

# SMUCKER'S®

## SUGAR FREE

COOKBOOK



» SENSIBLY SWEET «

Recipes made with  
**Smucker's® Sugar Free**  
jams, jellies and preserves



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## Berry Yogurt Breakfast Bowls



Serves: 2    Preparation Time: 10 minutes

### Ingredients

1 medium banana, sliced  
1/4 cup **Smucker's® Sugar Free Red Raspberry Preserves**  
1/2 cup fresh red raspberries  
1 (6 oz.) container Greek-style vanilla yogurt  
1/2 cup low-fat granola cereal

### Directions

1. **DIVIDE** banana slices evenly into two serving dishes. Stir preserves in small bowl until smooth. Fold in raspberries to coat. Spoon evenly over bananas.
2. **STIR** yogurt until smooth. Spoon evenly over raspberry mixture. Sprinkle with granola. Serve immediately.

Serving Size: 1 bowl, 1/2 recipe

Total = 59g carbohydrates, 260 calories, 2.5g total fat, 1g saturated fat, 7g protein,  
5g dietary fiber, 27g sugars, 5mg cholesterol, 110mg sodium





# Creamy Marmalade Farina Wheat Cereal



Serves: 1    Preparation Time: 5 minutes    Cooking Time: 5 minutes

## Ingredients

3 tbsps. uncooked enriched farina wheat cereal  
3/4 cup water  
2 tbsps. **Smucker's®** Sugar Free Orange Marmalade  
1 tsp. brown sugar sucralose blend  
1/8 tsp. salt  
1/4 tsp. apple pie spice or pumpkin pie spice  
Milk, butter and additional brown sugar sucralose blend (optional)

## Directions

1. COMBINE farina, water, marmalade, brown sugar blend, salt and spice in 1-quart microwave-safe bowl.
2. MICROWAVE on HIGH 1 minute; stir. Microwave an additional 2 to 3 minutes or until thickened, stirring every 30 seconds. Top with milk, butter and additional brown sugar blend, if desired. Serve immediately.

Serving Size: 1 bowl, entire recipe  
Total = 39g carbohydrates, 160 calories, 1g total fat, 0g saturated fat, 4g protein,  
2g dietary fiber, 4g sugars, 0mg cholesterol, 330mg sodium



## Mini Fruit Wheat Muffins



Serves: 12

Preparation Time: 10 minutes

Cooking Time: 23 minutes

### Ingredients

**Crisco®** Original No-Stick Cooking Spray  
3/4 cup **Hungry Jack®** Complete Wheat Blends Pancake Mix  
2/3 cup **Smucker's®** Sugar Free Orange Marmalade, plus 1 tablespoon  
1/2 tsp. ground cinnamon  
1/4 cup finely chopped pecans, divided  
2 tsps. firmly packed brown sugar

### Directions

1. **HEAT** oven to 400°F. Coat 12 mini muffin pan cups with no-stick cooking spray.
2. **COMBINE** pancake mix, 2/3 cup preserves, cinnamon and 2 tablespoons chopped pecans until smooth. Fill muffin cups with a heaping tablespoon of batter. Combine remaining 2 tablespoons pecans and brown sugar. Sprinkle on top. Press lightly into batter.
3. **BAKE** 20 to 23 minutes or until a toothpick inserted in center comes out clean. Cool 1 minute. Remove from pan. Top each muffin with 1/4 teaspoon preserves.

Serving Size: 1 mini muffin

Total = 9g carbohydrates, 40 calories, 2g total fat, 0g saturated fat, 1g protein, 0g dietary fiber, 1g sugars, 0mg cholesterol, 40mg sodium





## Monte Cristo Muffins



Serves: 1    Preparation Time: 5 minutes    Cooking Time: 1 minute

### Ingredients

- 1 reduced calorie English muffin, split and toasted
- 1 1/2 tbsps. Dijon mustard
- 2 tbsps. **Smucker's®** Red Raspberry Sugar Free Preserves
- 1 slice smoked Canadian bacon
- 1 slice Swiss cheese

### Directions

1. **SPREAD** mustard on both halves of toasted muffin. Spread preserves on top of mustard. Place meat on one half and cheese on the other half.
2. **MICROWAVE** on HIGH for 20 seconds. Place halves together and serve.

