

Low Glycemic Snacks

▪ Banana Nut Bread

This is my family's absolute favourite.

Ingredients

1 1/2 cups whole wheat flour
3/4 cup ground flaxseed
2 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1/2 tsp salt
3 very ripe, medium bananas, mashed
6 tbsp Splenda brown sugar blend
3/4 tbsp lemon juice plus enough skim milk to make 3/4 cup (or use 3/4 cup buttermilk)
4 egg whites
1 tsp vanilla
3/4 cup chopped walnuts

Directions

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray. Measure 1 tbsp lemon juice (freshly squeezed is best) into a measuring cup and pour in skim milk for a total of one cup. Do not stir. Allow to sit for 5 minutes. Alternatively, you can simply use 1 cup of buttermilk if you have this ingredient on hand.

In a large bowl, blend flour, flaxseed, baking powder, baking soda, cinnamon and salt and set aside.

Beat egg whites and sugar. Add bananas and vanilla and beat lightly. Pour wet ingredients into dry ingredients and combine until well mixed. Add walnuts and stir until combined.

Pour mixture into loaf pan and bake 40 to 50 minutes.

▪ Orange Breakfast Muffins

These tasty muffins are good for breakfast or any time you need a quick snack.

Ingredients

1 1/2 cup oat bran
1 cup whole wheat flour
1 cup ground flaxseed
1 cup wheat bran
1 tbsp baking powder
1/2 tsp salt
2 medium seedless oranges, peeled
1/2 cup Splenda brown sugar blend
1 tbsp lemon juice plus enough skim milk to make 1 cup (or 1 cup buttermilk)
1/2 cup extra virgin olive oil
2 whole eggs (or 4 egg whites)
1 tsp baking soda
3/4 cup chopped walnuts
3/4 cup raisins (optional)

Directions

Preheat oven to 375 degrees. Spray muffin pan with non-stick spray. Measure 1 tbsp lemon juice into a measuring cup and pour in skim milk for a total of one cup. Do not stir. Allow to sit for 5 minutes. Alternatively, you can simply use 1 cup of buttermilk if you have this ingredient on hand.

Mix together the first six ingredients in a large bowl: oat bran, whole wheat flour, flaxseed, wheat bran, baking powder and salt.

In a blender or food processor, blend oranges, brown sugar substitute, milk, oil, eggs, and baking soda until well combined.

Create a well in the middle of the dry ingredients. Pour the orange mixture into the dry ingredients and stir until well mixed.

Add walnuts and raisins (if desired) and mix.

Fill muffin compartments approximately 3/4 full. Bake 20 minutes for regular muffins. Note: mini-muffins will take less time.

▪ Breakfast Cookies

Awesome is all I can say– a moist and chewy cookie reminiscent of granola bars.

Ingredients

- 1 cup Special-K cereal
- 1/3 cup rolled oats (oatmeal)
- 2 tbsp All Bran cereal
- 2 tbsp fructose (or artificial sweetener equivalent to 2 Tbsp sugar)
- 2 tbsp milk powder
- 2 tbsp peanut butter
- 1 tsp vanilla extract
- 1 egg, lightly beaten

Directions

In a medium bowl, combine Special-K, rolled oats, All-Bran, fructose and milk powder. Blend together peanut butter, vanilla, and egg until smooth. Pour peanut butter mixture over dry ingredients; stir until well blended. Drop mixture by spoonfuls onto a wax paper lined dinner plate. There should be 8 to 10 "blobs". Use wet fingers to push mixture from spoon and shape. Microwave at High Power for 1 1/2 to 2 minutes until set. Allow to cool. Makes 8 to 10 cookies.

▪ Pancakes

Okay, they're not the real thing but they taste delicious! Serve with sugar-free syrup.

Ingredients

2 eggs
1/2 cup cottage cheese
1 Tbsp oil
3/8 cup rolled oats (regular uncooked oatmeal)
1/8 tsp salt
1/2 tsp vanilla
1 tsp Sweet & Low Brown Sugar Substitute

Directions

Place all ingredients in a blender or food processor and blend until well mixed, less than 10 seconds. Grease and preheat a griddle. Drop batter by 1/8 cupfuls onto griddle. Turn pancakes when bubbles appear on surface and cook an additional minute, until lightly golden. Yield: 8 small pancakes.