

22 Easy, Yummy and Nutritious Recipes for Hypoglycemics



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Table of Contents

Introduction ~1

The Recipes (in alphabetical order...) ~2

Apple Cobbler ~2

Country French Soup ~3

Easy Quiche ~4

Eggs "Benefit" ~5

Energy-maintainer Snacks ~6

Apple, Cheese and Soybean Balls ~6

Peanut Butter with Chopped Apple ~6

Peanut Butter Nut Balls ~6

Stuffed Celery ~6

Grandpa's Protein Bread ~7

Hawaiian Chicken ~8

Lasagna ~9

Lentil Patties ~10

No-dough Zucchini Lasagna ~11

Nutola ~12

Omelet Athanas ~13

Pea Soup ~14

Peach Cake ~15

Sweet Potato Souffle ~16

Three-cheese Quiche ~17

Whole-wheat Snappers ~18

Wojcik's Polish Cookies ~19

WOW!!! Chocolate Mousse ~20

Introduction

Because we could not have said it better ourselves, we'll use as our introduction part of the opening text from chapter 16 of Jeraldine Saunders and Dr. Harvey M Ross' book, *Hypoglycemia—The Disease Your Doctor Won't Treat*. This chapter is entitled *Recipes That Can Change the Quality of Health and Life*.

"The following recipes will allow you to serve meals that look great and taste great. Yet they are no great effort to prepare. These foods will give you high energy and normalize your weight while giving you optimum nutrition. They will work for you. They will work for your spouse, children, and relatives. They will work for friends. They are great during pregnancy. They are great all the time.

We will emphasize ways of using foods that already exist in nature, not the 'improved' products the food industry would have us believe are necessary.

Don't buy 'anonymous' foods—foods packaged and intended for human consumption, yet generally devoid of a complete list of ingredients or otherwise useful information.

We will use nutritionally alive foods in these recipes, not foods that have been made to appear and taste fresh through the use of various unhealthy processes.

With this new 'whole food' consciousness, we can enjoy the real foods and avoid the bulk of the junk foods on the market."

We ourselves have tried many of the recipes in here and have found them to be easy (some more than others), yummy (particularly the desserts), and nutritious (a major plus since Daniel is working hard at maintaining a healthy weight, and Laurel has issues with her blood sugar levels).

Eat well, be well, live well.

Note: We've put one recipe per page so it's easy for you to print that one page when you need it, and to fax it or photocopy it for a friend. We've also off-set the pages a bit so that you can even three-hole punch it and place it in a binder.

The recipes compiled in this eBook were selected from the following books:

- *The Rosedale DIET—Turn Off Your HUNGER SWITCH!* by Ron Rosedale, M.D. and Carol Colman
- *Hypoglycemia—The Disease Your Doctor Won't Treat*, by Jeraldine Saunders and Dr. Harvey M Ross
- *The Low Blood Sugar Cookbook—Sugarless Cooking For Everyone* by Patricia and Edward Krimmel
- *Sue's Cookbook* by Sue Litchfield
- *Best Recipes Under The Sun* by Marion Kane

The Recipes (in alphabetical order...)

Apple Cobbler

This recipe is from the book *The Low Blood Sugar Cookbook—Sugarless Cooking For Everyone* by Patricia and Edward Krimmel, authors of *The Blood Sugar Handbook*. This is a sugarless cookbook using only fruits and fruit juices for sweeteners, and whole grain flours rather than white flour.

6 tart apples (may use peaches in place of apples)
2 cups oat flour
2 eggs
½ cup milk
2 teaspoon lemon juice
¼ cup vegetable oil
1 tablespoon butter
3½ tablespoon baking powder
2 teaspoons cinnamon
¼ teaspoon clove
¼ teaspoon salt
¾ teaspoon nutmeg
¼ teaspoon cardamom

Slice the 6 unpeeled apples into a 8 x 8-inch baking dish.

Pour over the lemon juice.

Mix together the cinnamon, nutmeg and cloves and sprinkle over apples.

Dot apples with butter, cut in pieces.

Mix together in a bowl the flour, baking powder, salt and cardamon.

Combine in a separate bowl the 2 eggs, beaten, milk and vegetable oil.

Pour that mixture into the bowl with the dry ingredients.

Stir till flour just moistened.

Spread dough over apples.

