

Carob and Pumpkin Seed Bars (serves 16)

FLT (per serving): 1 nut

98 calories, 6.2 g carbohydrates, 4 g protein, 7 g fat

These bars will look like a brownie but have a different taste since this is a no-flour dessert! They are nevertheless delightful for those who haven't had dessert in a while.

2 eggs, separated

½ cup apple juice concentrate

1 tsp. vanilla extract

¼ tsp. ascorbic acid (vitamin C) crystals (purchase in health food store)

3½ tbsp. carob powder, sifted NOT packed

1/8 tsp. salt 1 cup pumpkin seeds, ground into meal in food processor/coffee grinder

¾ cup walnuts or pecans, coarsely chopped

1. Oil an 8x8-inch square pan.
2. Cut a square of wax paper to fit bottom, lay it in place and oil it.
3. Put egg whites in a separate bowl from yolks and set aside.
4. Put yolks in a medium bowl and add salt, vanilla, and ascorbic acid crystals.
5. Whisk a few minutes until light.
6. Gradually add juice, then carob powder, while continuing to whisk.
7. Using a spoon, stir in seed meal and nuts for 1 minute.
8. Preheat oven to 350 degrees.
9. Beat egg whites with a mixer, for 1 minute on low, then 1 minute on medium, then 2 minutes on high, until stiff and shiny.
10. Spoon one-quarter of the whites into the batter and stir until white disappears.
11. Fold remaining whites carefully into batter with a rubber spatula, until all white is gone.
12. Scrape batter into prepared pan and bake for 20 minutes, or until top springs back when touched lightly.
13. Use a knife to loosen the edges, then turn out onto a cooling rack.
14. Peel off wax paper before continuing to cool.
15. Cut into squares when cool.