NEW
Pineapple-Coconut Delight!

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NAME______________________________________

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LOW-CALORIE CHEESE CAKE

1. Mix 2 envelopes Knox Unflavored Gelatine, 1/2 cup sugar and 1/4 teaspoon salt together in the top of a double boiler.

2. Beat together 2 egg yolks and 1 cup liquid Carnation Instant. Add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is dissolved, about 5 minutes.

3. Remove from heat; add 1 teaspoon grated lemon rind. Chill until mixture mounds slightly when dropped from a spoon.

4. While mixture is chilling prepare topping: Combine 1/3 cup graham cracker crumbs (4 crackers), 1/8 teaspoon cinnamon and 1/4 teaspoon nutmeg.

5. Sieve or beat 3 cups creamed cottage cheese (24 oz.) on high speed of electric mixer. Stir in 1 teaspoon vanilla. Stir into gelatine mixture.

6. Beat 2 egg whites until stiff; gradually beat in 1/4 cup sugar. Fold into gelatine mixture.

7. Fold in 2 1/2 cups whipped Carnation Instant.*

8. Turn into an 8-inch spring form pan and sprinkle with crumb topping. Chill until firm. Makes 10-12 servings.

*Follow basic directions for whipping Carnation Instant, but omit the 1/4 cup sugar.

CHOCOLATE BAVARIAN CREAM

1. Mix together 1 envelope Knox Unflavored Gelatine, 1 package chocolate pudding and pie filling mix, 1/4 cup sugar, 4 teaspoons instant coffee.

2. Add 1 1/2 cups liquid Carnation Instant and 1 square unsweetened chocolate. Place over low heat, stirring constantly, until gelatine is dissolved and chocolate is melted. Cool.

3. Whip cooled pudding, then fold into 2 1/2 cups whipped Carnation Instant.* Blend well.

4. Turn into a 1 1/2 quart mold. Chill until firm (about 2 hours).

*Follow basic directions for whipping Carnation Instant but omit the 1/4 cup sugar.

PINEAPPLE-COCONUT DELIGHT

(Makes enough to fill 9-inch pie or ice 8-inch, 2-layer cake)

1. Measure 1 1/2 cups canned crushed pineapple with syrup. Drain syrup and add water to make 1 cup liquid.

2. Blend syrup-water mixture with 1 envelope Knox Unflavored Gelatine in a small saucepan. Place over low heat, stirring constantly until gelatine dissolves.

3. Add crushed pineapple and 1/4 teaspoon vanilla. Chill to consistency of unbeaten egg whites.

4. Fold gelatine mixture and cup flaked or shredded coconut into 2 1/2 cups whipped Carnation Instant (see directions).

5. Make ready in advance or just before serving as pie, tart, meringue filling, topping, etc., or in individual glasses. Chill slightly before serving.

The Knox Gelatine-Carnation Instant High Protein Drink Helps You

LOSE WEIGHT EASIER . . . STAY SLIM

Pour one envelope KNOX UNFLAVORED GELATINE into an 8-oz. glass of chilled CARNATION INSTANT. Stir briskly and drink at once.

The Knox Gelatine-Carnation Instant High Protein Drink is a wonderfully refreshing and filling "between-meal" treat. It curbs your appetite, so you are satisfied with less food. And just 3 Protein Drinks a day, one before each meal, supply you with 65% of your daily protein need, plus all the calcium, 75% of the Vitamin B2, and 15% of the Vitamin B1—of vital nutritional importance when you are taking off excess weight.
CHOCOLATE BAVARIAN CREAM

LOW-CALORIE CHEESE CAKE