Serving Size: 1 muffin

Total = 42g carbohydrates, 300 calories, 9g total fat, 4g saturated fat, 20g protein, 2g dietary fiber, 1g sugars, 43mg cholesterol, 1120mg sodium



## Caramel Orange Fruit Salad



Serves: 4    Preparation Time: 10 minutes

### Ingredients

1/4 cup **Smucker's®** Orange  
Sugar Free Marmalade  
3 tbsps. **Smucker's®** Sugar Free Caramel  
Spoonable Ice Cream Topping  
1/4 tsp. cinnamon  
2 cups mixed fruit, cut into bite-size pieces

### Directions

1. STIR together orange marmalade, caramel topping and cinnamon. Gently fold in fruit until evenly coated.

**TIP** Suggested fruit combination:  
cantaloupe, honeydew melon,  
pineapple, strawberries and grapes

Serving Size: 1/4 recipe

Total = 26g carbohydrates, 90 calories, 0g total fat, 0g saturated fat, 1g protein,  
2g dietary fiber, 8g sugars, 0mg cholesterol, 25mg sodium





## Fresh From the Garden Fruity Vegetable Salad



Serves: 6    Preparation Time: 20 minutes    Cooking Time: 10 minute

### Ingredients

6 small red potatoes (about 1 lb.)  
1 medium ear of corn, husked  
or 3/4 cup frozen corn  
1/4 cup water  
1 cup **Smucker's®** Sugar Free Apricot Preserves  
1 tsp. prepared yellow mustard  
1/2 tsp. curry powder  
1 tsp. salt  
1/2 cup thinly sliced red onion  
1 cup bite size pieces of zucchini  
12 cherry tomatoes, cut in half  
1/4 cup bacon bits (optional)

### Directions

1. **WASH**, dry and cut potatoes into 1-inch chunks. Cut corn off cob. Place potatoes and corn in microwave-safe bowl. Add water. Cover. Microwave on HIGH 8 to 10 minutes or until potatoes are fork tender. Drain. Chill 30 minutes or until cool.
2. **WHISK** preserves, mustard, curry powder and salt in small bowl until blended. Toss onion and zucchini with potato mixture. Stir dressing with vegetables until evenly coated. Add tomatoes and bacon bits. Chill 1 hour to allow flavors to blend.

Serving Size: 1/6 recipe

Total = 32g carbohydrates, 110 calories, 0.5g total fat, 0g saturated fat,  
3g protein, 3 g dietary fiber, 3g sugars, 0mg cholesterol, 410mg sodium





# Raspberry Turkey Taco Salad



Serves: 4

Preparation Time: 15 minutes

Cooking Time: 5 minutes

## Ingredients

- 1/2 lb. ground turkey
- 1 cup prepared chunky salsa
- 1 (15 oz.) can black beans, rinsed and drained
- 1 cup frozen whole kernel corn
- 1/2 tsp. cumin
- 1/2 cup Smucker's® Sugar Free Red Raspberry Preserves
- 4 cups shredded lettuce
- 1/2 cup shredded reduced-fat cheddar cheese
- 1 cup broken baked nacho-flavor tortilla chips
- Fat-free sour cream
- 1 medium tomato, cut into 8 wedges

## Directions

1. COOK turkey in medium skillet on medium-high heat 5 minutes, stirring occasionally. Drain.
2. STIR in salsa, beans, corn and cumin. Bring to a boil. Reduce heat; simmer 3 minutes or until beans are hot. Stir in preserves.
3. DIVIDE lettuce onto 4 serving plates. Layer with warm turkey mixture, cheese and broken tortilla chips. Garnish with sour cream and tomato wedges.

Serving Size: 1/4 recipe

Total = 45g carbohydrates, 290 calories, 6g total fat, 2g saturated fat, 22g protein, 8g dietary fiber, 7g sugar, 35mg cholesterol, 980mg sodium



## Herbed Salmon Crostini with Apricot Glaze



Serves: 24

Preparation Time: 20 minutes

Cooking Time: 10 minutes

### Ingredients

1/2 cup **Smucker's®** Sugar Free Apricot Preserves

1 tsp. lemon juice

1 tsp. lemon and pepper seasoning

**Crisco®** Butter Flavor No-Stick Cooking Spray or **Crisco®** Olive Oil No-Stick Cooking Spray

1 (12 to 16 oz.) fresh salmon fillet

24 slices French bread baguette (1/2-inch thick)

1 (8 oz.) container reduced-fat spreadable chive and onion cream cheese

Fresh parsley leaves or small sprigs of dill weed (optional)

### Directions

1. HEAT oven to 375°F. Combine preserves, lemon juice and lemon and pepper seasoning in small bowl; mix well. Pour half of preserve mixture into a second small bowl, cover and refrigerate.
2. COAT shallow baking dish with no-stick cooking spray. Place salmon fillet in baking dish. Brush preserve mixture from first bowl over fish. Roast 10 to 15 minutes or until fish flakes easily with fork and internal temperature reaches 145°F.
3. ARRANGE bread slices on baking sheet. Coat both sides of bread with no-stick cooking spray. Bake 3 to 5 minutes on each side or until crisp.
4. SPREAD cream cheese on top of each crostini. Flake cooked salmon into 24 pieces. Arrange on top of cream cheese. Spoon 1/2 teaspoon of the reserved preserve mixture on salmon. Garnish with parsley, if desired.

