

Recipes to Help Avoid Overnight Hypoglycemia

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

Cornstarch Rice Crisp Squares

1/3 c + 1 tbsp margarine (100 ml)
24 standard-sized marshmallows (24)
1 tsp vanilla (5 ml)
4 cups rice crisps (1000 ml)
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 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"x8" pan.

Makes 9 servings: Serving size is 2 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)
1/4 cup corn syrup (50 ml)
1/4 cup peanut butter (50 ml)
2 cups bran flakes (500 ml)
1/2 cup cornstarch (125 ml)

Topping:

1/3 cup peanut butter (75 ml)
2 tbsp margarine (25 ml)
2 oz semisweet chocolate (2 squares)
1/2 cup 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. Remove from heat.
2. Add cornstarch to bran flakes, mix together. Add to above mixture in saucepan, stir until well blended.
3. Pat layer into a 8"x8" baking 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