



***Fruit-Rite™ Dried Fruit Spread...great on it's own or in a recipe!***

**Fruit-Rite™ is a tasty, versatile fruit spread that can be used to create new recipes and marinades, or act as a sugar and fat substitute in some of your all time favorite recipes. Try some of these and taste for yourself!**

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### **Fruit-Rite™ Hot & Spicy Spareribs**

*Fruit-Rite™ replaces the brown sugar and some of the fat in this recipe to make a delicious marinade for spareribs. Finger licking-good!*

<b>Step</b>	<b>Amount</b>	<b>Ingredients</b>	<b>Yield: 6 servings</b>
1.	2 Tbsp. (30 m)	butter or margarine	
1.	1 medium	onion, finely chopped	
1.	2 cloves	garlic, minced	
2.	1 – 15 ounce can (426 ml)	tomato sauce	
2.	2/3 cup (150 ml)	cider vinegar	
2.	2/3 cup (150 ml)	<b>Fruit-Rite™</b>	
2.	2 Tbsp. (30 ml)	Chili powder	
2.	1 Tbsp. (15 ml)	prepared mustard	
2.	½ tsp. (2 ml)	pepper	
3.	3 pounds (1.36 kg)	pork spareribs	

### **Procedure:**

1. Melt butter or margarine in a large skillet over low heat. Add the chopped onion and minced garlic. Sautee until tender.
2. Add the remaining ingredients (except the ribs) and bring to a boil. Reduce heat and simmer for about 20 minutes, stirring occasionally.
3. Place ribs on broiling pan. Baste meatiest side of ribs with sauce and place face down. Slather other side with sauce. Bake at about 350 F for 20 minutes and then turn ribs over. Baste with sauce every 10-15 minutes. Cook for another 45-50 minutes or until done.



## Double Decker Fruit-Rite™ Bars!

*Easy to make, yet nutritious and delicious! Simply prepare and refrigerate overnight...no baking required.*

<u>Step</u>	<u>Amount</u>	<u>Ingredients</u>	<u>Yield: 18 bars</u>
1.	1 ½ cups (375 ml)	<b>Fruit-Rite™</b>	
2.	33	graham wafer squares	
3.	1 Tbsp. (15 ml)	butter or margarine, softened	
3.	1 cup (250 ml)	sifted icing sugar	
3.	½ tsp. (2 ml)	grated lemon rind	
3.	1-2 Tbsp. (15-30 ml)	lemon juice	

### Procedure:

1. In a saucepan or in the microwave, heat Fruit-Rite™ until hot but do not boil. Remove from heat and set aside.
2. Fit 11 graham wafers on the bottom of an 8-inch square cake pan, cutting two of them into rectangles to fit in the pan snugly. Gently spread half of the Fruit-Rite over wafers. Press the second layer of 11 wafers on top of the Fruit-Rite, and then spread remaining Fruit-Rite over the wafers. Once again, cover the Fruit-Rite with the remaining Graham wafers. Refrigerate for one hour before frosting.
3. **FROSTING:** Blend the butter, half the icing sugar, lemon rind and 1 tsp. of lemon juice. Blend in the remaining icing sugar and enough of the remaining lemon juice to give a “spreadable” consistency. Spread over the wafers. Refrigerate overnight. Cut into 18 bars and serve.

### Nutrient Analysis\* Per Piece

Energy:	109 calories
Carbohydrates:	22.3 grams
Dietary Fibre	2.13grams
Protein:	1.25grams
Fat:	2.1 grams
Iron:	2.5 milligrams





## Fruit-Rite™ Fudgy Brownies!

*Fruit-Rite™ cuts down on the fat in this brownie recipe. The result is a delicious, fudgy brownie that is low on the guilt scale.*

<u>Step</u>	<u>Amount</u>	<u>Ingredients</u>	<u>Yield: 36 portions</u>
2.	4 ounces (120 g)	unsweetened chocolate (4 baking squares)	
3.	½ cup (125 ml)	<b>Fruit-Rite™</b>	
3.	3 large	egg whites	
3.	1 cup (250 ml)	granulated sugar	
3.	1 tsp. (5 ml)	salt	
3.	1 tsp. (5 ml)	vanilla	
4.	½ cup (125 ml)	flour	
5.	¼ cup (60 ml)	chopped walnuts	

### Procedure:

1. Preheat the oven to 325° Fahrenheit. Use a non-stick pan or spray an 8-inch square baking pan with vegetable cooking spray and set aside.
2. Cut chocolate into 1-inch pieces and melt over a double boiler or melt in the microwave, stirring occasionally just until the chocolate is melted. Remove from heat and let cool.
3. In a large bowl combine the Fruit-Rite™, egg whites, sugar, salt and vanilla. Stir in the melted chocolate. Blend together well.
4. Mix in the flour. Make sure all ingredients are well mixed together. Pour batter into the pan.
5. Sprinkle the chopped walnuts over the top of the batter. Bake about 30 minutes until springy to the touch.
6. Cool on rack. Cut into 36 small pieces.