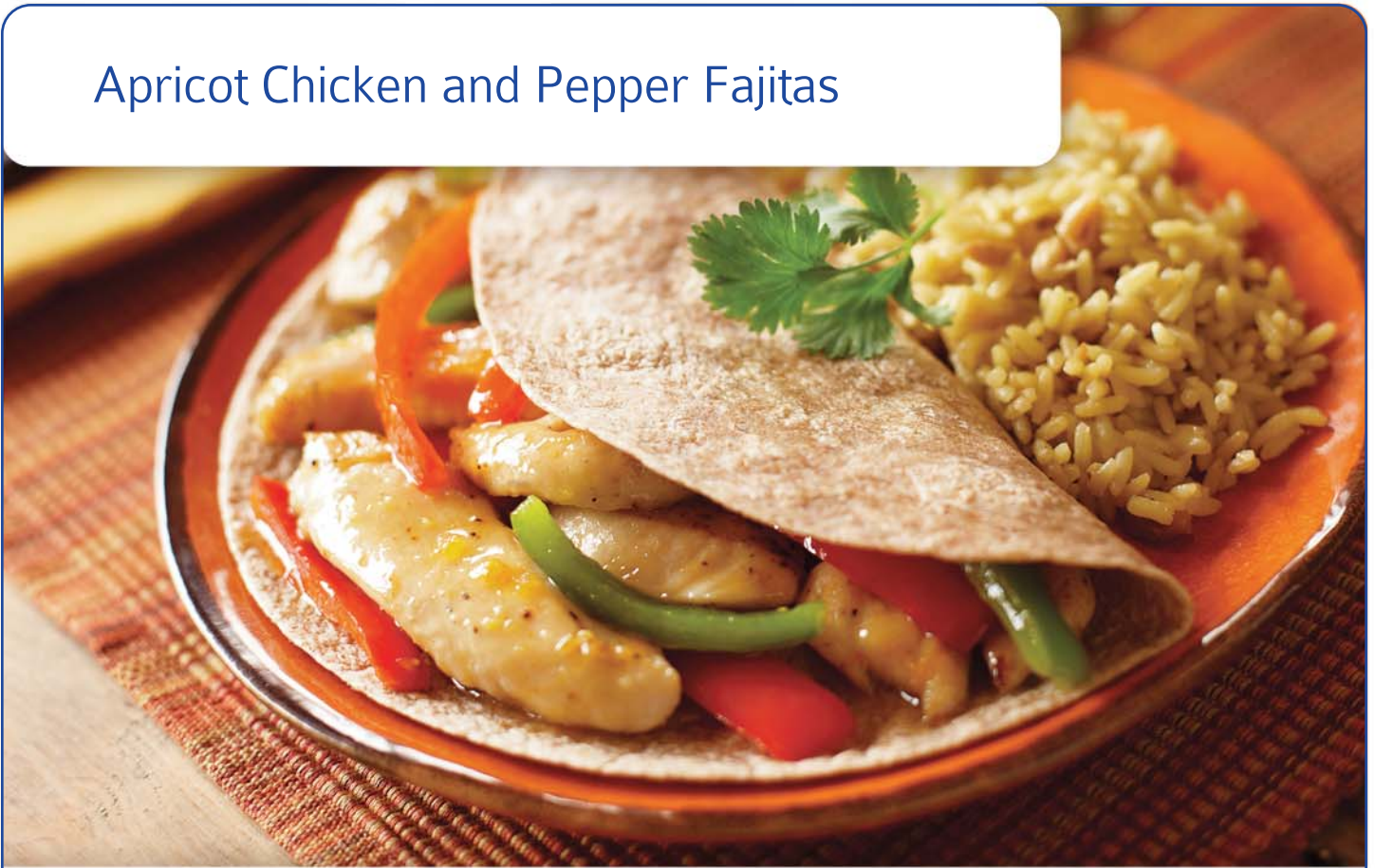
Serving Size: 1 crostini

Total = 20g carbohydrates, 140 calories, 3g total fat, 1g saturated fat, 8g protein, 1g dietary fiber, 2g sugars, 15mg cholesterol, 270mg sodium





## Apricot Chicken and Pepper Fajitas



Serves: 6    Preparation Time: 10 minutes    Cooking Time: 10 minutes

### Ingredients

2 tbsps. **Crisco**® 100% Extra Virgin Olive Oil  
1 lb. skinless, boneless chicken breasts, cut into 1/2-inch wide strips, 3 to 4-inches long  
1 tsp. fajita seasoning  
1/2 large green pepper, cut into 1/4-inch strips  
1/2 large red pepper, cut into 1/4-inch strips  
1/3 cup **Smucker's**® Sugar Free Apricot Preserves  
6 (6-inch) flour tortillas  
2 tbsps. chopped fresh cilantro

### Directions

1. **HEAT** oil in large skillet. Coat chicken strips with fajita seasoning. Cook chicken 2 minutes or until opaque on both sides. Add red and green peppers. Cook and stir 2 minutes or until chicken is done and peppers are fork tender.
2. **STIR** in preserves. Cook 1 minute or until heated through. Fill tortillas with chicken and peppers. Sprinkle with cilantro.

