

INDEX

- almond
 - bread, light, 26
 - cookies, chocolate, 109–110
 - crispiers, 111
 - flaxseed crackers, 63
 - hazelnut muffins, 72
 - meal, blanched, 284
 - oatmeal muffins, 82
 - paste, 149
 - torte, featherlight hazelnut, 157
- Amaretto cheesecake, 170
- anise cookies, 100
- appliances, 16
- aspartame, 10
- banana
 - coconut muffins, 74
 - cream pie, 197–198
 - sesame muffins, 71
- bars
 - coconut, with chocolate chips, 139–140
 - nutty hi-pro mini, 266
 - peanut sesame power, 268
 - pecan, 137–138
 - pumpkin seed power, 267
 - walnut power, 134
- Bavarian cream, 234
 - chocolate, 235–236
 - cranberry, 238
 - strawberry, 237
- biscotti
 - macadamia nut, 105–106
 - spice, 106
- biscuits
 - quick flaxseed (nut-free), 59
 - sour cream, 56
- blueberries
 - blueberry jam, 254
 - blueberry pie, 208
 - pecan blueberry muffins, 85
 - scones with, 87
- Bob's Red Mill Natural Foods, Inc., 7, 9, 283
- Boston cream pie, 161–162
- Bowes & Church's Food Values of Portions Commonly Used* (Pennington), 15
- bran
 - muffins (nut-free), high-fiber, 84
 - oat, 7
 - unprocessed wheat, 7
- bread. *See also* bread sticks
 - almond, light, 26
 - baking low-carb, 21–23
 - basic white, 24–25
 - bread crumbs from raised, 49
 - brown, 35
 - date, 30
 - dill and onion, 32
 - flaxseed, 40
 - golden soy grit (nut-free), 38
 - hazelnut, 39
 - health nut, 34
 - herbed crouton, 32
 - high-fiber (nut-free), 37
 - hints and observations on low-carb, 22–23
 - macadamia nut, 28
 - oat, 27
 - olive, 31
 - pumpkin, 42
 - quick. *See* quick breads
 - raised, facts related to, 21–23
 - sesame, 36
 - sourdough, 41
 - vital wheat gluten in raised, 21–22, 23
 - walnut, light, 33
- bread pudding
 - peanut butter, 240
 - raspberry, 240
- bread sticks, 44
- brown bread, 35
- brownies, 135–136
- butter, 14
- butterscotch cream pie, 193–194
- Buy Gourmet Foods, 283
- cake. *See also* coffee cake
 - best yellow, 145–146
 - carrot, 168
 - chiffon, 160
 - chocolate marble, 151–152
 - devil's food, 167
 - featherlight hazelnut almond torte, 157

- cake (*continued*)
 - fruitcake, 158–159
 - lemon poppy seed, 147–148
 - macadamia nut, 163–164
 - marzipan, 149–150
 - orange breakfast, 155
 - orange coconut, 165–166
 - preslicing and freezing, 144
 - spice, 146
 - what-to-do-with-egg-yolks, 156
 - zucchini chocolate, 153–154
- candy, 257–258
 - macaroons, 282
- carb counts, setup for, 16
- carbohydrates, 5
 - effective, 11
 - nutritious aspects of foods with low, 2
 - per day, grams of, 3
- carrot
 - cake, 168
 - cookies, 127
 - muffins, 67
- cheddar cheese bread, quick, 60
- cheese bread sticks, 44
- cheesecake
 - Amaretto, 170
 - basic, 169–170
 - chocolate, 171–172
 - cranberry, with chocolate chips, 175–176
 - mocha swirl, 173–174
 - orange soufflé, 177–178
 - preslicing and freezing, 144
 - refrigerator, 179–180
- Chef's, 285
- chiffon cake, 160
- chocolate
 - almond cookies, 109–110
 - Bavarian cream, 235–236
 - brownies, 135–136
 - cake, zucchini, 153–154
 - candies that don't use, 257
 - cheesecake, 171–172
 - clusters, macadamia, 281
 - cookies, 101
 - custard sauce, 251
 - glaze, 185
 - low-carb marzipan with, 271–272
 - ice cream, easy freezer, 248–249
 - icing, 182
 - brownies with, 136
 - for making candy, 283
 - marble cake, 151–152
 - marzipan, 275
 - orange macadamia nut muffins, 80–81
 - peanut butter muffins, 75–76
 - pudding, double, 223
 - rum cream pie, 195–196
 - soufflé, 224
 - sugar-free, use of, 211–212, 257
 - swirl tiramisu, 217–218
 - zucchini muffins, 68–69
- chocolate chips
 - coconut bars with, 139–140
 - cranberry cheesecake with, 175–176
 - macadamia nut cookies with, 108
 - orange chocolate chip cookies, 123
 - peanut butter muffins with, 76
 - yellow cake with, 146
- cinnamon walnut rolls, 46
- coconut
 - balls, date, 264
 - banana muffins, 74
 - bars with chocolate chips, 139–140
 - bites, 269–270
 - cake, orange, 165–166
 - coffee cake, 91
 - cookies, 117
 - cream pie, 201–202
 - ice cream, 242
 - muffins, 73
 - pecan crispies, 118
 - sesame cookies, 131
 - topping, toffee, 95
- coffee cake. *See also* cake
 - coconut, 91
 - nut-free, 90
 - quick basic, 89
 - quick sour cream, 88
- The Complete Book of Food Counts* (Netzer), 16
- cookie dough, 99
- cookies, 99
 - all-seed wonder, 113–114
 - almond crispies, 111
 - anise, 100
 - carrot, 127
 - chocolate, 101
 - chocolate almond, 109–110
 - coconut, 117
 - coconut pecan crispies, 118
 - flaxseed, 115