Bake at 425°F for 25-35 minutes or until apples are bubbly and tender and the topping is cooked underneath. If topping gets too brown, decrease temperature to 375°F.

Country French Soup

This recipe is from the book *The Rosedale DIET—Turn Off Your HUNGER SWITCH!* by Ron Rosedale, M.D. and Carol Colman. Note from the book: "*The Rosedale Diet recipes were designed with the help of a friend and colleague, Jena Latham, an herbalist, organic gardener, and private chef who lives in Maui, Hawaii. Her recipes are truly inspired.*"

4 leeks well washed and chopped, greens and all
2 tablespoons olive oil
3 celery stalks, chopped
3 carrots, sliced into rounds
1½ cups fresh green beans, cut into thirds
1 cup canned navy beans, rinsed
4 cups caned or fresh chicken broth
1 teaspoon salt
¼ teaspoon pepper
1/8 cup fresh grated Parmesan

French Pesto, Or Pistou

1 cup basil
¼ cup olive oil
2 cloves garlic

Mix the pesto ingredients in a food processor.

Sauté the leeks in the olive oil and 3 teaspoons broth.

When soft, add the celery, carrots and ½ cup chicken broth, and simmer for 5 minutes.

Add the remaining broth, return to a simmer.

Add salt and pepper.

Serve immediately, each bowl topped with 1 tablespoon pesto and one teaspoon Parmesan

Serves 2, with leftovers

Easy Quiche

This recipe is from the book *Sue's Cookbook*, by Sue Litchfield. Sue's cookbook is highly recommended by The Hypoglycemic Health Association of Australia.

4 eggs
2 cups of milk (or half milk/half cream)
1/2 cup whole wheat flour sifted
1/3 cup melted butter or margarine
salt & pepper

Filling for Easy Quiche

Tomato slices, chopped shallots and parsley.

OR...Spinach (cooked and finely chopped) some grated Parmesan and tasty cheese.

OR...Chopped bacon or ham, parsley and chopped shallots

OR... Smoked Salmon and freshly chopped dill to taste.

Lightly beat eggs, add milk, sifted flour and melted butter, salt and pepper and mix until smooth. (If you have a food processor just throw the lot in and blend until combined).

Pour into greased 10-inch pie plate.

Place filling on top and bake at 350°F for approx. 45 minutes.

Eggs "Benefit"

This recipe is from the book *The Rosedale DIET—Turn Off Your HUNGER SWITCH!* by Ron Rosedale, M.D. and Carol Colman. Note from the book: *"The Rosedale Diet recipes were designed with the help of a friend and colleague, Jena Latham, an herbalist, organic gardener, and private chef who lives in Maui, Hawaii. Her recipes are truly inspired."*

Note from the book: *"This is a healthy, low-carb alternative to an old favorite. Rosemary is a potent antioxidant known to promote circulation to the brain and enhance memory."*

Sauce

3 tablespoons low-fat cream cheese
½ teaspoon chopped fresh rosemary
1 tablespoon fresh lemon juice
1 teaspoon flax oil
1 teaspoon avocado oil
Salt to taste
Pinch of cayenne

The Eggs

2 eggs
1 ripe avocado
"Manna from Heaven" bread, toasted (Note: "Manna from Heaven" bread made by Julienne Bakery is the preferred bread to use on this diet).
(Note from Help for Hypoglycemia: Well, here in Canada, we can't get "Manna from Heaven" so we used a nice loaf of high fiber organic bread from our local bakery and it worked just fine.)

Mix the sauce ingredients in a small bowl with a fork.

In a deep skillet, add two inches of water, bring to a boil, then turn down to simmer.

Crack each egg one at a time into a shallow cup, then gingerly slip each egg into the water, getting very close to the surface. Simmer the eggs for 5 minutes, then remove them with a slotted spoon and drain off excess water.

Toast the bread.

Slice the avocado in half first, then remove the pit by gently squeezing the avocado.

Slice the avocado while in its skin. Remove the avocado meat with your thumbs and place on the toasted bread.

Top the toasted bread and avocado with poached egg and top with the sauce.

Serves 2

Energy-maintainer Snacks

These recipes are from the book *Hypoglycemia—The Disease Your Doctor Won't Treat* by Jeraldine Saunders and Dr. Harvey M Ross.