**TIP** Look for fajita seasoning in your grocer's spice or international aisle.

Serving Size: 1 fajita

Total = 22g carbohydrates, 230 calories, 9g total fat, 1.5g saturated fat, 18g protein, 1g dietary fiber, 1g sugar, 40mg cholesterol, 260mg sodium



# Apricot-Orange Sweet Potatoes



Serves: 6    Preparation Time: 20 minutes    Cooking Time: 45 minutes

## Ingredients

**Crisco®** Original No-Stick Cooking Spray  
2 medium sweet potatoes (1 1/2 lb.), peeled and cut into 1 1/2-inch cubes (about 4 cups)  
1/3 cup orange juice  
1 tbsp. **Crisco®** Pure Olive Oil  
1/2 tsp. pumpkin pie spice  
1/4 tsp. salt  
1/2 cup **Smucker's®** Sugar Free Apricot Preserves  
1 tbsp. brown sugar sucralose blend  
1 tsp. vanilla extract  
1/4 cup coarsely chopped pecans

## Directions

1. **HEAT** oven to 400°F. Coat 9x9-inch baking dish with no-stick cooking spray. Place sweet potatoes in prepared dish. Combine orange juice, olive oil, pumpkin pie spice and salt in small bowl. Drizzle over sweet potatoes. Cover and bake 35 minutes or until almost tender.
2. **STIR** potatoes. Whisk preserves, brown sugar blend and vanilla in small bowl. Pour evenly over sweet potatoes. Sprinkle evenly with pecans. Bake, uncovered, an additional 5 to 10 minutes or until heated through.

Serving Size: 1/6 of recipe

Total = 29g carbohydrates, 160 calories, 6g total fat, 0.5g saturated fat, 2g protein, 3g dietary fiber, 6g sugar, 0mg cholesterol, 150mg sodium





# Raspberry Balsamic Glazed Chicken



Serves: 4    Preparation Time: 15 minutes    Cooking Time: 15 minutes

## Ingredients

2 tps. **Crisco**® Pure Olive Oil, divided  
1 lb. boneless skinless chicken breasts, cut lengthwise in 1-inch wide strips, or 4 (4 oz.) boneless skinless chicken breast halves  
3/4 tsp. seasoned salt  
1/2 tsp. coarsely ground black pepper  
1/2 tsp. minced garlic  
1/2 cup chicken broth  
2 tbsps. balsamic vinegar  
1 tsp. minced fresh rosemary  
1/3 cup **Smucker's**® Sugar Free Red Raspberry Preserves  
1/2 cup fresh red raspberries

## Directions

1. HEAT 1 teaspoon olive oil in large nonstick skillet over medium heat. Sprinkle chicken with seasoning salt and pepper. Cook chicken in skillet 14 to 18 minutes or until browned on all sides and internal temperature reaches 165°F. Remove chicken to serving platter; keep warm.
2. HEAT remaining 1 teaspoon oil in same skillet. Add garlic and cook over medium heat 15 seconds, stirring constantly. Stir in chicken broth, vinegar and rosemary. Simmer 3 minutes or until slightly thickened, stirring occasionally. Stir in preserves; heating until melted. Spoon sauce over chicken. Sprinkle with raspberries.

Serving Size: 1/4 of recipe

Total = 10g carbohydrates, 170 calories, 5g total fat, 1g saturated fat, 23g protein, 1g dietary fiber, 2g sugar, 65mg cholesterol, 390mg sodium



# Roasted Turkey Breast with Chipotle-Apricot Gravy



Serves: 8    Preparation Time: 30 minutes    Cooking Time: 2 hours, 30 minutes

## Ingredients

1 (6 pound) fresh or frozen bone-in turkey breast, thawed  
**Crisco® Butter Flavor No-Stick Cooking Spray**  
1/4 tsp. salt  
2 tsps. chipotle chile pepper, divided  
3/4 cup **Smucker's® Sugar Free Apricot Preserves**, divided  
1 cup water  
1 (.87 oz.) envelope turkey gravy mix  
1 tbsp. chopped fresh parsley

## Directions

1. **HEAT** oven to 350°F. Coat roasting pan with no-stick cooking spray. Rinse turkey breast with cold water. Pat dry with paper towels. Place breast skin side up in prepared pan. Coat turkey breast with no-stick cooking spray. Sprinkle with salt and 1 1/2 teaspoons chipotle pepper.
2. **ROAST** turkey breast 1 1/2 hours. Stir together 1/2 cup preserves and remaining 1/2 teaspoon chipotle pepper. Brush over surface of turkey breast. Insert meat thermometer in thickest part of the breast. Roast an additional 30 to 45 minutes or until internal temperature reaches 165°F.
3. **REMOVE** turkey from roasting pan; let rest 20 minutes before carving. Add water to pan drippings, scraping pan to release browned bits. Strain pan drippings into a medium saucepan. Whisk in gravy mix. Bring to a boil over high heat. Reduce heat to low and simmer 5 minutes or until reduced to desired consistency. Whisk in remaining 1/4 cup preserves and parsley. Serve gravy with sliced turkey breast.