- Halloween, 129
- hazelnut, 102
- hermits, 119
- honey spice, 120–121
- macadamia nut, 107–108
- meringue kisses, 132–133
- oatmeal, 122
- old-fashioned “sugar,” 124–125
- orange chocolate chip, 123
- peanut butter, 128
- pfeffernüsse, 103–104
- pumpkin seed, 112
- sandy pecan balls, 116
- sesame coconut, 131
- soy grit, 130
- vanilla, 100
- cookie sheets, 16
- crackers
 - almond flaxseed, 63
 - everyday, 64
- cranberries
 - cranberry Bavarian cream, 238
 - cranberry-blueberry pie, 208
 - cranberry cheesecake with chocolate chips, 175–176
 - cranberry muffins, 66
 - scones with, 87
- cream, 15
- cream cheese, 15
- cream puff shells, 213
- crepes, dessert, 239
- croutons
 - herbed crouton bread, 32
 - how to make, 32
- currants
 - scones with, 86–87
 - white bread with, 29
 - yellow cake with, 146
- custard
 - mocha, 230–231
 - vanilla, 229
 - wine, 232
- custard sauce
 - basic, 250
 - chocolate, 251
 - lemon, 250
 - mocha, 252
 - orange, 250
- dairy products, 14–15
- dates
 - date bread, 30
 - date coconut balls, 264
 - pecan date chews, 265
 - quick sunflower seed bread with, 61
 - soy grit cookies with, 130
- devil’s food cake, 167
- Diabetic Friendly LLC, 283–284
- DiabetiSweet Brown Sugar Substitute, 12, 283
- dill and onion bread, 32
- doughnuts, raised, 47–48
- Eades, Mary Dan, vii–viii, 2, 12
- Eades, Michael R., 2, 12
- ECC (effective carbohydrate count), 12, 16
- effective carbohydrates, 11–12
- eggs, 15, 99
- egg yolks, 99
 - cake, what-to-do-with, 156
 - thickening of, 211
- Equal, 10
- equipment, 16–17, 285
 - for making candy, 258
- ESHA Nutritional Database Files, 16
- fats, 15
- fiber, 16
 - high-
 - bran muffins (nut-free), 84
 - bread (nut-free), 37
 - walnut muffins, 83
 - ingredients with high, 7
 - walnut bread, quick, 62
- flatbread, quick cheddar cheese, 60
- flaxseeds, 9
 - almond flaxseed crackers, 63
 - flaxseed bread with walnuts, 40
 - flaxseed cookies, 115
 - peanut butter flaxseed muffins (nut-free), 77
 - quick flaxseed bread (nut-free), 58
- flour, 5
 - nut, 284
 - oat, 10
 - rye, 10
 - soy, 8
 - wheat, 10
 - whole wheat, 10
- Food and Drug Administration (FDA), 10, 13
- fruitcake, 158–159
- fruits, 15