Note from the book:

"Frequent snacks are as much part of the successful treatment of hypoglycemia as the warning not to eat sugar. The following are some examples of how you can vary snacks.

It is a good idea to keep on hand at all times 'emergency' foods such as seeds, nuts and grains, canned tuna, salmon, and sardines.

Cheese for snacks should not be restricted in variety. Use Jack, cheddar, pot, farmer, and cottage cheese, but always unprocessed ones. Be wary only of cheese spreads as they usually are mixed with corn starch and other refined carbohydrates and additives."

Apple, Cheese and Soybean Balls

½ cup sharp cheddar, grated
½ cup apple, peeled and grated
½ cup crushed soybeans
½ cup sesame seeds

Mix apple and cheese together. Form into balls with teaspoon. Roll in crushed soybeans and sesame seeds. Set in refrigerator to chill. Pierce with toothpick and serve.

Makes 10 to 12 balls.

Peanut Butter with Chopped Apple

Mix the following: 2 level teaspoons peanut butter, 1 heaping teaspoon grated apple with the peel, 2 ounces of milk mixed with 2 ounces of water. Spread on toast or use as a filler for celery.

Peanut Butter Nut Balls

Mix 1 heaping teaspoon peanut butter with 1/8 teaspoon grated apple. Separate and pat into 4 balls. Sprinkle with chopped pecans, and refrigerate. Have 2 balls for a mid-morning snack with 4 ounces of milk.

Stuffed Celery

Mix 1 ounce plain yogurt with 1 ounce Swiss cheese and 1 tablespoon shelled and chopped pistachio nuts. Stuff celery with mixture. Enjoy with any whole fruit.

Grandpa's Protein Bread

This recipe is from the book *Hypoglycemia—The Disease Your Doctor Won't Treat* by Jeraldine Saunders and Dr. Harvey M Ross.

Note from Help For Hypoglycemia: This recipes calls for ingredients (in parentheses) that may not be available in your area. For example, raw milk is not allowed in Canada. In those cases, use the ingredient without the specification in parentheses.

1 tablespoon dry yeast
½ cup warm water
1 cup milk or buttermilk, warmed
1½ teaspoons sea salt
1 teaspoon melted butter (preferably raw)
1½ cups gluten flour
1¼ cups soya flour
¼ teaspoon caraway seeds—optional

Combine the yeast and water. Let it stand for 5 minutes to activate yeast.

And the milk, salt, flour and ¼ teaspoon butter (and seeds—optional).

Mix to a soft dough.

Turn onto a lightly floured board and knead 20 times.

Place in a warm place and cover.

Let dough rise until double its size.

Knead again and place in 9x5x3-inch loaf pan.

Grease top with remaining butter.

Cover and let rise for an hour.

Bake in pre-heated 350°F oven for one hour.

Makes one loaf

Hawaiian Chicken

This recipe is from the book *Hypoglycemia—The Disease Your Doctor Won't Treat* by Jeraldine Saunders and Dr. Harvey M Ross.

- 1 3-pound fryer chicken
- 1 cup water
- 2 tablespoons butter
- 3 scallions, finely chopped
- ½ cup diced celery
- ¼ teaspoon cayenne pepper
- small can water chestnuts
- 3 tablespoons tamari soya sauce
- ¾ cup whole almonds
- ½ medium green pepper, diced
- 1 cup fresh pineapple chunk (ripe)
- 1 teaspoon sea salt
- 1 can bean sprouts, freshened with cold water, or fresh sprouts

Place the chicken on a rack in a pressure cooker or steamer. Add the water, cover, and pressure-cook or steam until tender (about 15 minutes).

Remove the chicken and discard skin and bones.

In a large skillet, heat the butter and sauté the scallions, celery, and pepper until softened.

Add the boned chicken, the water in which it was cooked, and the rest of the ingredients except the bean sprouts (unless they are fresh and raw).

Cover and simmer gently 10 minutes.

Remove the cover and simmer 10 minutes longer.

Heat the bean sprouts and water chestnuts in a little water, drain, and squeeze out excess moisture.

Pour the chicken mixture over the hot sprouts and serve.

Lasagna

This recipe is from the book *The Rosedale DIET—Turn Off Your HUNGER SWITCH!* by Ron Rosedale, M.D. and Carol Colman.