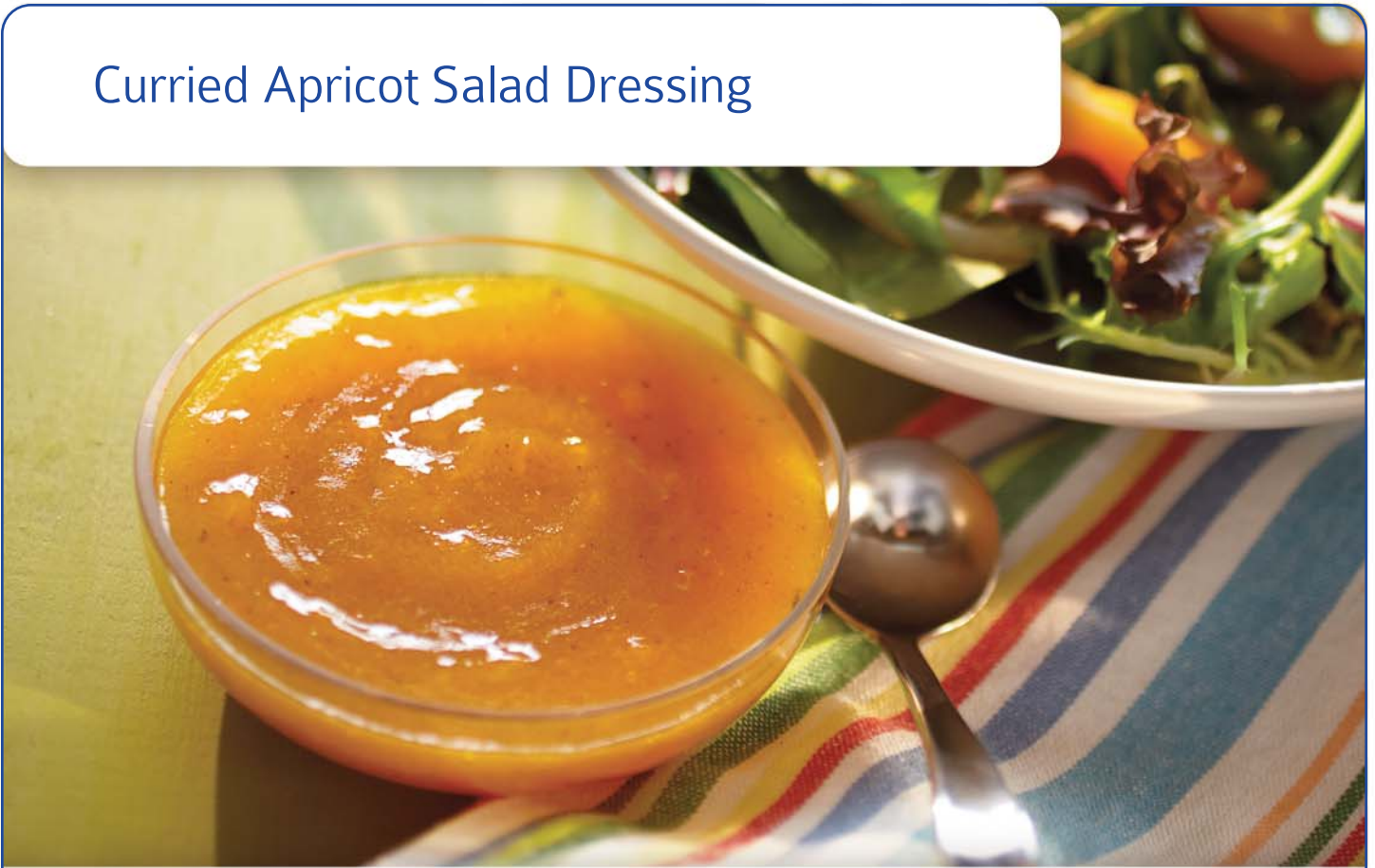
Serving Size: 1/8 of recipe

Total = 9g carbohydrates, 510 calories, 22g total fat, 6g saturated fat, 67g protein, 0g dietary fiber, 0g sugar, 200mg cholesterol, 390mg sodium





## Curried Apricot Salad Dressing



*Serves: 1 cup      Preparation Time: 10 minutes*

### Ingredients

1 cup **Smucker's® Sugar Free Apricot Preserves**  
2-4 tbsps. **Crisco® Light Olive Oil**, to taste  
1 tsp. prepared yellow mustard  
1/2 tsp. curry powder, or more to taste  
1/2 tsp. salt

### Directions

1. WHISK preserves, olive oil, mustard, curry powder and salt in small bowl until blended. Chill 1 hour to allow flavors to blend.

