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Carbquik™ Chicken & Dumplings

Servings: 12 dumplings
Net Carbs: 1g per dumpling

2 cups Carbquik™
2 egg yolks beaten
1/3 cup half and half
Pinch of salt
Chicken broth or stock as needed

- Stir Carbquik™, egg yolks, salt, half and half until mixed; add just enough broth or stock to form a soft dough.
- Let rest 10 minutes. If dough seems too stiff, work a little more broth or stock into the dough before use.
- Drop by spoonfuls into hot simmering broth or liquid, reduce heat.
- Cook uncovered 10 minutes. Cover and cook gently 10 additional minutes.

Pay close attention to cook these gently. Rapid cooking will cause dumplings to fall apart.
For added flavor, season the dough before cooking with salt and pepper, or sprinkle a little chili powder into the dough.

Carbquik™ Berry Cobbler

Servings: 4
Net Carbs: 5g per serving

3 cups mixed berries
1/2 cup Splenda®
2 1/2 cups Carbquik™
1/2 cup half and half
2 TBS Splenda®
2 TBS butter, melted

Pink Whipped Cream (optional)
1 cup heavy whipping cream
3 TBS seedless red preserves, sugar free

If making whipped cream: Whip until soft peaks form. Fold or swirl preserves. Chill until ready to use.

- Stir together berries with 1/2 cup Splenda, being careful not to bruise the fruit. Chill.
- Preheat oven to 425 degrees.
- Combine Carbquik™, half and half, 2 TBS Splenda® and butter. Mix until soft dough forms. Place dough on a surface dusted with Carbquik™. Roll in Carbquik™ to coat, shape into ball and knead about 5-10 times (about 1 minute).
- Roll out dough 1/2 inch thick. Cut with 2 inch biscuit cutter or medium size glass dipped in Carbquik™ to prevent sticking.
- Place 2 inches apart on an un-greased baking sheet.
- Bake 6-8 minutes until golden brown. Split shortcakes, fill and top with a combination of berries, whipped cream or low-carb ice cream.

Carbquik™ Monte Cristo Sandwich

Servings: 6
Net Carbs: 2g per serving

2 cups Carbquik™
3/4 cup half and half
1 whole egg
6 ounces Swiss cheese, thinly sliced
6 ounces Deli Ham, thinly sliced
6 ounces Deli Turkey, thinly sliced
1/3 cup strawberry spreadable fruit, Sugar Free/Low Carb

- Heat oven to 400 degrees.
- Lightly grease square baking dish, 8x8x2 inches, or spray with cooking spray. Stir Carbquik™, half and half and egg in medium bowl until blended.
- Spread half of the dough in bottom of baking dish. Top with half each of the cheese, ham and turkey.
- Spread fruit spread over turkey to within 1/2 inch sides of dish.
- Top with remaining ham, turkey and cheese. Spread remaining dough over cheese to sides of dish.
- Bake uncovered about 30 minutes or until golden brown. Let stand 5 minutes before serving. Serve warm.

Carbquik™ Cheesecake

Servings: 10
Net Carbs: 5g per serving

1/4 cup Splenda®
1/2 cup Carbquik™
2 eggs + 1 egg yolk
2-8 oz packages cream cheese, softened and cut into 1 inch cubes
2 teaspoons vanilla

- Preheat oven to 350 degrees. Grease a 9" spring pan and coat with Carbquik™ (or use a 9" round baking dish).
- Place all ingredients in blender or food processor.
- Process on medium-high for about 2 minutes, stopping occasionally to stir, until smooth. Pour into form.
- Bake just until puffed and center is dry, about 30 minutes. (Do not overbake).
- Spread Cheesecake Topping (see below) carefully over top.
- Refrigerate until chilled, at least 3 hours.

Cheesecake Topping:

Mix 1 cup sour cream, 2 TBS Splenda®, 1 tsp. vanilla and 1/2 tsp. grated lemon or orange rind or 1/4 tsp. cinnamon.

Carbquik™ Pound Cake

Servings: 16
Net Carbs: 2g per serving

3 1/2 cups Carbquik™
1 1/2 cups Splenda®
1/4 cup butter, softened
1 teaspoon vanilla
6 whole eggs
8 ounces cream cheese, softened

- Preheat oven to 350 degrees.
- Grease angel food cake pan (tube pan, 10x4 inches or 12-cup bundt cake pan) and dust with Carbquik™.
- Beat all ingredients in large bowl on low speed 30 seconds, scraping bowl frequently. Beat on medium speed 4 minutes, scraping bowl occasionally. Pour into pan.
- Bake 55 to 60 minutes or until toothpick inserted near center comes out clean.
- Cool 5 minutes; turn pan upside down onto wire rack or heatproof serving plate.
- Remove pan; cool cake completely.

Carbquik™ Healthy Recipe Suggestions

The following substitutions are great for recipes that are low carb and lower in fat.

