fresh, real desserts to enjoy while keeping the waistline trim

KNOX GEL-COOKERY RECIPES
Most folks keep tabs on their weight. Sometimes hesitate about sweets. Or compromise by having factory-made “diet desserts.”

Well, modern Gel-Cookery gives everybody a delicious variety of real desserts. Home-made, and easy to fix, too.

With light, non-filling textures.

And fresh, real flavors.

They are good, wholesome eating. Made without substitute flavoring, without synthetic sweetening or coloring. Completely satisfying to the yen for sweets.

Yet these Gel-Cookery desserts are low in calories—never a waistline worry in any of them.

Just try one of these wonderful recipes. We think you’ll go on and on with all the rest.
Applesauce Snow

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

2. Add 3/4 cup water. Place over boiling water and stir until gelatine is thoroughly dissolved.

3. Remove from heat. Add 1/2 teaspoon grated lemon rind, 1 tablespoon lemon juice and 13/4 cups (1 lb. can) sweetened applesauce. Chill until mixture mounds slightly when dropped from a spoon.

4. Add 2 unbeaten egg whites and beat with a rotary beater until mixture begins to hold its shape.

5. Turn into a 5-cup mold or individual molds. Chill until firm.

6. Makes 8 servings. 72 calories per serving.
Peach Dessert

1. Mix 1 envelope Knox Unflavored Gelatine, 2 tablespoons sugar and ¼ teaspoon salt together thoroughly in the top of a double boiler.

2. Beat together 2 egg yolks and ½ cup water; add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 5 minutes.

3. Remove from heat; add 1 (10 oz.) package frozen sliced peaches, completely thawed, ¼ teaspoon almond extract, 1 tablespoon lemon juice and 1 teaspoon grated lemon rind.

4. Chill to slightly thicker than unbeaten egg white consistency.

5. Beat with a rotary beater until light and peaches are blended.

6. Beat 2 egg whites until stiff; beat in 2 tablespoons sugar.

7. Fold gelatine mixture into egg whites.

8. Spoon into dessert dishes or turn into a 3-cup mold and chill until firm.

9. Makes 6 servings. 100 calories per serving.
Low Calorie Cheese Cake

1. Mix 2 envelopes Knox Unflavored Gelatine, ¾ cup sugar and ¼ teaspoon salt together thoroughly in the top of a double boiler.

2. Beat together 2 egg yolks and 1 cup liquefied nonfat dry milk or skim milk. Add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.

3. Remove from heat; add 1 teaspoon grated lemon rind; cool.

4. Stir in 3 cups creamed cottage cheese (24 oz.), sieved, 1 tablespoon lemon juice and 1 teaspoon vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.

5. Fold in 2 egg whites, stiffly beaten.

6. Beat ½ cup ice-cold water and ½ cup nonfat dry milk solids together with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater.) Fold into gelatine mixture.

7. Turn into an 8" spring form pan and sprinkle top with a mixture of ⅓ cup graham cracker crumbs (4 crackers), ⅛ teaspoon cinnamon and ⅛ teaspoon nutmeg.

8. Chill until firm.

9. Makes 12 servings. 155 calories per serving.
Strawberry Ginger Pie

1. Mix 1 envelope Knox Unflavored Gelatine, 1 tablespoon sugar and ¼ teaspoon salt together thoroughly in the top of a double boiler.

2. Beat together 1 egg yolk and ¼ cup sugar-free ginger ale. Add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 5 minutes.

3. Remove from heat; stir in 1 tablespoon lemon juice and 1 10-oz. package (1 cup) frozen sliced strawberries. Chill to unbeaten egg white consistency. (If strawberries are added when still partially frozen, the mixture will thicken very quickly without refrigeration.)

4. Fold into 1 egg white, stiffly beaten.

5. Beat ¼ cup ice-cold water and ¼ cup nonfat dry milk solids together with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater.) Fold into gelatine mixture.

6. Turn into cooled gingersnap pie shell* and chill until firm.

7. Makes 8 servings. 152 calories per serving.

*Gingersnap Pie Shell
Blend together 1 cup crushed gingersnaps (15 cookies) and 2 tablespoons melted butter or margarine. Press firmly against bottom and sides of a 9" pie plate. Bake in a moderate oven 375° for 6 minutes. Cool.

Lemon Snow

1. Mix 1 envelope Knox Unflavored Gelatine, ¾ cup sugar and ¼ teaspoon salt together thoroughly.

2. Add 1 ½ cups very hot water and stir until gelatine is thoroughly dissolved.

3. Add 1 teaspoon grated lemon rind and ¼ cup lemon juice. Chill to slightly, thicker than unbeaten egg white consistency.

4. Add 2 unbeaten egg whites and beat with a rotary beater until the mixture begins to hold its shape.

5. Spoon into dessert dishes or turn into a 6-cup mold. Chill until firm.

6. Makes 8 servings. 82 calories per serving.

Banana Sponge

1. Mix 1 envelope Knox Unflavored Gelatine and ⅔ cup sugar together thoroughly in the top of a double boiler.

2. Add ½ cup water. Place over boiling water and stir until gelatine is thoroughly dissolved.

3. Remove from heat. Add 1 teaspoon grated lemon rind, 3 tablespoons lemon juice and 1 cup mashed bananas (2 medium bananas). Chill until mixture mounds slightly when dropped from a spoon.