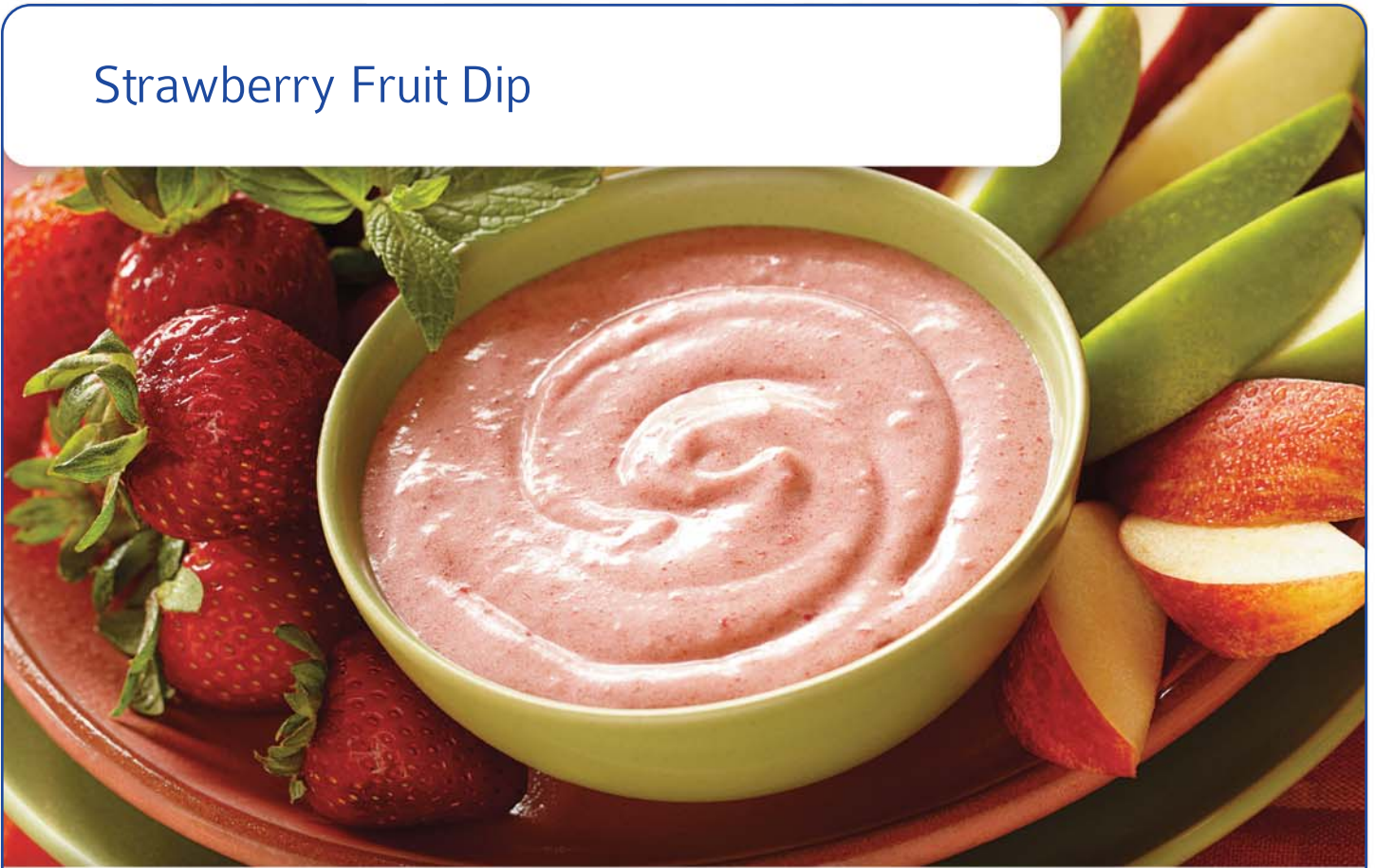
**TIP** Use as a dressing for lettuce, vegetable or fruit salad.

Serving Size: 2 tablespoons

Total = 10g carbohydrates, 50 calories, 3.5g total fat, 0g saturated fat, 0g protein, 0g dietary fiber, 0g sugars, 0mg cholesterol, 150 mg sodium



## Strawberry Fruit Dip



Serves: 1/2 cup      Preparation Time: 15 minutes

### Ingredients

3 tbsps. **Smucker's® Sugar Free Seedless Strawberry Jam**  
1/4 cup fat free sour cream  
1/8 tsp. ground cinnamon  
Assorted sliced fruit: apples, strawberries and bananas

### Directions

1. WHISK jam until smooth in small bowl. Add sour cream and cinnamon. Whisk until smooth.
2. ARRANGE fresh fruit slices on platter and serve with bowl of fruit dip.

