

Avocado Tacos

Ingredients:

1 medium onion, cut into thin strips
2 large green peppers, cut into thin strips
2 large red peppers, cut into thin strips
1 cup fresh cilantro, finely chopped
1 ripe avocado, peeled and seeded, cut into 12 slices
1 ½ cup fresh tomato salsa (see ingredients below)
12 flour tortillas
Vegetable cooking spray

FRESH TOMATO: SALAS INGREDIENTS:

1 cup tomatoes, diced
1/3 cup onions, diced
½ clove garlic, minced
2 tsp. cilantro
1/3 tsp. jalapeno peppers, chopped
½ tsp. lime juice
Pinch of cumin

Directions:

Mix together all salsa ingredients and refrigerate in advance

Coat skillet with vegetable spray.

Lightly sauté onion and green and red peppers.

Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve.
Top with cilantro.

Total serving: 12

Nutrition facts

Avocado tacos

Serving size 1 taco

Amount per serving

Calories 270

Calories from fat 80

% Daily Value (DV)

Total fat 8g 12%

Saturated fat 2g 10%

Trans fat 0g

Cholesterol 0mg 0%

Sodium 460mg 19%

Total carbohydrates 43g 14%

Dietary fiber 5g 20%

Sugars 4g

Protein 7g

Vitamin A 25%

Vitamin C 100%

Calcium 10%

Iron 15%

BEEF STEW

Ingredients

1 pound lean beef or turkey breast, cut into cubs

2 tbsp. whole wheat flour

¼ tsp. salt (optional)

¼ tsp. pepper

¼ tsp. cumin

1 ½ tbsp. olive oil

2 cloves garlic, minced

2 medium onions, sliced

2 stalks celery, sliced

1 medium red/green bell pepper, sliced

1 medium tomato, finely minced

5 cups beef or turkey broth, fat removed

5 small potatoes, peeled and cubed

12 small carrots cut into large chunks

1 ¼ cups green pea's

Directions

Preheat oven to 375 degrees.

Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in mixture. Shake off excess flour.

In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and saute until nicely brown, about 7-10 minutes.

Place beef or turkey in an ovenproof casserole dish.

Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender, about 5 minutes.

Stir in tomato and broth. Bring to a boil and pour over turkey or beef in casserole dish. Cover dish tightly and bake for 1 hour at 375 degrees.

Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20-25 minutes or until tender.

Total servings: 4

Nutrition facts

Beef or turkey stew

Serving size 1 ½ cup

Amount per serving

Calories 320

Calories from fat 60

% Daily Value (DV)

Total Fat 7g 11%

Saturated fat 1.5g 8%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 520mg 22%

Total carbohydrate 41g 14%

Dietary Fiber 8g 32%

Sugars 9g

Protein 24g

Vitamin A 340%

Vitamin C 80%

Calcium 6%

Iron 15%

Caribbean Red Snapper

Ingredients:

2 tbsp. olive oil

1 medium onion, chopped

½ cup red pepper, chopped

½ cup carrot, cut into strips

1 clove garlic, minced

½ cup dry white wine

¾ pound red snapper fillet

1 large tomato, chopped

2 tbsp. pitted ripe olives, chopped

2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese

Directions:

In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.

Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.

Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.

Transfer fish to serving platter. Garnish with vegetables and pan juices.

Total Servings: 4

Nutrition facts

Caribbean red snapper

Serving size ¼ red snapper with ½ cup vegetables (233g)

Calories 220

Calories from fat 80

% Daily Value (DV)

Total Fat 10g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 160mg 7%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 8%

Sugars 4g

Protein 19g

Vitamin A 80%

Vitamin C 70%

Calcium 8%

Iron 4%

Pozole

Ingredients:

2 pounds lean beef, cubed

1 tbsp. olive oil

1 large onion, chopped

1 clove garlic, finely chopped

¼ tsp. salt

1/8 tsp. pepper

¼ cup fresh cilantro, chopped

1 can (15 ounces) stewed tomatoes

2 ounces tomato paste

1 can (1 pound 13 ounces) hominy

Directions:

In a large pot, heat olive oil. Add beef and sauté

Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Stir to mix ingredients evenly. Cover pot and cook over low heat until meat is tender.

Add tomatoes and tomato paste. Continue cooking for about 20 minutes.

Add hominy and continue cooking another 15 minutes, stirring occasionally. If too thick add water for desired consistency.