- fudge
 - macadamia nut or pecan, 263
 - pudding, peanut butter, 222
 - smooth, 262
 - white walnut, 260
- glazes
 - chocolate, 185
 - glazed pecan rolls, 46
 - low-carb marzipan with chocolate, 271–272
 - powdered low-carb sugar, 186
- Global Sweet Polyols, LLC, 284
- gluten-free
 - all-seed muffins, 70
 - banana coconut muffins, 74
 - banana sesame muffins, 71
 - brownies, 135
 - carrot muffins, 67
 - cranberry muffins, 66
 - chocolate almond cookies, 109
 - chocolate orange macadamia nut muffins, 80
 - coconut cookies, 117
 - coconut muffins, 73
 - coconut pecan crispies, 118
 - flaxseed cookies, 115
 - halloween cookies, 129
 - hazelnut almond muffins, 72
 - hazelnut cookies, 102
 - hazelnut muffins, 78
 - high-fiber walnut muffins, 83
 - macadamia nut biscotti, 105
 - nutty pie crust, 191
 - peanut butter chocolate muffins, 75
 - peanut butter cookies, 128
 - peanut butter muffins with chocolate chips, 76
 - pecan blueberry muffins, 85
 - pfeffernüsse, 103
 - poppy seed muffins, 79
 - pumpkin seed cookies, 112
 - quick light bread, 55
 - sesame coconut cookies, 131
 - soy grit cookies, 130
 - soy grit cookies with dates, 130
 - spice muffins, 65
 - sunflower seed quick bread, 61
 - sunflower seed quick bread with dates, 61
 - walnut power bars, 134
 - zucchini chocolate muffins, 68
- hazelnut
 - almond muffins, 72
 - bread, 39
 - cookies, 102
 - meal, 283
 - meringue kisses, 133
 - muffins, 78
 - squares, 261
 - topping, baked, 96
 - torte, featherlight almond, 157
- Health Care Products, 12
- health nut bread, 34
- hermits, 119
- honey, 14
 - spice cookies, 120–121
- ice cream
 - chocolate, easy freezer, 248–249
 - coconut, 242
 - frozen yogurt, 241
 - lemon, easy freezer, 247
 - peach, 244
 - peanut butter swirl, 245
 - vanilla, easy freezer, 246
- icing
 - brownies with chocolate, 136
 - butter crème, 182
 - chocolate, 182
 - lemon crème, 182
 - mocha crème, 181–182
 - orange crème, 182
 - peanut butter, 182
 - 7-minute, 183
 - vanilla crème, 181
- inulin, 7
- isomalt, 12
- jam, blueberry, 254
- Kretchmer's Toasted Wheat Bran, 7
- lemon
 - cloud pudding, 221
 - cream pie, 205–206
 - crème icing, 182
 - custard sauce, 250
 - ice cream, easy freezer, 247
 - juice and peel, 211
 - pie, 162
 - poppy seed cake, 147–148
 - 7-minute icing, 183

The Low-Carb Comfort Food Cookbook
(Eades, Eades, and Solom), 2, 12,
16, 32, 49, 99, 239, 286
Lucy's Kitchen Shop, Inc., 284

macadamia nut
biscotti, 105–106
bread, 28
cake, 163–164
chocolate clusters, 281
cookies, 107–108
fudge, 263
muffins, chocolate orange, 80–81
toffee crunch, 278
upside-down topping, 94
macaroons, candy, 282
maltitol, 12
MannaHarvest.Net, 284
mannitol, 12
marshmallow fluff, 219
marzipan
cake, 149–150
chocolate, 275
low-carb, with chocolate glaze,
271–272
toffee confections, 273–274
mascarpone, 215
Med-Express, 285
meringue
kisses, 132–133
shells, 214
topping, 184
mocha
cream pie, 199–200
crème icing, 181–182
custard, 230–231
custard sauce, 252
swirl cheesecake, 173–174
truffles, 276
molasses, 14
muffins
all-seed, 70
banana coconut, 74
banana sesame, 71
bran, high-fiber (nut-free), 84
carrot, 67
chocolate orange macadamia nut,
80–81
coconut, 73
cranberry, 66
hazelnut, 78
hazelnut almond, 72

oatmeal almond, 82
peanut butter chocolate, 75–76
peanut butter flaxseed (nut-free), 77
pecan blueberry, 85
poppy seed, 79
spice, 65
walnut, high-fiber, 83
zucchini chocolate, 68–69

nut flours, 284
nut-free
candy macaroons, 282
coffee cake, 90
golden soy grit bread, 38
high-fiber bran muffins, 84
high-fiber bread, 37
peanut butter flaxseed muffins, 77
quick flaxseed biscuits, 59
quick flaxseed bread, 58
nut meals, 284, 285
nuts, 5–6
almond
bread, light, 26
cookies, chocolate, 109–110
crispies, 111
flaxseed crackers, 63
hazelnut muffins, 72
oatmeal muffins, 82
torte, featherlight hazelnut, 157
hazelnut
almond muffins, 72
almond torte, featherlight, 157
bread, 39
cookies, 102
meringue kisses, 133
muffins, 78
squares, 261
topping, baked, 96
health nut bread, 34
how to toast, 6
macadamia nut
biscotti, 105–106
bread, 28
cake, 163–164
chocolate clusters, 281
cookies, 107–108
fudge, 263
muffins, chocolate orange,
80–81
topping, upside-down, 94
nutty hi-pro mini bars, 266
nutty pie crust, 191

