Diabetic Jam

4 medium apples, peeled and diced (or unpeeled in food processor)

1 tbs. lemon juice

3 packets Sweet and Low

12 oz. unsweetened Apple Juice

4 cups blueberries (or other fruit) unsweetened

1/4 cup minute tapioca

1/2 tsp. cinnamon

2 tbs. gelatine

1/4 cup water

12 packets Equal

Cook apples until tender. Add lemon juice and Sweet and Low, and cover with apple juice. Add blueberries (or other fruit), tapioca, and cinnamon. Cook to pudding consistency.

Add additional apple juice if mixture becomes too thick.

In a separate container, stir gelatin, water, and Equal well and set aside until thick.

Add gelatin mixture to fruit mixture. Pour into 8 oz. jars and keep in refrigerator.

Yield: approx. 6 cups (8 oz. jars); Calories: 1 Tbsp. approx.

12 calories, 1/3 cup approx. 60 calories; Diabetic Exchanges: 1 Tbsp.

(12 cal.) are free, 1/3 cup (60 cal.)=1 fruit.

Deviled Crab

1 - 8 oz. pkg. cream cheese, softened

1 c. mayonnaise

1/4 c. sour cream

1/4 c. shipped fresh dill

3 shallots, minced

1/2 packet or cube (crushed) of bouillon

Dash of cayenne or red pepper sauce

7 oz. crab, drained and rinsedassorted vegetables

Beat cream cheese until light. Beat in sour cream and mayonnaise. Stir in remaining ingredients except vegetables.

Cool several hours to blend flavors.

Serve with assorted vegetables.

Yield: 60 servings at 1 Tbsp. /serv.; Calories: 49; Diabetic 

Exchanges: 1 fat.

Diabetic Cake

1 c. raisins

1 1/2 c. water

1/2 c. shortening

1 egg

1 c. oatmeal

1 Tbsp. artificial sweetener

1 c. flour

1 tsp. baking soda

1/4 tsp. salt

1/2 tsp. cinnamon

Boil raisins and water. Add other ingredients. Bake in loaf pan at 350 degrees until done (about 45 minutes).

Yield: 20 slices; Calories: 115; Diabetics Exchanges: 1 starch and 1 fat.