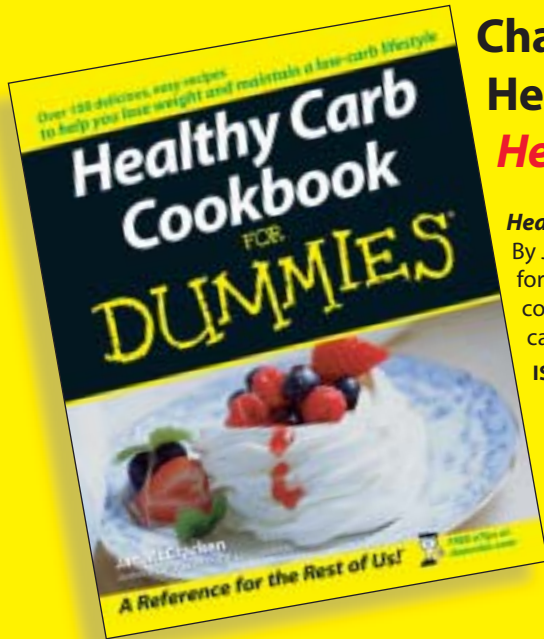


Healthy Carb Cookbook

FOR
DUMMIES

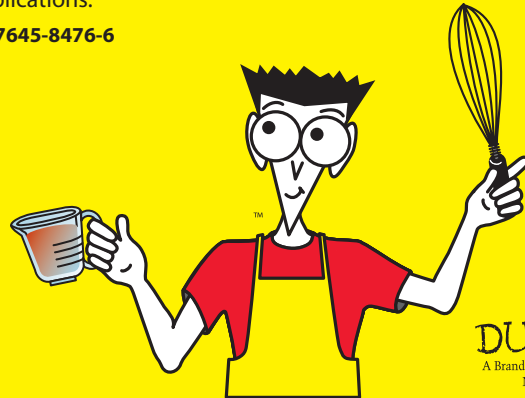


Change Your Mind ... Change Your Heart ... Lose Weight for LIFE ... with *Healthy Carb Cookbook For Dummies!*

Healthy Carb Cookbook For Dummies

By Jan McCracken, a health advocate and low-carber for more than ten years. Jan has written two low-carb cookbooks, and is a contributor to numerous low-carb publications.

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Basic Meringue Shells with Berry Filling

Preparation time: 15–20 minutes + 5 minutes for fruit filling

Cooking time: 35 minutes + 12 minutes for fruit filling

Drying time: 1 hour

Yield: 6 servings

2 egg whites

$\frac{1}{4}$ teaspoon cream of tartar

Pinch of salt

$\frac{1}{4}$ teaspoon vanilla

$\frac{1}{4}$ cup Splenda Sugar Blend for Baking

Berry Filling (recipe follows)

6 sprigs fresh mint (optional)

1. Preheat the oven to 300 degrees. Line a baking sheet with parchment paper and set aside.
2. Bring the egg whites to room temperature. Beat the whites until foamy in a squeaky-clean aluminum or glass bowl (not plastic) with very clean beaters. Add the cream of tartar, salt, and vanilla, and continue beating until the whites begin to form soft peaks.
3. Gradually add the Splenda Sugar Blend for Baking. Continue to beat until the whites form stiff peaks. Whites should remain glossy.
4. Spoon the meringue into 6 equal mounds on the baking sheet.
5. Shape the mounds of meringue into nest-like cups using the back of a small tablespoon, working from the center out and then smoothing around the edge of the meringue cup.

6. Bake for 35 minutes with out opening the oven door. Turn off the oven and let the meringue dry in the oven. After 1 hour, transfer to a cooling rack to air dry. While the meringue is baking and drying, prepare the Berry Filling (see the following recipe) and chill.
7. Just before serving, spoon the Berry Filling into the meringue shells. Garnish with fresh mint, if desired.

Berry Filling

1 teaspoon fresh lemon juice

1 tablespoon blackberry fresh fruit spread (no sugar added, preferably organic)

1 tablespoon Splenda Sugar Blend for Baking

$\frac{1}{2}$ pint fresh blueberries

$\frac{1}{2}$ pint fresh raspberries

2 cups strawberries, hulled and halved

1. Combine the lemon juice, blackberry fresh fruit spread, and Splenda Sugar Blend for Baking in a small bowl, and mix with a teaspoon.
2. Combine the blueberries, raspberries, and strawberries in a bowl. Pour the blackberry liquid over the berries, and stir the berries all together. Let the berries stand until juices form, probably about 2 hours in the fridge. Stir occasionally.

Per serving: Calories 91 (From Fat 3); Fat 0g (Saturated 0g); Cholesterol 0mg; Sodium 44mg; Carbohydrate 21g; Dietary Fiber 3g (Net Carbohydrate 18g); Protein 2g.