

CORNSTARCH RECIPES FOR OVERNIGHT HYPOGLYCEMIA

Some experts believe that uncooked cornstarch added to snacks can help prevent low blood sugars overnight. One to two tablespoons ($7\frac{1}{2}$ -15 g of carbohydrate, $\frac{1}{2}$ -1 starch choices) of uncooked cornstarch can be added to milk (shake it well!), yogurt or pudding. Here are a few recipes for treats containing uncooked cornstarch:

CORNSTARCH RICE CRISP SQUARES

$\frac{1}{3}$ C + 1 tbsp	margarine	100 mL
24	standard-sized marshmallows	24
1 tsp	vanilla	5 mL
4 C	rice crisps	1000 mL
$\frac{1}{2}$ C + 1 tbsp	cornstarch	140 mL

1. Place margarine in a bowl and heat in the microwave.
2. Add marshmallows to melted margarine and toss to coat all pieces of marshmallows. Microwave until melted (1-1 $\frac{1}{2}$ minutes). Mix well until smooth.
3. Stir vanilla into mixture.
4. Mix rice crisps and cornstarch together. Add to marshmallow mix and blend well.
5. Pat mixture into 8" x 8" pan.

Makes 9 servings.

Serving size is 2 $\frac{2}{3}$ " square.

1 square = 1.2 g protein, 8.0 g fat, 26.2 g carbohydrate

CORNSTARCH PEANUT BUTTER LOVER'S SQUARES

BOTTOM LAYER:

2 tbsp	brown sugar	25 mL
$\frac{1}{4}$ C	corn syrup	50 mL
$\frac{1}{4}$ C	peanut butter	50 mL
2 C	bran flakes	500 mL
$\frac{1}{2}$ C	cornstarch	125 mL

TOPPING:

$\frac{1}{3}$ C	peanut butter	75 mL
2 tbsp	margarine	25 mL
2 oz	semisweet chocolate	2 squares
$\frac{1}{2}$ C	cornstarch	125 mL
2 tbsp	milk	25 mL

1. In a small saucepan over low heat, mix brown sugar, corn syrup, and peanut butter until well blended. Take pan off stove.
2. Add cornstarch to bran flakes, mix together. Add to above mixture in saucepan, stir until well blended.
3. Pat this layer into an 8" x 8" pan.
4. For the topping, melt the peanut butter, margarine, and semisweet chocolate squares in a saucepan. Take pan off stove.
5. Add the cornstarch to chocolate mixture and stir.
6. Add milk to mix in the remaining dry mixture. Stir until well blended.
7. Drop in spoonfuls onto bottom layer, then pat flat with spoon or fingers.

Makes 16 servings.

Serving size is 2" square.

1 square = 3.1 g protein, 7.2 g fat, 21.0 g carbohydrate