Instead of heavy cream, use:
1/2 sour cream, 1/2 milk
1/2 sour cream, 1/2 water
1 for 1 fat free or regular non dairy creamer

Instead of eggs, use:
1 for 1 Egg Beaters™ or similar
1/2 whole egg, 1/2 egg whites
1 for 1 egg whites for whole eggs
1/2 eggs, 1/2 water

Instead of butter, use:
1/2 butter, 1/2 oil
1/2 "non-trans fat margarine", 1/2 oil

Instead of full fat cheese, use:
1/2 cheese, 1/2 feta cheese
1/2 cheese, and 1/2 ricotta or cottage cheese

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Carbquik™ Brownie:

Servings: 16
Net Carbs: 2g per serving

3/4 stick butter
4 ounces unsweetened baking chocolate
2 cups Splenda®
2 teaspoons vanilla
4 whole eggs
1 egg yolk
3/4 cup Carbquik™
3/4 cup walnuts, chopped

Optional Chocolate Frosting

2 tablespoons butter
2 ounces unsweetened baking chocolate, cut into pieces
1 tablespoon liquid Splenda®
2 to 3 tablespoons hot water

-Heat oven to 350°F. Grease bottom and sides of square pan, 9x9x2 inches.
-Melt butter and chocolate in 1-quart saucepan over low heat, stirring constantly.
-Cool slightly and add Splenda® to chocolate and blend well until smooth. Beat vanilla and eggs in medium bowl with electric mixer on high speed 5 minutes.
-Beat in chocolate mixture on low speed.
-Beat in Carbquik™ just until blended. Stir in walnuts. Spread in pan.
-Bake 15 to 20 minutes or just until brownies spring back in the middle and begin to pull away from sides of pan.
-Cool completely in pan on wire rack. Spread with Chocolate Frosting. Cut into 4 rows by 4 columns.

Chocolate Frosting

-Melt butter and chocolate over medium heat until creamy, mix in liquid Splenda®, stir until smooth. Add hot water as needed to form a spreadable frosting.

Carbquik™ Vegetable Blinis

Servings: 12
Net Carbs: 2g per serving

1 cup Carbquik™
1/4 cup water
1 egg or egg substitute
1/2 cup shredded vegetables (such as yellow and green zucchini, leek, cabbage, spinach, broccoli raab)
1/2 tsp. Kosher Salt
1 clove garlic, minced (or 1/2 tsp. Garlic powder)
1/2 tsp. Italian Seasoning
1/4 tsp. black pepper (or to taste)
A shake of hot sauce (optional)
1/4 cup shredded spicy cheese (Colby, jack, cheddar)-cheese is optional
Oil for sautéing

-Heat skillet on medium, add some oil, sweat the garlic and the shredded vegetables, add salt, and Italian seasoning. Cook until soft but not browned. Set aside to cool.
-In a mixing bowl, combine Carbquik™, water, egg, hot sauce and black pepper. Stir until you get a pancake batter consistency. Add water if too thick. Add cheese and cooled sautéed vegetables.
-Mix and let rest for 10 minutes.
-Fry into pancake size oval shaped blinis until golden brown on both sides. Place on paper towel, and serve warm with sour cream or crème fraîche. Also excellent as accompaniment for meat and fish dishes in lieu of starches.

Carbquik™ Cinnamon Buns:

Servings: 12
Net Carbs: 4g per serving

1/2 cup butter
1/2 cup Brown sugar twin, packed
36 pecan or walnut halves
Ground cinnamon
2 cups Carbquik™
1/3 cup applesauce, sugar free
1/3 cup half and half

-Preheat oven to 450 degrees. Place 2 teaspoons butter, 2 teaspoons Brown sugar twin and 3 pecan halves in each of 12 muffin cups, 2 1/2 x 1 1/4 inches.
-Sprinkle pinch of cinnamon in each cup; heat in oven until melted. Mix Carbquik™, applesauce and half and half until dough forms; mix well.
-Adjust mixture by adding a few drops of water if needed to make dough spoonable.
-Spoon onto mixture in cups. Bake 10 minutes. Invert on heat-proof serving plate.

Carbquik™ Muffins:

Servings: 12
Net Carbs: 3g (basic muffin)

2 cups Carbquik™
1/8 cup water, or as needed
2/3 cup half and half
1/3 cup Splenda®
1 teaspoon baking powder
2 tablespoons vegetable oil
1 whole egg, beaten

-Preheat oven to 400 degrees. Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
-Stir all ingredients just until moistened. Adjust batter with water as needed.
-Bake 13 to 18 minutes or until golden brown.

Variations:

Blueberry: add 1/2 cup frozen, drained berries, and gently fold into batter.
Granola: Add 1/2 cup low carb granola.
Lemon Poppy: 1/4 cup lemon juice, 1 tablespoon poppy seeds.
Banana Nut: 1 very ripe mashed banana, 1/2 cup chopped walnuts or pecans or nut of choice.
Chocolate: 1/2 cup Dutch Cocoa, increase Splenda® to 1/2 cup add additional 1 tablespoon vegetable oil.

Carbquik™ Sausage Gravy:

Servings: 4
Net Carbs: 3g per serving

1 pound breakfast sausage
4 tablespoons Carbquik™
1 1/2 cups half and half
Salt and pepper, to taste

-In large skillet, over medium-high heat, cook and crumble sausage to lightly brown, removing fat from pan as it accumulates.
-Sprinkle Carbquik™ over sausage in skillet, stir to blend, add half and half to pan all at once.
-Cook, stirring constantly over medium-high heat until thickened and bubbly. Season to taste with salt and pepper.
-Serve over hot baked Carbquik™ biscuits.