Note from the book:

"Substitute heavy, starchy lasagna noodles with thinly sliced zucchini and summer squash."

3 large zucchini
3 large summer squash
3 tablespoons extra virgin olive oil

Filling:

¼ cup grated Parmesan
2 cups low-fat Ricotta
1 egg
½ cup chopped fresh Italian parsley
2 bunches spinach, well washed and steamed
½ cupped chopped walnuts

Basil Pesto:

4 cups fresh basil leaves
1 cup extra virgin olive oil
½ cup walnuts
4 tablespoons grated Parmesan
6 garlic cloves

Preheat the oven to 400°F.

Slice the zucchini and squash lengthwise, toss in olive oil, and roast on greased baking sheet for about 15 minutes.

While the veggies are roasting, mix the pesto in a blender.

Remove the veggies and reduce heat to 350°F.

Mix the filling ingredients.

Place one layer of roasted vegetables in the bottom of a 9 x 12 inch glass baking dish.

Spread a thin layer of pesto on top of the vegetables, and a layer of filling on top of the pesto vegetables, about 1 inch thick.

Create another layer of vegetables and another layer of filling.

Top with a final layer of vegetables and a layer of pesto. Sprinkle with Parmesan, and bake, covered, for 40 minutes.

Serves 4

Lentil Patties

This recipe is from the book *Sue's Cookbook*, by Sue Litchfield. Sue's cookbook is highly recommended by The Hypoglycemic Health Association of Australia.

1 cup brown lentils
2 cups cooked mashed sweet potatoes
1 large onion finely chopped and lightly sautéed
1/2 teaspoon sea salt

Soak lentils in water for several hours or overnight if possible.

Discard soaked water.

Cover lentils with fresh water and bring to boil - then simmer till soft.

Combine with remaining ingredients.

Mix well together.

Shape into flat patties.

Roll into potato flour or sesame seeds.

Fry gently on both sides.

No-dough Zucchini Lasagna

This recipe (which is totally different from the other Lasagna recipe two pages back) is from the book *The Low Blood Sugar Cookbook—Sugarless Cooking For Everyone*, by Patricia and Edward Krimmel, authors of *The Blood Sugar Handbook*. This is a sugarless cookbook using only fruits and fruit juices for sweeteners, and whole grain flours rather than white flour.

2½ to 3 lbs zucchini
4 eggs
1 cup grated Parmesan cheese
2 lbs ricotta cheese
1 lb grated mozzarella cheese
1 quart sugarless spaghetti sauce
2 tablespoon fresh parsley
1 cup wheat germ
½ teaspoon dried crushed oregano
½ teaspoon dried crushed basil
Salt

Trim ends zucchini and slice into long, thin slices.

Combine eggs, beaten, ricotta, parsley, oregano, basil, ½ cup Parmesan and 1/3 cup wheat germ.

Spoon into a 9x14x2-inch baking dish a thin layer of spaghetti sauce.

Sprinkle ¼ cup wheat germ on sauce.

Layer on top of the sauce half of the zucchini slices, side by side, half of the Ricotta mixture, ½ lb mozzarella, ½ spaghetti sauce.

Repeat with identical layers.

Combine ½ cup Parmesan and 2/3 cup wheat germ and sprinkle over top.

Bake at 350°F for about an hour or until top browned.

Let stand 15-20 minutes before serving.

Ideal to cook a day ahead for convenience and purring flavor.

Serves 10 to 12

Nutola

This recipe is from the book *The Rosedale DIET—Turn Off Your HUNGER SWITCH!* by Ron Rosedale, M.D. and Carol Colman. Note from the book: "The Rosedale Diet recipes were designed with the help of a friend and colleague, Jena Latham, an herbalist, organic gardener, and private chef who lives in Maui, Hawaii. Her recipes are truly inspired."

Note from the book:

"This is a healthy version of granola, which is normally laden with carbs and bad fat. Warm spiced nuts, plump sweet blueberries, and cream are a delectable combination and make a fabulous breakfast or snack."

½ cup sliced almonds
½ cup hazelnuts, skinless
½ cup cashews
½ cup chopped macadamia nuts
½ teaspoon cardamom
1 teaspoon cinnamon
Pinch of powdered ginger
1 tablespoon of clarified butter, melted

Topping:

1 cup blueberries
½ cup cream

Preheat the oven to 400°F.