Serving Size: ¼ recipe, dip & fruit  
Total = 25g carbohydrates, 90 calories, 0g total fat, 0g saturated fat, 1g protein,  
3g dietary fiber, 12g sugars, 0mg cholesterol, 25mg sodium





## Berry Cheesecake Bars



Serves: 36

Preparation Time: 10 minutes

Cooking Time: 30 minutes

### Ingredients

**Crisco®** Original No-Stick Cooking Spray  
1 cup graham cracker crumbs  
2 tbsps. light margarine, softened  
2 (8 oz.) pkgs. reduced fat cream cheese, softened  
1 (14 oz.) can **Eagle Brand®** Fat Free Sweetened Condensed Milk  
2 large eggs  
1/3 cup lemon juice  
1 tsp. vanilla extract  
2 tbsps. **Pillsbury BEST®** All Purpose Flour  
1 cup **Smucker's®** Seedless Blackberry Sugar Free Jam or **Smucker's®** Strawberry Seedless Sugar Free Jam

### Directions

1. **HEAT** oven to 350°F. Coat 13x9-inch baking pan with no-stick spray.
2. **MIX** together graham cracker crumbs and margarine with a fork until evenly moistened. Press evenly into bottom of prepared pan.
3. **BEAT** cream cheese until smooth using an electric mixer. Gradually beat in sweetened condensed milk. Add eggs, lemon juice, vanilla and flour. Mix well. Pour over graham cracker crust.
4. **STIR** jam until smooth. Drop by small spoonfuls over surface of filling. With a knife, swirl jam gently through filling to create marble effect.
5. **BAKE** 25 to 30 minutes or until center is set. Cool to room temperature. Chill.

Serving Size: 1 bar

Total = 23g carbohydrates, 140 calories, 4g total fat, 2g saturated fat, 4g protein, 0g dietary fiber, 19g sugars, 25mg cholesterol, 110mg sodium



# Blackberry Brownie Torte



Serves: 10

Preparation Time: 15 minutes

Cooking Time: 45 minutes

## Ingredients

**Crisco®** Original No-Stick Cooking Spray  
1 (12.35 oz.) pkg. **Pillsbury®** Sugar Free  
Chocolate Fudge Brownie Mix  
3 tbsps. **Crisco®** Pure Vegetable Oil  
1/2 cup **Smucker's®** Sugar Free  
Seedless Blackberry Jam,  
plus 2 tablespoons for garnish  
1 large egg  
3/4 cup sugar free  
frozen whipped topping, thawed  
2 tbsps. **Smucker's®** Sugar Free  
Hot Fudge Topping, for garnish

## Directions

1. HEAT oven to 350°F. Coat 9-inch springform pan with no-stick cooking spray. Combine brownie mix, oil, 1/2 cup jam and egg in large bowl. Stir 50 strokes. Spread in prepared pan.
2. BAKE 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool completely. Remove sides of pan.
3. SPREAD whipped topping to within 1/2-inch of outer edge. Place 2 tablespoons jam and hot fudge topping into corner of two separate resealable plastic bags. Knead until smooth. Cut small tip off corner. Drizzle over whipped topping, first with hot fudge and then with jam. Chill 30 minutes. Cut into wedges to serve.

Serving Size: 1 slice, 1/10 of recipe

Total = 36g carbohydrates, 180 calories, 8g total fat, 1g saturated fat, 2g protein,  
4g dietary fiber, 0g sugar, 20mg cholesterol, 115mg sodium





# Raspberry-Peach Crisp



Serves: 9    Preparation Time: 15 minutes    Cooking Time: 45 minutes

## Ingredients

**Crisco®** Original No-Stick Cooking Spray  
6 cups peeled and sliced fresh peaches (about 8) or 6 cups frozen unsweetened sliced peaches, partially thawed (1 1/2 lb.)  
3/4 cup **Pillsbury BEST®** All Purpose Flour, divided  
5 tbsps. brown sugar sucralose blend, divided  
3/4 tsp. ground ginger, divided  
1/2 cup quick rolled oats  
1/4 cup butter, melted  
3 tbsps. chopped pecans or walnuts  
1/2 cup **Smucker's®** Sugar Free Red Raspberry Preserves  
1 cup fresh red raspberries  
Sugar free frozen whipped topping, thawed

## Directions

1. **HEAT** oven to 375°F. Coat 9 x 9-inch baking dish with no-stick cooking spray. Stir together peaches, 1/4 cup flour, 3 tablespoons brown sugar blend and 1/2 teaspoon ginger in large bowl. Spoon into prepared baking dish.
2. **COMBINE** oats and remaining 1/2 cup flour, 2 tablespoons brown sugar blend and 1/4 teaspoon ginger in bowl. Stir in butter with a fork until crumbly. Add pecans. Sprinkle over peach mixture.
3. **BAKE** 40 to 45 minutes or until topping is golden brown and peaches are tender. Cool 15 minutes. Combine preserves and raspberries. Spoon on top of each serving. Top with a dollop of whipped topping.

