

I realize that there are a lot of diabetics here at the center. Unfortunately, diabetes is increasing all the time. So I thought I would include diabetic friendly as well as good tasting recipes for you.

#### Cranberry Pork Roast

- 2-3 lbs of boneless pork roast, trimmed of excess fat
- 1 cup of ground, or finely chopped fresh or frozen cranberries
- 3 tablespoons of honey
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg

Place roast into a slow cooker. Mix remaining ingredients and pour over roast. Cover and cook on low for 8-10 hours. Makes 9 serving, 214 calories per serving and only 7 grams of carbs. Enjoy with a nice salad and broccoli.