Mix the nuts, spices and clarified butter in a medium bowl.

Spread the nut mixture on baking sheets and roast for 10 to 15 minutes.

Serve warm in bowls, topped with blueberries and a touch of cream

Serves 2.

Omelet Athanas

This recipe is from the book *Hypoglycemia—The Disease Your Doctor Won't Treat* by Jeraldine Saunders and Dr. Harvey M Ross.

Note from Help For Hypoglycemia: This recipes calls for ingredients (in parentheses) that may not be available in your area. For example, raw milk is not allowed in Canada. In those cases, use the ingredient without the specification in parentheses.

1 leek
¼ bell pepper, red or green
4 mushrooms
2 garlic cloves, or garlic powder
4 tablespoons butter
dash marjoram
dash thyme
4 tablespoons (raw), whole milk
4 (fertile, meaning free range) eggs
½ cup grated (unprocessed) cheddar cheese

Grease frying pan with butter.

Chop leek, bell pepper, mushrooms, and garlic cloves medium fine and add to pan.

Cover and let cook on low heat.

Add marjoram, thyme and milk to eggs. Beat well.

Add the cheddar cheese and stir.

When vegetables are cooked, pour the egg-cheese mixture over them.

Cover and let cook until eggs are done.

Serve and enjoy this hearty, healthy omelet.

Serves 2

Pea Soup

This recipe is from the book *Sue's Cookbook*, by Sue Litchfield. Sue's cookbook is highly recommended by The Hypoglycemic Health Association of Australia.

- 1 large carrot, peeled, sliced
- 1 large onion, peeled diced
- 2 sticks of celery
- 1 cup split peas
- handful of mint sprigs
- 2 litres (64 ounces) of water - more may be needed

Place all ingredients in saucepan.

Bring to boil, lower heat and simmer gently till tender & thick in about 2 hours.

Puree soup in blender, adding more water if a thinner soup is required.

Peach Cake

This recipe is from the book *The Low Blood Sugar Cookbook—Sugarless Cooking For Everyone*, by Patricia and Edward Krimmel, authors of *The Blood Sugar Handbook*. This is a sugarless cookbook using only fruits and fruit juices for sweeteners, and whole grain flours rather than white flour.

7 peaches
1½ cups whole wheat pastry flour
¾ cup oat flour
2 eggs
½ cup frozen concentrated pineapple juice
¼ cup plain yogurt
¼ cup vegetable oil
2 teaspoon vanilla
¼ cup sesame seeds
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
Whipped cream

Combine these ingredients and set aside: flour, baking powder, baking soda, and salt.

Combine in another bowl the oil, thawed pineapple juice, eggs, beaten, yogurt, and vanilla.

Add the flour mixture to the liquid mixture and mix well.

Fold in 2 cups diced peaches.

Pour batter into 9x5-inch loaf pan.

Sprinkle with the sesame seeds.

Bake at 350°F for an hour.

Serve topped with sliced peaches and whipped cream.

Sweet Potato Souffle

This recipe is from the book *Hypoglycemia—The Disease Your Doctor Won't Treat* by Jeraldine Saunders and Dr. Harvey M Ross.

3 cups cooked sweet potato

1 cup butternut squash

Milk (enough to mash with sweet potato and squash to make a mixture the consistency of cake batter)

3 egg whites, stiffly beaten

Thicken above mixture with a little whole-wheat flour.

1 teaspoon grated lemon and orange peel

4 teaspoons lemon juice

Pumpkin pie spice to taste

Enough oatmeal flakes to make a thin layer for the bottom of the baking dish

Soak the oatmeal quickly in cold water to soften, then drain.

Lay oatmeal in thin layer in baking pan and toast in 300°F oven until dry and slightly browned.

Mix and mash the sweet potato, squash and milk; add seasonings, and a little whole-wheat flour to thicken, fold in egg whites.

Place mixture over oatmeal base in pan and bake at 375°F for 45 minutes, or until browned on top.

Serves from 4 to 6

Three-cheese Quiche

This recipe is from the book *The Low Blood Sugar Cookbook—Sugarless Cooking For Everyone*, by Patricia and Edward Krimmel, authors of *The Blood Sugar Handbook*. This is a sugarless cookbook using only fruits and fruit juices for sweeteners, and whole grain flours rather than white flour.