**TIP** To partially thaw frozen peaches, place in microwave-safe bowl. Microwave on HIGH 2 minutes.

Serving Size: 1/9 of recipe

Total = 40g carbohydrates, 230 calories, 9g total fat, 4.5g saturated fat, 3g protein, 4g dietary fiber, 15g sugar, 15mg cholesterol, 40mg sodium



## Ricotta-Filled Crepes with Berries



Serves: 8    Preparation Time: 15 minutes    Cooking Time: 10 minutes

### Crepe Ingredients

1/3 cup Pillsbury BEST® All Purpose Flour  
1/3 cup milk  
2 large eggs  
1 tsp. Crisco® Pure Vegetable Oil  
1/8 tsp. salt  
Crisco® Original No-Stick Cooking Spray

### Filling Ingredients

1/2 cup Smucker's® Strawberry Sugar Free Preserves  
3 tbsps. orange juice, divided  
3 cups sliced fresh strawberries  
1 cup whole milk ricotta cheese  
1 tbsp. miniature semi-sweet chocolate chips  
2 packets artificial sweetener  
1/2 tsp. grated orange peel  
Smucker's® Sundae Syrup™ Sugar Free Chocolate Flavored Syrup

### Directions

1. COMBINE flour, milk, eggs, oil and salt in medium bowl, whisking until smooth. Cover and refrigerate 1 hour.
2. COAT an 8-inch nonstick skillet lightly with no-stick cooking spray; heat skillet over medium heat. Add 2 tablespoons batter, tilting skillet quickly for batter to cover entire base of pan. Cook over medium heat 30 to 60 seconds or until bottom is light brown. Loosen and carefully turn crepe over; cook an additional 30 to 45 seconds or until bottom is light brown. Cool on wire rack. Repeat with remaining batter.
3. COMBINE preserves and 2 tablespoons orange juice in medium bowl, stirring until smooth. Stir in sliced strawberries. Combine ricotta cheese, chocolate chips, remaining 1 tablespoon orange juice, artificial sweetener and orange peel in small bowl; mix well. Spoon 2 tablespoons cheese mixture and 1/4 cup strawberry mixture lengthwise down the center of each crepe. Roll up and place on serving plate seam side down. Drizzle with chocolate syrup. Top with remaining strawberry mixture.

**TIP** You may substitute 8 (9-inch) ready-to-use packaged crepes for the homemade crepes in this recipe. Eliminate steps 1 and 2 in the recipe directions. Begin with step 3.

Serving Size: 1 crepe

Total = 25g carbohydrates, 190 calories, 7g total fat, 3.5g saturated fat, 7g protein, 2g dietary fiber, 5g sugar, 70mg cholesterol, 105mg sodium





# Strawberry Cream Pie



Serves: 8    Preparation Time: 20 minutes    Cooking Time: 40 minutes

## Ingredients

2/3 cup boiling water  
1 (.3 oz.) pkg. sugar free strawberry-flavor gelatin  
1 cup ice cubes (5 medium size)  
1 (12.75 oz.) jar **Smucker's® Sugar Free Seedless Strawberry Jam**  
1 (8 oz.) container sugar free frozen whipped topping, thawed  
1 (9-inch) prepared reduced fat graham cracker pie crust

## Directions

1. POUR boiling water over gelatin in medium bowl. Stir 2 minutes. Add ice cubes. Stir constantly 1 minute or until gelatin begins to thicken. Remove any unmelted ice cubes.
2. STIR in 3/4 cup preserves and 1 1/2 cups whipped topping until blended. Spoon evenly into pie crust. Chill 30 to 40 minutes or until firm. Stir remaining jam until smooth. Spread over pie filling. Top with remaining whipped topping, spreading to within 1-inch of outer edge.

Serving Size: 1 slice, 1/8 of recipe

Total = 38g carbohydrates, 180 calories, 7g total fat, 3.5g saturated fat, 2g protein, 0g dietary fiber, 6g sugar, 0mg cholesterol, 11mg sodium



## Strawberry Cocoa with a Kick



Serves: 1    Preparation Time: 5 minutes

### Ingredients

2/3 cup skim milk  
2 tbsps. **Smucker's®** Sugar Free  
Seedless Strawberry Jam  
1 (.52 oz.) envelope no sugar added  
hot cocoa mix  
Dash cayenne pepper  
Sugar free frozen whipped topping,  
thawed (optional)

### Directions

1. **POUR** milk into microwave-safe 12-oz. mug. Microwave on HIGH 1 minute or until milk is hot.
2. **ADD** jam, hot cocoa mix and cayenne. Whisk until blended and frothy. Garnish with whipped topping, if desired.

Serving Size: about 1 cup  
Total = 26g carbohydrates, 110 calories, 3g total fat, 2g saturated fat, 8g protein,  
3g dietary fiber, 13g sugar, 5mg cholesterol, 70mg sodium