- pecan
 - balls, sandy, 116
 - bars, 137–138
 - blueberry muffins, 85
 - crispiers, coconut, 118
 - crust, toasted, 192
 - date chews, 265
 - fudge, 263
 - rolls, 45–46
 - spread, 259
 - toffee crunch, 278
 - topping, toasted, 93
- praline, 280
 - truffles, 277
- walnut(s)
 - bread, light, 33
 - bread, quick fiber, 62
 - date bread with, 30
 - fudge, white, 260
 - muffins, high-fiber, 83
 - power bars, 134
 - rolls, cinnamon, 46
 - white bread with currants and, 29
- oat bran, 7
- oat flour, 10
- oatmeal
 - almond muffins, 82
 - cookies, 122
- oats, 7, 10, 27, 82, 122
- oils, polyunsaturated, 9
- old-fashioned “sugar cookies,” 124–125
- olive bread, 31
- omega-3 fatty acids, 9
- orange
 - breakfast cake, 155
 - chocolate chip cookies, 123
 - coconut cake, 165–166
 - crème icing, 182
 - custard sauce, 250
 - flavored pecan date chews, 265
 - soufflé cheesecake, 177–178
- oven temperatures, 17
- pans, 17
- pastry crust. *See also* pie crust
 - hot water
 - I, 187–188
 - II, 189
 - III, 190
 - toasted pecan crust, 192
- peach
 - ice cream, 244
 - soufflé, 227–228
- peanut brittle, 279
- peanut butter, 10. *See also* peanuts
 - bread pudding, 240
 - chocolate muffins, 75–76
 - cookies, 128
 - flaxseed muffins (nut-free), 77
 - fudge pudding, 222
 - icing, 182
 - swirl ice cream, 245
- peanuts, 10. *See also* peanut butter
 - peanut brittle, 279
 - peanut sesame power bars, 268
- pecan
 - balls, sandy, 116
 - bars, 137–138
 - blueberry muffins, 85
 - chocolate clusters, 281
 - crispiers, coconut, 118
 - crust, toasted, 192
 - date chews, 265
 - fudge, 263
 - rolls, 45–46
 - spread, 259
 - toffee crunch, 278
 - topping, toasted, 93
- pfeffernüsse, 103–104
- pie crust. *See also* pastry crust
 - nutty, 191
- pies
 - banana cream, 197–198
 - blueberry, 208
 - Boston cream, 161–162
 - butterscotch cream, 193–194
 - chocolate rum cream, 195–196
 - coconut cream, 201–202
 - cranberry-blueberry, 208
 - lemon, 162
 - lemon cream, 205–206
 - mocha cream, 199–200
 - pumpkin cream, 203–204
 - rhubarb, 207
 - strawberry-rhubarb, 208
- polyols. *See* sugar alcohols
- poppy seeds
 - lemon poppy seed cake, 147–148
 - poppy seed muffins, 79
- pots, 17
- praline, 280
- truffles, 277