3 eggs
2 cups shredded Monterey Jack cheese
½ cup milk
¾ cup cottage cheese
1½ ounces cream cheese, cut up
1 tablespoon chives
¼ teaspoon salt
1/8 teaspoon pepper

In small bowl, combine at low speed of electric mixer eggs, milk, salt and pepper.

Add to the mixture the cheese and chives and beat until thoroughly blended.

Pour into a 9-inch glass pie plate.

Bake at 350°F for 25-30 minutes.

Whole-wheat Snappers

This recipe is from the book *Hypoglycemia—The Disease Your Doctor Won't Treat* by Jeraldine Saunders and Dr. Harvey M Ross.

Note from the book:

"These are crisp and can be used with dips or spreads or snacks."

2 cups cooked cracked wheat or any other cracked cereal

1 cup whole wheat pastry flour

½ cup corn flour or millet flour

2 tablespoons soybean flour

½ teaspoon sea salt

2 teaspoons cinnamon or coriander

3 tablespoons sesame or poppy seeds

2 tablespoons bran flakes

Caraway seeds (optional)

Preheat oven to 400°F.

Knead all ingredients together except seeds.

Dough should be firm, but if it's too stiff, add a little water.

Dough can either be rolled out on a well-floured bread board and cut into triangles, circles, etc. or rolled out directly on an oiled cookie sheet.

Score the sheet with a wet knife and sprinkle dough with seeds.

Prick tiny holes in crackers with a fork to allow steam to escape.

Bake for 15 minutes.

Wojcik's Polish Cookies

This recipe is from the book *Hypoglycemia—The Disease Your Doctor Won't Treat* by Jeraldine Saunders and Dr. Harvey M Ross.

1½ cups barley flour
½ cup buckwheat flour
½ cup chestnut flour or sweet rice flour
½ cup roasted sesame seeds
¼ teaspoon sea salt
2 tablespoons butter
1½ cups apple juice
1 fertile egg, beaten
1 teaspoon cinnamon
½ teaspoon nutmeg

Note from Help For Hypoglycemia: By “fertile”, they mean “free range”. If that’s not available, a regular egg will do.

Preheat oven to 350°F.

Mix flours, seeds, and sea salt together.

Add butter, rubbing it into the dough with your fingers to make a mealy consistency.

Add liquid and egg, a small amount at a time.

As soon as the dough becomes soft and holds together, stop adding the liquid and knead for 5 minutes.

Then pinch off pieces of dough and roll into 1-inch balls.

Brush cookie sheet with oil and press dough into surface with the tines of a moistened fork.

Flatten out each ball to a 2-inch diameter.

Sprinkle with cinnamon and nutmeg.

Bake for 20 minutes.

WOW!!! Chocolate Mousse

We saved the very best for last. Think of this one as the “encore” from a great performer after a long standing ovation. That’s usually when artists sing their best or most popular song. Ditto here. This will literally knock your socks off!

It’s by Marion Kane from her cookbook *Best Recipes Under The Sun*. That cookbook is NOT one for hypoglycemics, but that particular recipe is very suitable, as you’ll see.

We serve this dish to our guests on a regular basis and every time we do, we hear more WOWs than a tour guide at the Grand Canyon.

Try it, and see what happens.

Note from Help for Hypoglycemia: One of our all-time favorite recipes, this recipe is extremely rich, high in protein, and incredibly easy to make. Save this for when you want to impress your friends. Be very careful about how much you eat; this recipe does contain chocolate!

(This recipe is easy to cut in half.)

12 oz / 375g bittersweet chocolate, cut in small chunks or semisweet chocolate chips

$\frac{3}{4}$ cup / 175 ml very hot double-strength black coffee

6 eggs, separated

2 to 3 tbsp / 30 to 45 ml brandy, Scotch, or dark rum

Place chocolate in blender or food processor. Pour in coffee. Blend until chocolate melts and mixture is smooth. Blend in egg yolks, one at a time. Blend in brandy. Transfer to bowl.

Beat egg whites in separate bowl until soft peaks form. Fold gently into chocolate mixture until no white shows. Chill in individual dessert glasses (wine glasses work well) or one large glass dish.

Serves 6 - 8