4. Add 2 unbeaten egg whites and beat with a rotary beater until mixture begins to hold its shape.

5. Spoon into dessert dishes or turn into a 4-cup mold.

6. Makes 8 servings. 95 calories per serving.

Eggnog Chiffon Pudding

1. Mix 1 envelope Knox Unflavored Gelatine, 2 tablespoons sugar and ¼ teaspoon salt together thoroughly in the top of a double boiler.

2. Beat together 3 egg yolks and 1¼ cups liquefied nonfat dry milk or skim milk. Add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 5 minutes.

3. Remove from heat; add 1 teaspoon rum flavoring and ¼ teaspoon nutmeg. Chill to unbeaten egg white consistency.

4. Beat 3 egg whites until stiff; beat in 3 tablespoons sugar. Fold in gelatine mixture.

5. Turn into a 4-cup mold and chill until firm.

6. Makes 6 servings. 100 calories per serving.
**Orange Whip**

1. Mix 1 envelope Knox Unflavored Gelatine, 1/2 cup sugar and 1/6 teaspoon salt together thoroughly.
2. Add 1 1/4 cups very hot orange juice and stir until gelatine is thoroughly dissolved.
3. Chill to slightly thicker than unbeaten egg white consistency.
4. Beat with a rotary beater until light and fluffy and double in volume.
5. Spoon into dessert dishes or turn into a 4-cup mold or individual molds; chill until firm.
6. Makes 4 servings. 118 calories per serving.

**Low Calorie Pineapple Chiffon Cake**

1. Mix 1 envelope Knox Unflavored Gelatine, 1/4 cup sugar and 1/4 teaspoon salt together thoroughly in the top of a double boiler.
2. Beat 3 egg yolks slightly; stir in 1 1/4 cups canned crushed pineapple and syrup. Add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.
3. Remove from heat; add 1 tablespoon lemon juice. Chill to unbeaten egg white consistency.
4. Beat 3 egg whites until stiff. Fold in gelatine mixture.
5. Beat 1/2 cup ice-cold water and 1/2 cup non-fat dry milk solids together with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater.) Fold into gelatine mixture.
6. Spoon one-fourth of mixture into 9" x 5" loaf pan; top with 2 large thin chocolate cookies; repeat twice and finish with a layer of the chiffon mixture. Chill until firm.
7. Makes 10 servings. 114 calories per serving.
**Chocolate Chiffon Dessert with Fluffy Mocha Topping**

1. Mix 1 envelope Knox Unflavored Gelatine, ¼ cup sugar, ½ teaspoon salt and ½ cup cocoa together thoroughly in the top of a double boiler.

2. Beat together 3 egg yolks and 1½ cups liquefied nonfat dry milk or skim milk; add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 5 minutes.

3. Remove from heat; add 1 teaspoon vanilla. Chill to unbeaten egg white consistency.

4. Beat 3 egg whites until stiff; beat in ¼ cup sugar. Fold in gelatine mixture.

5. Turn into a 4-cup mold or individual molds. Chill until firm.

6. Unmold and serve with Fluffy Mocha Topping,* if desired.

7. Makes 8 servings. 110 calories per serving.

*FLUFFY MOCHA TOPPING

1. Beat together ¼ cup ice-cold water and ¼ cup nonfat dry milk solids with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater.)

2. Gradually beat in 1½ tablespoons sugar, 1 teaspoon instant coffee and ½ teaspoon vanilla.

3. Makes 1 cup Fluffy Mocha Topping. 23 calories per serving.

**Coffee Fluff**

1. Mix 1 envelope Knox Unflavored Gelatine, 2 tablespoons sugar, 2 teaspoons instant coffee and ¼ teaspoon salt together thoroughly.

2. Beat together 2 egg yolks and 1½ cups water. Add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes.

3. Remove from heat; add 1 teaspoon vanilla. Chill to unbeaten egg white consistency.

4. Beat 2 egg whites until stiff; beat in ¼ cup sugar. Fold in gelatine mixture.

5. Beat ¼ cup ice-cold water and ¼ cup nonfat dry milk solids together with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater.) Fold into gelatine mixture.

6. Turn into a 5-cup mold or individual dessert dishes. Chill until firm.

7. Makes 8 servings. 73 calories per serving.

**Apricot Sponge Pie**

1. Mix 1 envelope Knox Unflavored Gelatine, ½ cup sugar and ⅛ teaspoon salt together thoroughly.

2. Add 1½ cups (12 oz. can) very hot apricot nectar and stir until gelatine is thoroughly dissolved.

3. Add 1 teaspoon lemon juice and 1 teaspoon almond extract. Chill to slightly thicker than unbeaten egg white consistency.

4. Add 2 unbeaten egg whites and beat with a rotary beater until mixture begins to hold its shape.

5. Turn into prepared coconut pie shell.* Chill until firm.

6. Makes 8 servings. 146 calories per serving.

*COCONUT PIE SHELL

Grease a 9" pie plate with 1 teaspoon butter or margarine. Empty a 4-oz. can shredded coconut into pie plate and press against bottom and sides of plate. Bake in a slow oven, 325° about 10 minutes. Cool.
Here is a weight-reducing Diet Plan to help you get slim and stay slim

Many thousands have got back to normal weight with the Knox Eat-and-Reduce Plan. It is an all-food, no-drug regimen that provides three good meals a day, with never a hungry minute. This new 36-page book is a complete guide, including the new, easy-to-follow Choice-of-Foods Diet List Chart. It includes recipes for low-calorie desserts, salads and main dishes and delicious menu suggestions. It is FREE. Mail your request to Knox Gelatine Company, Box LC, Johnstown, N. Y.