OPTION: skinless. Boneless chicken breast can be used instead of beef cubes.

Total servings: 8

Nutrition facts

Pozole

Serving size 1 cup

Amount per serving

Calories 22

Calories from fat 70

% daily value (DV)

Total fat 7g 11%

Saturated fat 2g 10%

Trans fat 0g

Cholesterol 70mg 23%

Sodium 390mg 16%

Total carbohydrate 17g 6%

Dietary fiber 3g 12%

Sugars 5g

Protein 21g

Vitamin A 4%

Vitamin C 10%

Calcium 4%

Iron 15%

Rice with Chicken

Ingredients:

2 tbsp. olive oil

2 medium onions, chopped

6 cloves garlic, minced

2 stalks celery, diced

2 medium red/green peppers, cut into strips

1 cup mushrooms, chopped

2 cups uncooked whole grain rice

3 pounds boneless chicken breast, cut into bite-sized pieces, skin removed

1 ½ tsp. salt (optional) 2 ½ cup low-fat chicken broth

Saffron or sazon for color

3 medium tomatoes, chopped

1 cup frozen peas

1 cup frozen corn

1 cup frozen green beans

Olives or capers for garnish (optional)

Directions:

Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.

Add whole grain rice and sauté for 2-3 minutes, stirring constantly to mix all ingredients.

Add chicken, salt, chicken broth, water, saffron/sazon, and tomatoes. Bring water to a boil.

Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes

Stir in peas, corn, and beans and cook for 8-10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired.

Total servings: 8

Rice with chicken, Spanish style

Serving size 1 ½ cup

Amount per serving

Calories 400

Calories from fat 60

% Daily Value (DV)

Total fat 7g 11g

Saturated fat 1.5g 8%

Trans fat 0g

Cholesterol 85mg 28%

Dietary Fiber 3g 12%

Sugars 5g

Protein 37g

Vitamin A 30%

Vitamin C 70%

Calcium 4%

Iron 20%

SPANISH OMELET

Ingredients:

5 small potatoes, peeled and sliced

Vegetable cooking spray

½ medium onion, minced

1 small zucchini, sliced

1 ½ cup green/red peppers, sliced thin

5 medium mushrooms, slice

3 whole eggs, beaten

5 egg white, beaten

Pepper and garlic salt with herbs, to taste

3 ounces shredded part-skim mozzarella cheese

1 tbsp. low-fat parmesan cheese

Directions:

Preheat oven to 375 degrees.

Cook potatoes in boiling water until tender.

In a nonstick pan, add vegetable spray and warm at medium heat.

Add onion and sauté until brown. Add vegetables and sauté until tender but not brown

In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt and low-fat mozzarella cheese. Stir egg-cheese mixture in to the cooked vegetables.

In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to an. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20-30 minutes.

Remove omelet from oven, cool for 10 minutes, and cut into five pieces.

Total Servings: 5

Nutrition Facts

Spanish omelet

Serving size 1/5 of omelet

Amount per serving

Calories 260

Calories from fat 90

% Daily Value (DV)

Total Fat 10g 15%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 135mg 45%

Sodium 240mg 10%

Total Carbohydrate 30g 10%

Dietary Fiber 3g 12%

Sugars 3g

Protein 16g

Vitamin A 8%

Vitamin C 60% Calcium 15%

Iron 8%

Tasty Recipes for people with diabetes and their families

(NDEP)



Steak with Potato-Cauliflower Mash



Arugula BLT Pizzas



Vegetarian Fried Rice



Onion-Stuffed Pork Tenderloin with Chutney-Mustard Sauce



Crispy Almond Fish with Potato Crisps



Homemade Walking Tacos



Sautéed Shiitake and Bok Choy with Shrimp



Feta-Stuffed Burgers



Grilled Lime Chicken with Watermelon Salsa



Pork Medallions with Cranberry-Onion Relish



Super Breakfast Burritos



Chicken Cacciatore



Pork and Edamame Soup



Sautéed Pork Chops with Apples



Layered Brisket Dinner



Spicy Drumsticks



Blue Cheese-Topped Pork Chops



Chicken Salad Panini Sandwiches



Meat Loaf with Sour Cream-Mushroom Sauce



Green Chile Chicken Tortilla Casserole



Grilled Skirt Steak with Onion Ponzu



Scrambled Eggs with Sausage



Chicken Tortilla Soup



Curried Chicken Salad Wraps

Tropical fruits fantasia

Ingredients:

