

# Frozen Cheesecake for diabetics

2 cups g. wafer crumbs.

1/2 Cup melted butter

Mix above + press in 9" spring form pan.

2-250 lite cream cheese.

196 ml or 28 oz can light peaches drained

300 ml can light sweetened condensed milk

2 tablesp lemon juice

2 tsp almond extract

1 litre lite cool whip - thawed

Process cheese, peaches, milk, lemon juice + ~~lemon~~ <sup>almond</sup>

in food processor till smooth. Fold in cream whip

Pour in crust. Freeze overnight. Can be left frozen for weeks. Take out 1 hour before serving.

Can be re-frozen.

## Orange Nut Drops:

for diabetics

1/2 cup butter or marg.  
2 tsp Splenda  
1 egg - 1/2 tsp vanilla  
2 tsp orange juice  
1 " " rind  
1 2/3 cups sifted flour

1/4 tsp salt  
1 tsp baking powder  
1/2 tsp " Soda  
1/2 cup Skim milk soured with  
1 tsp vinegar  
1/2 cup Chopped walnuts or pecans

Cream butter, mix Splenda with egg

Orange juice, orange rind & vanilla, add to butter.

Sift dry ingredients with soured milk.

Blend in nuts. Drop by teaspoons greased sheet.

Flatten slightly - 375° - 18 to 20 min.

These are not sweet but has a good orange flavor.  
Dough will be stiff. Make 3 to 4 doz.