- protein counts, setup for, 16
- Protein Power* (Eades and Eades), 2
- psyllium husks, 7
- pudding
 - double chocolate, 223
 - lemon cloud, 221
 - peanut butter fudge, 222
 - rich vanilla, 220
- pumpkin
 - bread, 42
 - cream pie, 203–204
 - seeds, 9
- pumpkin seeds, 9
 - pumpkin seed cookies, 112
 - pumpkin seed power bars, 267
- quick breads, 54
 - brown, 57
 - cheddar cheese, 60
 - fiber walnut, 62
 - flaxseed (nut-free), 58
 - light, 55
 - sunflower seed, 61
- quick flaxseed biscuits (nut-free), 59
- raspberry
 - bread pudding, 240
 - dream, 233
 - jam, 254
- refrigerator cheesecake, 179–180
- rhubarb
 - pie, 207
 - strawberry-, pie, 208
- rolls, 43
 - pecan, 45–46
- rye flour, 10
- sauce, whipped cream, 253
- scones
 - with blueberries, 87
 - with cranberries, 87
 - with currants, 86–87
 - glazed, 87
- seeds, 9–10
 - all-seed muffins, 70
 - all-seed wonder cookies, 113–114
 - almond flaxseed crackers, 63
 - anise cookies, 100
 - banana sesame muffins, 71
 - brown bread with, 35
 - flaxseed cookies, 115
 - how to toast, 9–10
 - lemon poppy seed cake, 147–148
 - peanut butter flaxseed muffins (nut-free), 77
 - peanut sesame power bars, 268
 - poppy seed muffins, 79
 - pumpkin seed cookies, 112
 - pumpkin seed power bars, 267
 - quick flaxseed biscuits (nut-free), 59
 - quick flaxseed bread (nut-free), 58
 - quick sunflower seed bread with dates, 61
 - sesame bread, 36
 - sesame coconut cookies, 131
 - sunflower seed quick bread, 61
- sesame bread, 36
- sesame seeds, 9
 - banana sesame muffins, 71
 - peanut sesame power bars, 268
 - sesame bread, 36
 - sesame coconut cookies, 131
- shells
 - cream puff, 213
 - meringue, 214
- sherbet, strawberry, 243
- shortbread, 126
- sorbitol, 12
- soufflé
 - chocolate, 224
 - orange, cheesecake, 177–178
 - peach, 227–228
 - strawberry, 225–226
- sour cream
 - biscuits, 56
 - coffee cake, quick, 88
- sourdough bread, 41
- soy flour, 8
- soy-free
 - almond crispies, 111
 - basic white bread, 25
 - coconut pecan crispies, 118
 - cream puff shells, 213
 - featherlight hazelnut almond torte, 157
 - health nut bread, 34
 - high-fiber bread, 37
 - nutty pie crust, 191
 - sandy pecan balls, 116
 - smooth health nut bread, 34
- soy grits, 8
 - golden soy grit bread (nut-free), 38
 - soy grit cookies, 130

- soy milk powder, 8
- soy powder, 8
- soy products, 8
- soy protein powder, 8
- spice biscotti, 106
- spice cake, 146
- spice muffins, 65
- Splenda, 10, 11, 13, 14, 99, 111, 257
- starch, 5
- stevia, 7, 11, 13–14, 285
- Stevia Plus, 14, 99
- strawberry
 - Bavarian cream, 237
 - sherbet, 243
 - soufflé, 225–226
- strawberry-rhubarb pie, 208
- streusel topping, 92
- sucralose, 10, 11
- sugar, 5
 - carbohydrates in cane, 13
- sugar alcohols, 11–13
 - expense of, 212
 - reliance on, in candies, 257
 - warning about eating excessive amounts of, 12–13
- sugar-free foods, 283–284
- sunflower seeds, 9
 - sunflower seed quick bread, 61
- Sur La Table, 286
- sweeteners, 10–14
 - approximating equivalents of, 14
 - that separate high- from low-carb world, 211
- 30-Day Low-Carb Diet Solution* (Eades and Eades), 286
- tiramisu, 215–216
 - chocolate swirl, 217–218
- toffee
 - coconut topping, 95
 - confections, marzipan, 273–274
 - crunch, pecan, 278
 - related candies, 258
- toppings
 - baked hazelnut, 96
 - meringue, 184
 - streusel, 92
 - toasted pecan, 93
 - toffee coconut, 95
 - upside-down macadamia, 94
- transfats, 12
- TrueFoods Market, 284
- truffles
 - mocha, 276
 - praline, 277
- utensils, 16–17
- vanilla
 - cookies, 100
 - crème icing, 181
 - custard, 229
 - ice cream, easy freezer, 246
 - pudding, rich, 220
- vital wheat gluten, 6–7
 - in raised breads, 21–22, 23
- Vitamin Cottage—Natural Food Markets, 285
- walnuts
 - cinnamon walnut rolls, 46
 - date bread with, 30
 - flaxseed bread with, 40
 - high-fiber walnut muffins, 83
 - light walnut bread, 33
 - light walnut bread with chopped, 33
 - quick fiber walnut bread, 62
 - walnut power bars, 134
 - white bread with currants and, 29
 - white walnut fudge, 260
- wheat bran, unprocessed, 7
- wheat flour, 10
- whey protein powder, 8–9, 285
- whipped cream sauce, 253
- white bread, basic, 24–25
 - with currants, 29
 - variation (soy-free), 25
- whole grain, 283
- whole wheat flour, 10
- Williams-Sonoma, 286
- wine custard, 232
- xylitol, 12, 99, 116, 157, 284, 285
 - benefits of, 12
 - powdered sugar, 186, 284
 - processing, in food processor, 211
- yeast, 23
- yogurt ice cream, frozen, 241
- zucchini
 - chocolate cake, 153–154
 - chocolate muffins, 68–69