8 ounces fat-free. Sugar-free orange yogurt

5 medium strawberries, cut into halves

3 ounces honeydew melon, cut into slices (or ½ cup cut into cubes)

3 ounces cantaloupe melon, cut into slices (or ½ cup cut into cubes)

1 mango, peeled and seeded, cut into cubes

1 papaya, peeled and seeded, cut into cubes

3 ounces watermelon, seeded and cut into slices (or ½ cup cut into cubes)

2 oranges, seeded and cut into slices

½ cup unsweetened orange juice

Directions:

Add yogurt and all fruits to a bowl and carefully mix together.

Pour orange juice over fruit mixture.

Mix well and serve ½ cup as your dessert.

Total servings: 3

Tropical fruits fantasia

Serving size ½ cup

Amount per serving

Calories 170

Calories from fat 5

% daily value (DV)

Total fat 0.5g 1%

Saturated fat 0g 0%

Trans fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total carbohydrates 41g 14%

Dietary fiber 5g 20%

Sugars 30g

Protein 4g

Vitamin A 50%

Vitamin C 230%

Calcium 15%

Iron 2%

Two Cheese Pizza

Ingredients:

2 tbsp. whole wheat flour

1 can (10 ounces) refrigerated pizza crust

Vegetable cooking spray

2 tbsp. olive oil

½ cup low-fat ricotta cheese

½ tsp. dried basil

1 small onion, Minced

2 cloves garlic, minced

¼ tsp. salt (optional)

4 ounces shredded part-skim mozzarella cheese

2 cups mushroom, chopped

1 large red pepper, cut into strips

Direction:

Preheat oven to 425 degrees

Spread whole wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.

Coat cookie sheet with vegetable cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.

Mix low-fat cheese with dried basil, onion, garlic, and salt. Spread this mixture over crust.

Sprinkle crust with part-skim mozzarella cheese. Top cheese with mushrooms and red pepper.

Bake at 425 degrees for 13-15 minutes or until cheese melts and crust is deep golden brown.

Cut into 8 slices.

Total servings: 4

Nutrition facts

Two cheese pizza

Serving size 2 slices (1/4 of pie)

Amount per serving

Calories 420

Calories from fat 170

% Daily value (DV)

Total Fat 19g 29%

Saturated fat 7g 35%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 580mg 24%

Total carbohydrates 44g 15%

Dietary Fiber 3g 12%

Sugars 5g

Protein 20g

Vitamin A 30%

Vitamin C 90%

Calcium 40%

Iron 15%

National Diabetes Education Program

Your Diabetes ABCs.

- **A** stands for **A1C** Test. This test measures your average blood glucose levels for the past three months. Your doctor should test you're **A1C** at least twice year. For most people with diabetes, the goal is to have an **A1C** "score" of less than 7.
- **B** stands for **blood pressure**, a measurement of how hard your heart needs to work to keep your blood circulating. For most people with diabetes, the goal is to keep blood pressure below 130/80.
- **C** stands for **Cholesterol**, a fat found in your blood. There are two kinds of cholesterol: **LDL**, or "bad" cholesterol, and **HDL**, or "good" cholesterol. For most people with diabetes, the goal is to keep :
 - LDL cholesterol below 100
 - HDL cholesterol above 40 (HDL for men to 40 and for women about 50)
- Eat more fiber by eating more whole-grain foods. Whole grains can be found in:
 - Breakfast cereals made with 100% whole grains.
 - Oatmeal
 - Whole grain rice.
 - Whole-wheat bread, bagels, pita bread, and tortillas.

Eat a variety of fruits and vegetables every day. Choose fresh, frozen, canned, or dried fruit and 100% fruit juices most of the time.

Dark green veggies (e.g., broccoli, spinach, Brussel sprouts).

Orange veggies (e.g., carrots, sweet potatoes, pumpkin, winter squash)

Beans and peas (e.g., black beans, garbanzo beans, kidney beans, pinto beans, split peas, lentils)

Eat fewer foods that are high in sugar, such as:

Fruit-flavored drinks

Sodas

Tea or coffee sweetened with sugar.

Use less salt in cooking and at the table. Eat fewer foods that are high in salt, such as:

Canned and package soups.

Canned vegetables

Pickles

Processed meats.

