

TRY THESE TASTY XYLITOL RECIPES*

APPLE CRISP

6 cups thinly sliced apples
1 cup quick-cooking oats, uncooked
1/4 cup spelt flour or whole wheat pastry flour
1/2 teaspoon cinnamon
1/2 cup xylitol
1/4 teaspoon maple flavoring
6 tablespoons unsalted butter
1/4 cup chopped pecans

Place apple slices in a buttered 9" square baking pan. Combine oats, flour, cinnamon, xylitol and maple flavoring. Cut in butter until mixture is crumbly, and spoon over apples. Bake at 350° for 40–45 minutes or until apples can be easily pierced with a knife and topping is golden brown. Do not allow topping to darken as this will result in a bitter taste.



PUMPKIN PIE

2 eggs
1 3/4 cups canned pumpkin
3/4 cup xylitol
1/8 teaspoon salt
1/8 teaspoon cloves
1/4 teaspoon ginger
1/4 teaspoon nutmeg
1 1/2 teaspoons cinnamon
3/4 cup evaporated skim milk
2 tablespoons unsalted butter, melted

In large mixing bowl, lightly beat eggs. Add pumpkin and mix well. Combine xylitol, salt and spices and blend into pumpkin mixture; gradually stir in evaporated milk and melted butter. Pour filling into pie crust. Bake at 375° for 50–60 minutes, or until knife inserted in center comes out clean. Serve chilled and topped with whipped cream and a sprinkle of cinnamon.



**COOKING WITH XYLITOL ALLOWS
YOU TO EAT THE SAME AMOUNT
OF PIE WITH ONLY ABOUT HALF OF
THE CALORIES AND CARBS!**

*You can find these and many other xylitol recipes in *Sweeten Your Life the Xylitol Way* by Karen Edwards, Ph.D. Available at <http://naturestools.com>.