



Heeman Lite & Diabetic Recipes

Sugar-Free Strawberry Pie

Mary Abbett, Warren, IN

" I hope you will give my Strawberry Pie a try, for the sake of all the thousands of diabetics like my husband. It is good and very easy."

Yield: 1 pie

1	baked 9 inch pie shell	
1 quart	sliced or whole strawberries (washed and hulled)	1 L

Glaze:

1 box	sugar-free vanilla pudding, cooked type (4 serving size)	
1 box	sugar-free strawberry Jello (4 serving size)	
2 ½ cups	cold water	625 mL

1. In a saucepan mix pudding mix, jello mix and 2 ½ water
 2. Stir over medium heat until mixture comes to a full boil.
 3. Remove from heat. Cool in refrigerator until slightly thickened.
 4. Arrange strawberries in pie shell.
 5. Pour cooled mixture over berries.
 6. Chill till set.
- Serve with whipped cream.

Heeman Greenhouses & Strawberry Farm

Hotline: 519-461-0555

Website: www.heeman.ca



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Sugarless Strawberry Fruit Spread

Bea Statz, WI

Serving ideas for this SURE-JELL (CERTO Lite) recipe for sugarless spread include: mix with plain yogurt; spread on angel food or fat-free pound cake as a filling; mix with a little orange juice to make a glaze for ham, chicken or pork; sandwich between vanilla wafers, sugar cookies or ginger snaps; use a thin layer on the bottom of tarts.

		Yield: 5 cups
2 quarts	fresh Heeman strawberries (washed and hulled)	2 L
2 cans	concentrated white grape juice (thawed)	710 mL
1 box	CERTO Lite	
½ tsp	butter or margarine	8 mL

1. Thoroughly mash berries, one layer at a time.
 2. Measure 4 cups into a 6 to 8 quart deep saucepan. (Do not use a smaller saucepan or fruit spread will not set.)
 3. Stir grape juice into strawberries.
 4. Wash and sterilize jars.
 5. Keep jars and lids hot in boiling water until ready to fill; drain.
 6. Stir pectin gradually into fruit mixture.
 7. Add butter.
 8. Place over high heat; bring to a full rolling boil, stirring constantly.
 9. Remove from heat; skim off foam with metal spoon.
 10. Quickly ladle into prepared jars, filling to within 1/8 inch of tops.
 11. Wipe jar rims and threads.
 12. Cover with two-piece lids.
 13. Screw band tightly.
 14. Invert jars 5 minutes or process with boiling water-bath.
 15. Check to see that all jars have sealed.
- Allow 1 week for spread to set before using

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Easy Sugarless Strawberry Jam

Bea Statz, WI

This small batch of sugarless jam is perfect for the diabetic who cooks small amounts of food.

		Yield: 2 cups
2 ½ cups	strawberries (whole frozen unsweetened)	625 mL
¼ cup	frozen apple juice concentrate	50 mL
1 ½ tbsp	tapioca	23 mL

1. Blend frozen strawberries and apple juice in blender. Do not puree.
 2. In a medium saucepan, add mixture to tapioca, let stand five minutes.
 3. Slowly bring to a boil on medium heat stirring constantly.
 4. Remove from heat and cool 20 minutes.
 5. Pour into clean containers and store in refrigerator.
- Use within three weeks.

Sugarless Strawberry Jam

Elaine Maust

This is a larger batch of jam for the diabetic. It calls for fresh strawberries and can be frozen.

		Yield: 3 cups
1 ½ tsp	unflavoured gelatin	8 mL
1 ½ tbsp	cold water	23 mL
3 cups	hulled fresh strawberries (mashed)	750 mL
1 ½ tbsp	liquid sweetener	23 mL
¼ tsp	ascorbic acid powder	1.25 mL
	red food colouring (if desired)	

1. In a cup, soften gelatin with water and set aside.
2. Combine mashed strawberries and sweetener in a medium saucepan.
3. Place over high heat, stirring constantly until mixture comes to a boil.
4. Remove from heat; add softened gelatin.
5. Return to heat and continue to cook 1 minute.
6. Remove from heat, blend in ascorbic acid powder and food colouring.
7. Pour into freezer containers.
8. Cover. Store in refrigerator or freezer.

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Low-Fat Cheesecake Dip

Carolyn Beinlich

"This dip may be low in fat, but it is high in flavour. Guests will want this recipe."

		Yield: 3 cups
1 pkg	light Neufchatel cheese, softened	85 g
2 tbsp	sugar or artificial sweetener	30 mL
3 tbsp	low-fat milk	45 mL
2 cups	light whipped topping	473 mL
1 tsp	vanilla extract	5 mL
	Fresh large whole strawberries (hulled and washed)	

1. Blend Neufchatel cheese, sugar and milk until well blended and smooth.
 2. Fold in whipped topping and vanilla.
 3. Put in a serving dish surrounded by dipping strawberries.
- Variation: Substitute orange or lemon juice for vanilla.