Never skip meals. Stick to your meal plan as best you can.

Limit the amount of alcohol you drink

Make changes slowly. It takes time to achieve lasting goals.

Recipes Done By FOODBABE.COM

Brazil Nut Bars

Serves: 16

Prep time: 15 minutes

These bars make an excellent snack or a quick on-the-run breakfast with a piece of fruit.

Ingredients

1 c. natural cashew butter

1 ½ cups whole Brazil nuts

¾ c. honey

½ c. raw, shelled pumpkin seeds

½ c. sliced almonds

½ c. raw, shelled sunflower seeds

½ c. ground flaxseeds

1/3 c. dried organic cranberries

1 tsp. ground cinnamon

2 c. gluten-free crispy brown rice cereal

Directions

Lightly coat a 9"x 13" baking dish with grapeseed oil. Set aside.

In the bowl of the food processor, add Brazil nuts and pulse until nuts are ground into a fine powder. Place in a large mixing bowl. Add the pumpkin seeds, almonds, sunflower seeds, flaxseeds, cranberries, cinnamon, and sprouted grain cereal to the bowl. In a large saucepan on the stove, add the cashew butter and honey and heat until very hot and bubbling. Transfer this mixture to the mixing bowl and mix together using a wooden spoon. Immediately press mixture firmly into the baking dish (wear rubber gloves if needed). Let mixture cool in the refrigerator. Cut into 16 pieces and serve. Wrap each bar individually with wax paper and store in the freezer.

Nutritional Analysis: (per serving: calories 377, Carbohydrates 30g, Fiber 5g, Protein 10g, Fat 27.5g, Cholesterol 0 mg, Sodium 25 mg, Calcium 170 mg)

Homemade Coconut Ice Cream

Serves: 10

Ingredients

- 1 can full fat coconuts milk
- 3 Frozen bananas or ½ cup coconut palm sugar
- Pinch of sea salt
- 2 ½ teaspoons vanilla extra

Directions

1. Combine base ingredients in blender and blend until smooth.
2. Add vanilla extract into blender and blend again.
3. Pour mixture into ice cream machine and turn on.
4. Mix for at least 20 minutes or until ice cream is formed.
5. Best served immediately, if stored in a freezer, place back into ice cream maker to make smooth and creamy again.

Pecan Brownies

Serves: 8

Ingredients:

- 1 cup almond butter
- 2 tablespoons flaxseed + 3 tablespoons water or 1 egg
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ½ cup coconut palm sugar
- ½ teaspoon vanilla
- ½ cup pecan, crushed
- ½ cup of “Enjoy Life” mega chocolate chunks

Directions

1. Preheat oven to 350 degrees.
2. Grease a small dish (8x8 or 8x6) thoroughly or line bottom of dish with parchment paper.
3. Mix all ingredients except pecans and chocolate chunks until smooth.
4. Fold in pecans and chocolate chunks and pour batter into pan.
5. Bake brownies for about 25 minutes or until golden dark brown.
6. Cool brownies for at least 10 minutes before cutting.

Day After Turkey Pot Pie

Serves: 6-8

Ingredients

2 tablespoons organic butter
½ yellow onion, small dice
2 carrots, diced
2 stalks celery, diced
2 garlic cloves, minced
3 tablespoons spelt flour (gluten free: use oat flour)
1 ½ teaspoon thyme
½ teaspoon sage
¼ teaspoon rosemary
1 cup frozen sweet peas
1 sweet potato, peeled and small dice
2 cups leftover turkey, chopped

Directions

1. Heat 2 tablespoons of butter in a large sauté pan over medium heat. Add the onion, carrot, celery and garlic. Cook 4-5 minutes. Add the spelt flour and stir to coat the veggies, cook 1-2 minutes. Add the chicken stock and mix to incorporate the flour. Cook for 4-5 minutes to thicken.
2. Add the thyme, sage, rosemary, peas, sweet potato and turkey and mix to combine. Take off the heat and place the mixture into a pie dish or casserole dish.
3. Top with biscuits, spreading them evenly across the top. Bake for 35-40 minutes or until the biscuits are golden brown and the pot pie mix is bubbly. ENJOY!