### Nutrient Analysis\* Per Piece

Energy:	60	calories
Carbohydrates:	9.44	grams
Dietary Fibre	0.94	grams
Protein:	1.07	grams
Fat:	2.27	grams
Iron:	0.36	milligrams





## Fruit-Rite™ Almost Fat Free Carrot Cake!

*Fruit-Rite™ has replaced the oil in this recipe to reduce the fat while still maintaining moisture, texture and flavor. The cake is great on its own but if you still desire some fat try eating this delicious cake with a little light cream cheese icing.*

<u>Step</u>	<u>Amount</u>	<u>Ingredients</u>	<u>Yield: 15 pieces</u>
2.	4 cups (1000 ml)	grated carrots (spooned, not packed into cup)	
2.	2 cups (500 ml)	granulated white sugar	
2.	8 ounces (250 ml)	pineapple, crushed, canned	
2.	1 cup (250 ml)	<b>Fruit-Rite™</b>	
2.	4 large	egg whites	
2.	2 tsp. (10 ml)	vanilla	
3.	2 ½ cups (625 ml)	whole wheat flour	
3.	2 tsp. (10 ml)	baking soda	
3.	2 tsp. (10 ml)	cinnamon	
3.	½ tsp. (2.5 ml)	salt	

### Procedure:

1. Preheat the oven to 375° Fahrenheit. Coat a 9 x 13-inch baking pan with vegetable cooking spray and set aside.
2. In a large bowl combine the carrots, sugar, pineapple, Fruit-Rite™, egg whites and vanilla. Stir together well.
3. Add remaining ingredients and blend together thoroughly. Pour batter into the pan. Bake for approximately 45 minutes or until a toothpick comes out clean when inserted into the centre of the cake.
4. Cool on rack. Cut into 15 pieces.

### Nutrient Analysis\* Per Piece

Energy:	229	calories
Carbohydrates:	54.1	grams
Dietary Fibre	5.1	grams
Protein:	4.5	grams
Fat:	0.6	grams
Iron:	4.9	milligrams







## Fruit-Rite™ Muffins!

*These are delicious and easy to make muffins. Not only are they high in fibre and low in fat, they are also nice and moist.*

*If you want to eat these muffins the same day cook them for 5 minutes longer at 375 F, so they won't be too moist.*

<b>Step</b>	<b>Amount</b>	<b>Ingredients</b>	<b>Yield: 48 medium muffins</b>
1.	3 cups (750 ml)	natural bran	
1.	4 cups (1000 ml)	whole-wheat flour	
1.	1 cup (250 ml)	granulated sugar	
1.	2 Tbsp (30 ml)	cinnamon	
1.	4 tsp (20 ml)	baking powder	
1.	4 tsp (20 ml)	baking soda	
2	6 cups (1500 ml)	<b>*Fruit-Rite™</b>	
2.	4	medium eggs	
2.	2 cups (500 ml)	low fat yogurt	
2.	6 Tbsp (90 ml)	vegetable oil	
2.	1 Tbsp (15 ml)	grated orange rind	
2.	1 cup (250 ml)	raisins	

\*Note: 2 cups of mashed bananas or applesauce may be substituted for 2 cups of FruitRite™ for a slight taste variation.

### **Procedure:**

1. Mix dry ingredients together.
2. Mix the wet ingredients and raisins together well.
3. Add the dry ingredients to the wet until blended. Let stand for 20 – 30 minutes.
4. Spoon into lined muffin tins or spray tins with vegetable oil spray (i.e.: Pam) and bake for 30 minutes at 375 F.

### **Nutrient Analysis\* Per Piece**

Energy:	138 calories
Carbohydrates:	28.1 grams
Dietary Fibre	5.71 grams
Protein:	3.7 grams
Fat:	2.8 grams
Iron:	3.5 milligrams





## Sweet and Spicy Chicken

<u>Step</u>	<u>Amount</u>	<u>Ingredients</u>	<u>Yield: 8 servings</u>
1.	1 ½ cups (325 ml)	Pineapple Orange Juice	
1.	1 cup (250 ml)	*Fruit-Rite™	
1.	⅔ cup (180 ml)	Teriyaki Sauce	
1.	½ cup (125 ml)	Packed Brown Sugar	
1.	½ tsp (2.5 ml)	Ground Cloves	
1.	½ tsp (2.5 ml)	Ground Ginger	
1.	1 cup (250 ml)	Pineapple Chunks	
2.	4 each	Frying Chickens, halved or quartered (~ 8lb total weight)	
2.	2 cups (500 ml)	low fat yogurt	
2.	To taste	Salt and Pepper	
6.	4 tsp (20 ml)	Cornstarch	

\*Note: This recipe allows for extra sauce to use at service. If doubling or tripling the recipe, we suggest increasing the amount of chicken to 6 Kg (11-12 pounds) per recipe.

### Procedure:

1. In a saucepan, combine the first seven ingredients. Heat until sugar dissolves and then allow to cool.
2. Lightly season the chicken with salt and pepper. Place in a glass baking dish and pour the sauce over the chicken making sure to coat it well with sauce.
3. Marinate, covered, in the refrigerator for a minimum of two hours.
4. Preheat oven to 350° F/ 180°C.
5. Drain at least half the marinade back into the saucepan and bake chicken in remaining sauce, uncovered, for 50 minutes basting with marinade every 20-25 minutes.
6. In the saucepan, dissolve the cornstarch in the marinade and cook over medium heat until the sauce comes to a boil and thickens. Continue to cook on low until the chicken is cooked. Spoon sauce over chicken and serve.



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