

A Few Tips on CR Intro-Pak --- 12 Feb 2006

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0. Hints on where to start.

It doesn't matter where you start. Everything has almost zero calories. And you will have great fun experimenting and trying new things out. However, if you jump in too fast totally unprepared without reading a little, you may be surprised and maybe even startled. For example:

1. Concentrated Sucralose is bitter and not sweet (read to see why).
2. Cocoa by itself is bitter and astringent. Sweeten it!
3. Guar by itself is sticky gooey and should be used with Cellulose.
4. LorAnn natural oils are so concentrated, it takes VERY LITTLE.
5. Konjac takes time and effort to learn. It requires a Braun blender.

And many more things to know about, some explained in the reading materials provided, and others you learn by experimentation.

1. Where to start #1: Sucralose

For the CR Intro-Pak, the Sucralose is your best starting point. The non-caloric sweeteners (**NutraSweet, Sucralose, and Neotame**) are the most popular items of all products, since they save both money and calories. They also have the highest re-order rates. Nutrasweet is the most economical, and costs about the same or even less than sugar for saving money. It is also the easiest to use as a powder without mixing. Simply dip the tip of a wet spoon into the NutraSweet powder, adjusting the amount to the sweetness you prefer. Other Internet news of interest here:

Important-News-Of-Interest: <http://tinyurl.com/9vmtw>

Experiment with using the non-caloric sweeteners (and mixing, if you decide to dilute with water for dispensing with an eye dropper). NutraSweet requires no dilution. Sucralose doesn't either, if you use just a tiny bit on the tip of a wet spoon. Neotame is unusable unless it is diluted first. This is because of its immense factor of concentration as an ultra-sweetener.

2. Where to start #2: Saco Fat-Free, Sugar-Free Cocoa

The Saco Premium cocoa can be used alone with a non-caloric sweetener as a tasty chocolate drink "pick-me-up". The cocoa can also be improved (if you like) with soy milk, or whey protein, or some other low-calorie

additive. For hot cocoa with whey protein, you may have to mix the whey into cold water, and then pour the whey mix into the hot cocoa mixture, so that the whey does not clump up.

3. Where to start #3: HVNTG Guar/MBPC Cellulose/LorAnn

Trying out some of the pudding recipes using PM0224 (guar/cellulose in the volumetric ratio of 1 part guar to 4 parts cellulose) is probably another thing to do early in your experimentation. Guar probably should not be used alone for several reasons, to include

- (1) Handling: Guar alone is difficult to handle, and makes a mess.
- (2) Risk: Concentrated soluble powders (like Guar alone), when used by itself in larger quantities on rare instances, have been known to cause intestinal blockages.
- (3) The texture of guar by itself can be unpleasant and "gooey".
- (4) Guar by itself does not contain a natural plant-like soluble to insoluble fiber ratio of 1 to 1.
- (5) Guar-base recipe textures can be greatly improved with cellulose.

So mix up some PM0224 powder in a bowl (1 cup guar to 4 cellulose), and store in a jar or ziplock bag. Then try making some pudding recipes or Imitation yogurts. These two recipe items can be flavored with berries, or Saco Fat-Free Sugar-free Premium Cocoa, or the LorAnn Flavors. Sweeten with NutraSweet or Sucralose or Neotame. Before using LorAnn Flavors however, make sure to read up a little on their concentration factors in the reading materials provided.

Remark on Puddings and Yogurts:

The only difference between the no-cook puddings and imitation yogurts is that the yogurts require boiling water to improve the flavor and texture, with use of the Braun handheld electric blender to mix up more easily. Small yogurt recipe sizes can be mixed by hand however.

4. Where to start #4: Konjac Rice, Jello, Tapioca

The wonder-food Konjac has no calories, is economical, and is healthful in many ways. But konjac takes work, time, learning, and special tools. And clean-up is quite messy too. Read everything contained in the CR Intro-Pak prior to experimenting with konjac, to get an idea of its properties. Start with a trial batch using a very small amount. Then later, after you have gained proficiency, make bigger batches to be very easy and efficient. Konjac stores very well too, as an added benefit.

Due to the konjac learning curve, you may wonder during your first few primitive attempts: Is konjac worth it?

The answer (for me) is yes, Yes, YES. The calorie savings with no calories at all (ZERO), recipe improvements in both texture and satiety, with the versatility of a non-caloric grain substitute and tapioca additive for puddings and for imitation yogurts give only a small hint of possibilities

available with konjac.

It is economical too, since one pound of konjac powder makes 30 to 40 pounds of konjac rice, and makes 210 pounds of konjac jello. Konjac reduces calories by 50% for all foods that it is mixed into at a 50/50 ratio (or higher to reduce more).

5. Summary and Resources

The handouts in the CR Intro-Pak are only a partial introduction to the many possibilities available for recipes. Some handout pages and other resources are available on the Internet too, for example this webpage here that lists additional webpages to view too:

Important-News-Of-Interest: <http://tinyurl.com/9vmtw>

You will make additional recipe enhancements. You will come up with new ideas from your own experimental creativity. Please make sure to share your discoveries with me! Your new knowledge will get passed on to others. A simple email will do!