Biscuit Crust:

Ingredients

½ cup Nutiva shortening
1 ½ cup spelt flour
½ tablespoon baking powder
¼ teaspoon baking soda

½ teaspoon sea salt

1 teaspoon coconut palm sugar

¾ cup almond milk

Directions

1. In a bowl mix the flour, baking powder and soda, salt and sugar. Cut the shortening into the flour mix using the back of a fork or pastry cutter until the size of a pea.
2. Make a well in the center and slowly stir in ½ cup of the almond milk. Mix until just combined, adding more milk if necessary until tacky dough is formed.
3. Roll the dough out on a floured surface until roughly ½" thick. Fold the dough into thirds like a letter and roll out again to ½" thick. Repeat one more time rolling the dough out to 1" thick instead.
4. Use a biscuit cutter to cut circles from the dough until you get as many as you can.

Gluten-Free Blueberry Cobber

Blueberry cobbler with a patchwork crust, made with Pillsbury Gluten Free Pie and pastry dough- a delicious treat!

Prep time: 25 minutes

Total time: 1 hr 10 min

Ingredients: 6

Servings: 6

Ingredients

¾ cup stevia

¼ cup cornstarch

4 cups fresh or frozen blueberries

2 teaspoons lemon juice

½ container Pillsbury Gluten Free refrigerated pie and pastry dough

½ teaspoon stevia

Directions

1. Heat oven to 425 degrees. In large bowl, mix ¾ cup sugar and the cornstarch. Add blueberries and lemon juice; mix well. Spoon into ungreased 8-inch square (2-quart) glass baking dish.
2. Knead dough until softened and no longer crumbly. Flatten into a round; place between 2 sheets of cooking parchment or waxed paper. Roll into 10-inch square. Carefully peel off top sheet of paper. With pizza cutter or knife, cut dough into 5 rows by 5 rows. Replace paper; carefully turn dough over, and remove second sheet of paper.
3. Using small offset spatula, place individual dough pieces over blueberry mixture, overlapping pieces and covering entire top. Sprinkle with ½ teaspoon sugar.
4. Bake uncovered 25 to 30 minutes or until crust is golden brown. Cook 20 minutes before serving.

Nutrition Information:

Serving Size: 1 serving Calories 510 (calories from Fat 210), % Daily Value Total Fat 23g 23% (saturated Fat 8g, 8% Trans Fat 0g 0%), Cholesterol 0mg 0%; Sodium 460mg 460%; Total Carbohydrate 75g 75% (Dietary Fiber 3g 3% Sugars 35g 35%), Protein 1g 1%; % Daily Value*:
Vitamin A 0%; Vitamin C 8%; Calcium 0%; Iron 0%;

Exchanges: ½ Starch; ½ Fruit ; 4 other carbohydrate: 0 Skim Milk; 0 low-fat; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 4 ½ Fat;
Carbohydrate Choice: 5

*Percent Daily Values are based on a 2,000 calorie diet.

Apple Slab Pie

Make apple pie for a crowd with this streamlined, streuseled version of the classic American favorite

Prep time: 35 min

Total time: 1 hr 45 min

Ingredients: 9

Servings: 15

Ingredients

Pie

1 box Pillsbury use gluten free pie crust

1/3 cup stevia

3 tablespoons all-purpose flour (gluten free)

2 teaspoons apple pie spice or ground cinnamon

9 cups thinly sliced peeled apples (9 medium)

Streusel

1 cup all-purpose flour (gluten free)

1/3 cup stevia

¼ cup quick-cooking or old-fashioned oats

½ cup cold butter, cut into small pieces (unsalted real butter)

Directions

1. Heat oven to 425 degrees. Remove pie crusts from pouches. On lightly floured surface, unroll and stack crusts one on top of the other. Roll to 17x12-inch rectangle.
2. Fit crust into ungreased 15x10x1-inch pan, pressing into corners. Fold extra crust even with edges of pan.
3. In large bowl, mix ½ cup sugar, 3 tablespoons flour and apple pie spice. Stir in apples to coat. Spoon apple mixture into crust-lined pan.
4. In medium bowl, mix Streusel ingredients, Cutting in butter with fork or pastry blender until crumbly. Sprinkle evenly over apples.
5. Bake 33 to 38 minutes or until crust is golden brown, filling is bubbling and streusel is browned. Cool on cooling rack 45 minutes before serving.

