saturated fat, 4 mg cholesterol, 39 mg sodium, 21 grams carbohydrate, 1 gram fiber, and 2 grams protein. Courtesy of TONES SPICES. www.spiceadvice.com

Spiced Popcorn

(makes 4 servings)

¼ tsp. cumin

¼ tsp. chili powder

1/8 tsp. salt

dash of red pepper

dash of cinnamon

6 cups popped popcorn

In small bowl stir together spices. Spread popped popcorn in even layer on shallow baking pan. Lightly coat with cooking spray. Sprinkle spice mixture over popcorn and toss to coat.

Per serving=47 calories, 1 gm fat, 0 gm sat fat, 1 gm protein, 72 mg sodium, 2 gm fiber

Warm Spiced Cider

4 cups apple cider or unsweetened apple juice

2 ¼ cups water

¾ cup orange juice concentrate

¾ tsp. ground nutmeg

¾ tsp. ground ginger

3 whole cloves

2 cinnamon sticks

4 orange slices, halved

In 3 qt. slow cooker, combine the apple cider, water, orange juice concentrate, nutmeg and ginger.

Place cloves and cinnamon sticks in double thickness of cheesecloth and tie with string to form bag.

Place bag in slow cooker. Cover and cook on low for 4-5 hours or until heated through. Remove and discard spice bag. Garnish with orange slices.

Per ¾ cup serving=108 calories, 13 mg sodium, 1 gm protein (2 diabetic fruit exchanges)

Holiday Nog

1 cup plain soy drink

1 cup orange juice

1 medium banana

1 tsp. vanilla extract

8 ice cubes

½ tsp. ground allspice

In blender, combine all ingredients except allspice and blend until smooth.

Pour into glasses and sprinkle with allspice.

Per ¾ cup serving=78 calories, 1 gm fat, 0 gm sat fat, 0 mg cholesterol, 23 mg sodium, 1 gm fiber, 2 gm protein

Chunky Cranberry Spread

1 (8 oz.) pkg. low-fat cream cheese

1-2 Tbsp. low-fat milk

½ cup chopped dried cranberries

¼ cup blanched almonds or other nut

½ tsp. orange zest (finely grated fresh orange peel)

Place cream cheese in medium bowl and allow to soften. Mash and work with fork. Add just enough milk to cream cheese is consistency that is easy to spread. Mix in remaining ingredients. Cover and refrigerate up to 2 days or let stand at room temp for 1 hour before serving. Spread on whole grain bread, cracker or bagel.

Per 1 Tbsp. serving=36 calories, 2 gm fat, 1 gm sat fat, 1 gm protein, 29 mg sodium

Fruit Kabobs with Yummy Dip

(4 servings)

1 cup melon cubes

½ cup strawberry pieces

½ cup pineapple chunks

2 small bananas, cut in 1-inch slices

½ cup orange juice

2 Tbsp. lime juice

½ cup vanilla yogurt

1 Tbsp. frozen OJ concentrate, thawed

ground nutmeg or cinnamon, as desired

Thread fruit of choice on skewers alternately. Place in glass baking dish. Combine orange juice and lime juice and pour over kabobs. Cover and marinate in refrigerator for 30-60 minutes, turning occasionally. In small bowl, stir together yogurt and OJ concentrate. Cover and chill until ready to serve. To serve kabobs, arrange on plate and discard juice marinade. If desired sprinkle with nutmeg or cinnamon. Serve with dip.

Sugar-Free Cocoa Mix

(8 servings)

2 cups nonfat dry milk powder

½ cup fat-free powdered nondairy creamer

½ cup baking cocoa

Sugar sub (Splenda) equivalent to ½ cup sugar

¾ tsp. ground cinnamon

Combine all ingredients and mix well. Store in air-tight container up to 6 months. To prepare cocoa: dissolve 1/3 cup mix in 1 cup boiling water; stir well.

Per 1 cup serving=101 calories, 1 gm fat, 3 gm cholesterol, 94 mg sodium, 7 gm protein

Cranberry Pecan Scones

(8 servings)

2 cups all-purpose flour

½ cup sugar

1 tsp. baking powder

½ tsp. salt

¼ tsp. baking soda

¼ cup cold butter or stick margarine

1 egg

6 Tbsp. orange juice

1 tsp. vanilla extract

½ tsp. grated orange peel

½ cup chopped fresh or frozen cranberries, thawed

3 Tbsp. chopped pecans, toasted

1 egg white

½ tsp. water

In large bowl, combine flour, sugar, baking powder, salt and baking soda. Cut in butter/margarine until mixture resembles coarse crumbs. Beat egg, orange juice, vanilla and orange peel. Add to flour mixture along with cranberries and pecans; stir just until moistened. Pat dough into 6-1/2 in circle on baking sheet coated with spray. Combine egg white and water; brush over dough. Cut into 8 wedges (do not separate). Bake at 400 degrees for 20-25 minutes or until golden brown. Cool on wire rack.

One scone=250 calories, 9 gm fat, 4 gm sat fat, 42 mg cholesterol, 321 mg sodium, 2 gm fiber, 5 gm protein(2 starch, 1-1/2 fat, 1/2 fruit exchanges)

Cranberry-Orange Turkey Cutlets

(4 servings)

1 pound turkey breast cutlets

1 cup dry bread crumbs

1 egg white

1 Tbsp. fat-free milk

½ tsp. salt

¾ cup cranberry-orange sauce or whole-berry cranberry sauce

1 Tbsp. olive or canola oil

Flatten turkey to ¼ -inch thickness. Place bread crumbs in shallow bowl. In another bowl, beat the egg white, milk and salt. Dip turkey into egg white mixture, then coat with crumbs. Refrigerate, uncovered for 10 minutes. In small saucepan, heat cranberry sauce. In large non-stick skillet, brown turkey in oil for 3-4 minutes on each side or until juices run clear. Serve sauce over turkey.

Per serving(4 oz. turkey and 3 Tbsp. sauce)=399 calories, 9 gm fat, 1 gm sat fat, 82 mg cholesterol, 609 mg sodium, 34 gm protein

Green Beans with Cranberries and Walnuts

(serves 4)

16 oz. frozen or fresh green beans

½ tsp. oil

½ cup chopped fresh cranberries

2 Tbsp. chopped walnuts

1 Tbsp. honey

Place green beans in casserole dish and microwave on high until tender (6-8 minutes).

Heat oil in small nonstick skillet. Cook cranberries and walnuts briefly until cranberries are tender. Toss in green beans and honey. Serve hot.

Per serving(1/2 cup)=80 calories, 3 gm fat, 0 gm sat fat, 0 mg cholesterol,10 mg sodium, 3.5 gm fiber,2 gm protein (2 vegetable exchanges)