

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

## SHELDON GAS BULLETIN

MAY 2018

It's that time of year for outdoor activities and pool parties, here are a few favorite low calorie desserts that are delicious. Enjoy!

### PUMPKIN PIE

1 pie crust mix  
1 cup flour  
1 tsp. Splenda  
Dash of salt  
3 tbs. vegetable shortening  
3 tbs. water

Combine pie crust mix, flour, Splenda, and salt; add vegetable shortening and water. Knead mixture on a floured board. Roll out.

#### FILLING:

1 large can of Pumpkin  
1 cup evaporated milk  
1 - 2 tsp. pumpkin pie spice  
1 tsp. vanilla  
3 eggs, beaten

Combine all filling ingredients together and stir until well blended; pour into pie shell. Sprinkle top of pie with nutmeg. Bake at 350° for 40 - 45 minutes. Top each serving with Cool Whip.

Makes 10 slices; 58 calories per slice.

### CHOCOLATE POUND CAKE

6 tbs. margarine, softened  
1 ½ cups sugar  
2 large eggs  
1 cup flour  
⅓ cup cocoa powder  
½ tsp. baking soda  
1 tsp. baking powder  
¼ tsp. salt  
2 tbs. instant espresso  
2 tbs. hot water  
2 tsp. vanilla  
6 tbs. fat-free sour cream.

Beat margarine and sugar until light and fluffy (about 3 minutes); add eggs one at a time. Combine flour, cocoa, baking soda, baking powder, and salt. Dissolve espresso in hot water; add vanilla and sour cream. Add dry ingredients alternating with sour cream mixture. Pour into greased and floured loaf pan and bake at 350° for 35 - 40 minutes. Cool for 10 minutes in pan, remove from pan; glaze cake.

### Chocolate Pound Cake continued:

#### GLAZE:

¾ cup powdered sugar  
1 tbs. margarine, melted  
2 - 3 tbs. strong coffee

Mix all ingredients together and stir briskly with a wire whisk until powdered sugar is dissolved. Pour over pound cake.

### STREUSEL APPLE PIE

#### PIE CRUST:

1 ½ cups flour  
2 tbs. Splenda  
¼ tsp. salt  
4 - 5 tbs. cold water  
4 - 5 tbs. cold butter

Mix all ingredients together. Place mixture into pie dish.

#### FILLING:

5 cups apple slices (tart)  
1 Tbs. lemon juice  
⅓ cup Splenda  
3 tbs. flour

Toss apples with lemon juice, Splenda, and flour. Arrange filling over pie crust and sprinkle with topping.

#### TOPPING:

⅔ cup quick-cooking oats  
½ cup packed light brown sugar  
⅓ cup flour  
1 ½ tsp. cinnamon  
½ tsp. allspice  
¼ tsp. ginger  
¼ tsp. nutmeg  
3 - 4 tbs. diet margarine

Combine all topping ingredients and pour over apples. Bake at 350° for 55 - 60 minutes.

Makes 12 servings; 200 calories per serving.



ANNA SHELDON HOPKINS