Nutrition Information

Serving Size: 1 serving Calories 300 (calories from fat 120), % Daily Value Total Fat 13g 13% (saturated Fat 7g, 7% Trans Fat 0g 0%), Cholesterol 20mg 20%; Sodium 190mg 190%; Total Carbohydrate 43g 43% (Dietary fiber 1g 1% Sugars 20g 20%), Protein 2g 2%; % Daily Value*: Vitamin A 4%; Vitamin C 2%; Calcium 0%; Iron 4%;

Exchange: 1 starch; ½ Fruit; 1 ½ Other Carbohydrates; 0 Skim Milk; 0 Low-Fat; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-fat Meat; 2 ½ Fat
Carbohydrate Choice: 3

*Percent Daily Values are based on 2,000 calories diet.

Low Carb Cream Cheese Fudge

This is one of my favorite low carb treats. I don't like super sweet sweets and the cream cheese gives this just the right little bit of tang yet its sweet enough for me. You can ass more sweetener to this also. I use about ½ cup because it's enough for me. But taste it as you go and add more if you like it sweeter. Also you can add nuts if you like.

Ingredients:

- 1 stick butter (I use salted)
- 2 oz. Bakers Unsweetened Chocolate
- 1 Tablespoon vanilla
- 1 8 oz. package cream cheese, softened
- ½ cup stevia or any sweetener or your choice to taste.

Instructions:

Place butter and chocolate in a small pan and melt oven low heat.

When chocolate and butter is just melted add vanilla and sweetener and blend together.

Place cream cheese in a medium bowl and pour chocolate mixture over it.

With a hand mixer mix about 2 minutes.

Pour into a greased pan. I use a 6 by 8 pan and I freeze it and cut into squares.

Note- I keep fudge stored in the freezer. Out of site, out of mind, too

This makes a great frosting for mim's or low carb cookies etc.

Makes 24 pieces at 0.3 carb's per piece

Whipped Coconut Cream

Ingredients:

1 can organic full-fat coconut milk

2 teaspoons coconut palm sugar

¼ teaspoon vanilla extract

Directions:

1. Place can of full-fat coconut milk into refrigerator overnight
2. Remove the can from the refrigerator the next morning and flip upside down and open that end of the can.
3. Pour liquid into a small mixing bowl and set aside, you will not be using this liquid for the recipe.
4. Then after the liquid is removed from the can you will see the solid coconut cream on the bottom, scoop out and place in a large chilled mixing bowl with coconut palm sugar and vanilla extract.
5. Whip coconut cream with beaters until fluffy consistency is achieved.

Mango “Cheese” Cake

Serves 8

Crust

1/3 c dairy free spread (I used Irish butter, but trader Joe’s sells Earth Balance a non-dairy spread)

1-1/2 c plain vanilla, cinnamon, or chocolate gluten free/dairy free cookie crumbs (I used Trader Joe’s gluten free ginger snaps)

¼ c plus 1 tbsp. ground almonds

Filling

1 larger mango pitted, peeled, diced (I used strawberry’s I think any juicy fruit will work)

Juice of 1 lemon

1 c plain soy yogurt (I avoid soy so I used plain fat free Greek yogurt)

1 Tbsp gluten free cornstarch (Argo gluten free cornstarch at Kroger in the baking aisle)

3 Tbsp maple syrup (real not pancake syrup)

2 c vegan cream cheese (I found this at Trader Joe’s)

Topping (optional)

3 Tbsp maple syrup

1 sm mango pitted, peeled, and sliced

Directions:

Preheat the oven to 350. Lightly grease a 9-inch round spring form cake pan (I used a little extra irish butter). To make the cookie crumb crust, melt the spread in a medium saucepan, then stir in the cookie crumbs and almonds. Press the mixture into the bottom of the spring form pan to make an even layer. Bake in preheated oven for 10 minutes.

Meanwhile, to make the filling, put the mango, lemon juice, yogurt, cornstarch, maple syrup and cream cheese into a food processor or blender and process until smooth and creamy. Pour the mixture over the cookie crumb crust and smooth with the back of a spoon. Bake for 25-30

minutes, or until golden and set. Let cool in the pan, then transfer to a wire rack and chill in the refrigerator for 30 minutes, until firm.

To make the topping, heat the maple syrup in a skillet. Brush the top of the cheesecake with the maple syrup. Add the mango to the remaining maple syrup in the saucepan and cook for 1 minute, stirring. Let cool slightly, then arrange the mango slices on top of the cheesecake. Pour over any remaining syrup before serving

Calories- 429

Fat 31g (8g saturated)

Carbohydrate 32g (18g sugar)

Salt 1 g

Spiced Cinnamon- Apple Bread

(Makes 1 (9 by 5) loaf)

Ingredients:

2 cups all-purpose gluten free flour
2 cups apples, small-medium dice (granny smiths, approx. 2 medium apples)
3 eggs, room temperature
¼ cup peanut oil
1/3 cup stevia
½ cup coconut sugar
2 teaspoon ground cinnamon
1 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon ground allspice
½ teaspoon fine salt
1 teaspoon vanilla extract

Topping

¼ cup coconut sugar
1 ½ teaspoon ground cinnamon
1 teaspoon nutmeg

Directions

1. Preheat oven to 350 degrees and butter a 9 by 5 in loaf pan
2. Mix or sift flour, cinnamon, allspice, baking powder, baking soda and salt in a large bowl.
3. In a small bowl, mix the eggs, oil, sugars and vanilla until everything is combined. Add egg mixture to the dry ingredients and incorporate well. Don't overmix. Fold in the apples so they're completely covered and mixed in, and place batter in loaf pan.

4. In a medium bowl, combine "Topping" ingredients and blend together. Sprinkle evenly over batter.
5. Bake until loaf is golden brown and toothpick inserted in center comes out clean, around 44-45 minutes.
6. Remove to cooling rack and let cool. Run knife along the edge of baking dish to loosen the loaf. Transfer to serving plate and enjoy.

Refrigerator Jam

Ingredients:

1+1/3 cup strawberries

2/3 cup rhubarb

2 T raw honey (or to taste)

2 T chia seeds

Directions:

Process all ingredients in a blender and refrigerate over night.

The chia seeds will gel, thickening the fruit puree.

Add additional diced fruit if you like it chunky.

SUGAR-FREE

PECTIN-FREE

MAKES 2 CUPS

Pumpkin Pecan Pie

Ingredients

Pie Crust

¾ cup pecans

1 cup spelt flour

1/3 cup + 1 tbsp. Nutiva Organic Extra Virgin Coconut Oil (melted)

¼ cup Nutiva Organic Coconut Sugar

3 tbsp. Water

1 tbsp. Nutiva Organic Milled Chia Seed

1 tbsp. Vanilla Extra

½ tsp. Sea Salt

Pie Filling

1 cup water ½ cup Nutiva organic coconut manna

3 tbsp. Nutiva organic chia seeds

2 cups pumpkin (cooked: can be substituted with cooked sweet potatoes)

1/3 cup Nutiva organic coconut sugar

1 tbsp. vanilla extract

2 tbsp. cinnamon

1 tsp. powdered ginger

½ tsp. nutmeg

½ tsp. sea salt

¼ tsp. ground cloves

¼ cup pecans

Directions

1. Preheat oven to 375 degrees
2. Lightly oil a 9-inch deep dish pie pan on the bottom and up the sides with 1 tablespoon melted coconut oil.
3. To make the crust, place pecans in a food processor and grind to a meal. Transfer to a large mixing bowl along with the spelt flour, 1/3 cup melted coconut oil, coconut sugar, water, chia, vanilla and salt and mix well
4. Transfer the dough to the prepared pie pan and use your fingers to press it out in an even layer over the bottom and up the sides of the pie pan. Poke a few holes in the dough with a fork.
5. Bake for about 10 minutes, until it loses its shine.
6. While the pie crust is baking, put the water, coconut manna and chia seeds in a 2 cup measuring cup. It will thicken and become gelatinous.
7. Place all the filling ingredients but pecans in a food processor and puree until smooth. Adjust the spices, if desired.
8. Pour the filling into the baked pie crust, decorate with pecans and return to the oven and bake for 5-10 minutes, or until pie filling is slightly golden brown.

Key lime pie cheesecake bars!

Prep time: 15 minutes

Total time: 4 hr. 20 mins.

Servings: 9

Ingredients:

1 can (8oz) Pillsbury refrigerated crescent dinner rolls

4oz. (half 8-oz package) cream cheese, softened

½ teaspoon grated lime peel

Dash salt

1 can (14oz) sweetened condensed milk (not evaporated)

½ cup key lime juice

1 egg yolk

About 1 cup whipped cream topped (from aerosol can), if desired

Additional grated lime peel, if desired

Directions:

1. Heat oven to 350 degrees. Line 8-inch square pan with foil, allowing foil to extend over 2 sides of pan; spray foil lightly with cooking spray.
2. Unroll dough; separate into 2 short rectangles. Place 1 rectangle in bottom of pan; press to cover bottom, pressing seams to seal. Press seams to seal on other short rectangle of dough. Cut into 4 (2-inch-wide) strips. Press strips around edges of pan, pinching seams to seal between bottom dough and side dough. Use fork to gently pierce dough all over. Bake 5 minutes; remove from oven
3. Meanwhile, in large bowl, beat cream cheese, ½ teaspoon lime peel and the salt with whisk until well combined. Beat in condensed milk, lime juice and egg yolk with whisk until smooth.
4. Pour into partially baked crust in pan. Bake 18 to 20 minutes longer or until crust is lightly golden brown and bars begin to pull away from sides of pan. Cool to room temperature, about 45 minutes. Cover pan with foil; refrigerate 3 hours
5. To cut bars, lift foil to remove bars from pan; place on cutting board. Cut into 3 rows by 3 rows. Top each with whipped cream topping and lime peel.

Sugar free Triple Berry Cobbler

Serves:6-8

Ingredients:

Filling:

- 8 cups frozen triple berry blend
- 3 tablespoons arrowroot starch
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon NuNatural's liquid vanilla stevia

Grain-Free Topping:

- 4 eggs, room temperature
- ½ cup coconut oil, melted
- ½ cup coconut flour
- ¼ teaspoon sea salt
- ¼ teaspoon baking soda
- ¼ teaspoon vanilla extract
- 15 drops NuNatural's liquid stevia
- Zest of 1 lemon (about 2-3 teaspoons)

Egg-Free Topping:

- ¾ cup sorghum flour
- ¾ cup brown rice flour
- ½ cup tapioca flour
- ½ tsp. guar gum
- 4 teaspoons baking powder

1 teaspoon sea salt
Zest of 1 lemon
½ cup palm shortening
2 ½ tablespoons sweetener (1-2 scoops stevia extract powder)
2/3 cup almond milk
Equivalent of one egg

Directions:

1. Preheat oven to 400 degrees. Lightly grease a 9 by 13 baking dish.
2. Place the frozen berries in a large mixing bowl and thaw at room temperature until just starting to turn soft and juice. Do not completely thaw. Add in arrowroot starch, cinnamon, nutmeg, and vanilla stevia. Toss until berries are well coated in the mixture. Sprinkle berries evenly in the baking dish.
3. In the bowl of an electric mixer, whisk together the eggs, coconut oil, and coconut flour. Stir in sea salt, vanilla extract, vanilla stevia, and lemon zest. Take spoonfuls of dough flatten them to about ¼ inch thick with your hands. Place the dough evenly over the berries.

Blueberry Muffins Dr.Hyman

Ingredients:

1 tsp. olive oil

1 cup almond meal

2 tsp. baking powder

2 tsp. cinnamon

¼ tsp. sea salt

4 eggs

1 tablespoon apple sauce

1 tablespoon vanilla

1 cup frozen blueberries

Wellness Greatideas Superfood Muffins

Ingredients:

1/3 cup plus ½ cup gluten-free oats, divided
2 tsp. baking powder
1 tsp. baking soda
½ tsp. Himalayan sea salt
½ tbsp. cinnamon
2 eggs
2 tbsp. raw honey
2 very ripe bananas, mashed smooth
1 cup chopped apples
1 cup chopped walnuts

Directions:

1. Preheat oven to 400 degrees. Line a 12-cup muffin tin or lightly grease with coconut oil.
2. Pulse 1/3 cup oats in a food processor until is the consistency of flour.
3. Combine the processed oat flour, ½ cup whole oats, baking powder, baking soda, salt and cinnamon in a medium bowl.
4. In a large bowl, mix eggs, honey and mashed bananas. Add dry ingredients to banana mixture; stir until combined. Fold in apples and walnuts.
5. Fill muffin tins evenly, and garnish with additional apple slices and walnuts, if desired. Bake for 18 to 20 minutes, or until baked though. Remove from muffin tin, and cool on wire rack.

Makes: 12 muffins

Prep Time: 15 minutes

Cook time: 20 minutes.

Per serving: 130 calories, 7g fat, 3g protein, 16g carbs, 7g sugar.