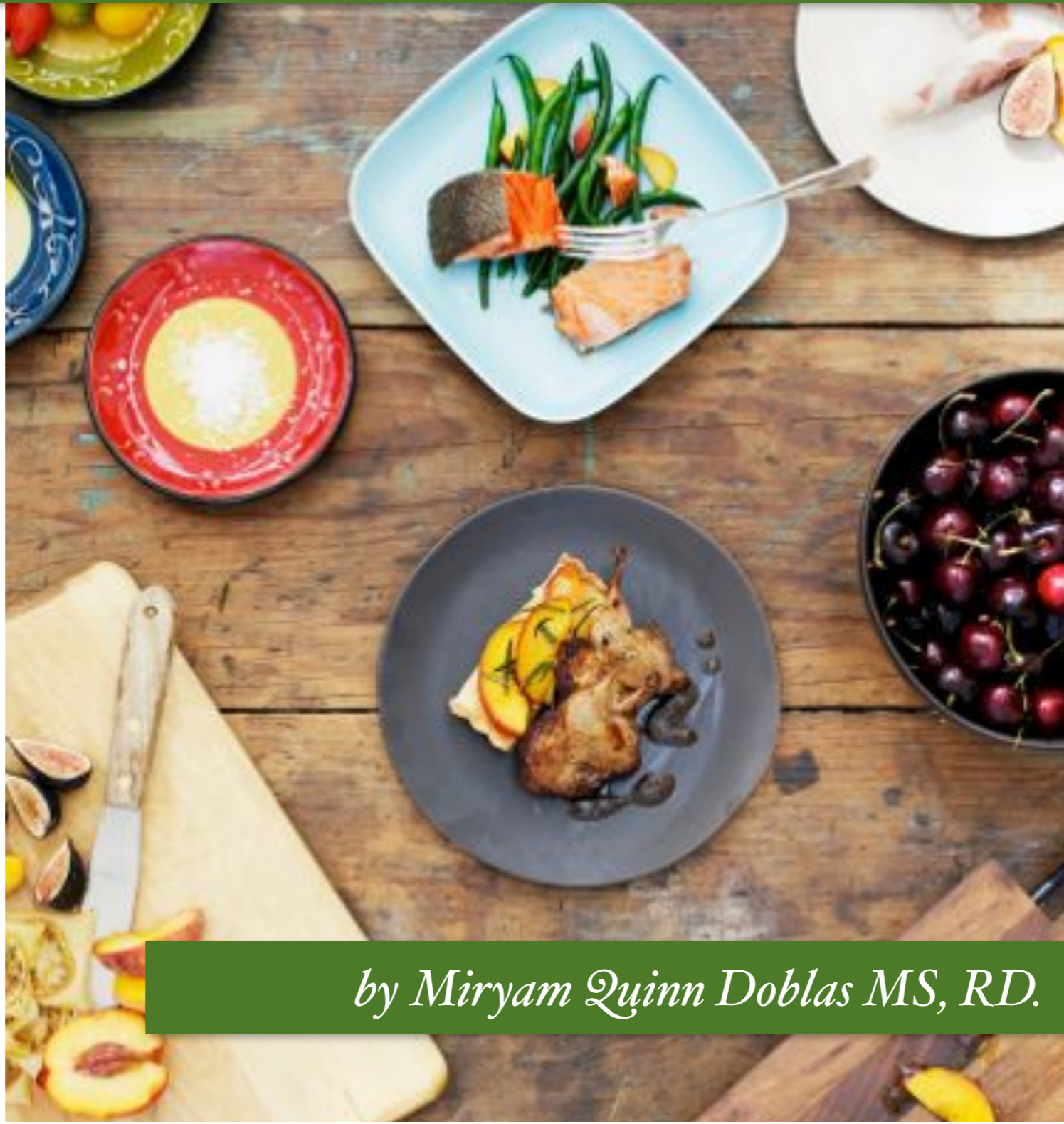


The Best of Eat Good 4 Life



by Miryam Quinn Doblus MS, RD.

Entrees

THE FOOD YOU EAT CAN BE
EITHER THE SAFEST & MOST
POWERFUL FORM OF
MEDICINE OR THE SLOWEST
FORM OF POISON- *Ann*

Wigmore-



Skinny Fettuccine Alfredo



Ingredients Yields 6 servings

- 13.25 oz whole wheat linguine
- 1 cup cottage cheese, or low fat cream cheese
- 1/2 cup Greek yogurt, plain, I used 2% fat
- 3/4 cup unsweetened soy milk
- 1/2 cup Parmesan cheese
- 2-3 tablespoons crumbled blue cheese
- 1/4 cup Manchego cheese, cubed, any other its fine
- 8 oz frozen chopped spinach, thawed out and drained
- 2-3 garlic cloves, chopped
- 1 tsp salt
- 1/2 tsp arrowroot powder or cornstarch
- Pepper flakes, optional

Method

Cook pasta according to box instructions.

Add all the ingredients, except the pasta and spinach, to your food processor and process until smooth.

Pour sauce in a non stick pan and add the chopped spinach. Over low to medium heat, heat the sauce through for 1-3 minutes before adding the pasta.

Add the pasta to the sauce and heat until sauce starts to thicken and adhere to the pasta, about 3-5 minutes. Add pepper flakes if using. Serve.

Nutrition facts per serving: Calories 363; Total Fat 8.3g; Saturated Fat 3.9g; Cholesterol 52mg; Sodium 1031mg; Carbohydrates: 47g; Dietary Fiber 4g; Sugar 4g; Protein 25g;

Diabetic Exchange: 3 carbohydrate exchanges, 1.5 fat exchange

Slow Cooker Honey Sesame Chicken



Ingredients Yields 6 servings

- 2 lbs organic chicken breasts
- 1 large onion, diced
- 2 garlic cloves, chopped
- 3/4 cup honey
- 1/4 cup ketchup
- 1/2 cup low-sodium soy sauce
- 2 Tbsp vegetable oil or olive oil
- 3 tsp arrowroot powder, or corn starch
- 1/4 cup water
- 1 Tbsp sesame seeds
- Green onions, sliced
- Pepper flakes, optional
- 2 cups brown rice to serve

Method

Place the chicken breasts into the slow cooker. Place chopped onion scattered around the chicken.

In a medium bowl, add the garlic, honey, ketchup, soy sauce, and oil. Pour the sauce over the chicken in the slow cooker. Cover and cook on low for 4 hours, or on high for 2 hours until the chicken is fully cooked (when the internal temperature has reached 165 degrees).

Once the chicken has finished cooking, remove the chicken breasts and place them onto a cutting board, leaving the sauce in the slow cooker. Shred the chicken into bite-sized pieces. Set aside.

In a small bowl, dissolve 3 teaspoons of arrowroot powder or cornstarch in 1/4 cup water, add to the crock pot. Stir to combine with the sauce. Cover and cook sauce on high for ten more minutes, or until the sauce has slightly thickened.

Return the chicken to the slow cooker and toss with the sauce. Serve over cooked brown rice. Top with sesame seeds, pepper flakes and sliced green onions.

Nutrition facts per serving: Calories 729; Total Fat 17.8g; Saturated Fat 4.3g; Cholesterol 135mg; Sodium 1420mg; Carbohydrates: 92g; Dietary Fiber 3g; Sugar 40g; Protein 51g;

Diabetic Exchange: 6 carbohydrate exchanges, 3.5 fat exchanges

Thai Shrimp Curry with Snap Peas



Ingredients: Yields 6 servings

- 2 Tbsp olive oil
- 1 onion, chopped
- 6-8 green onions, chopped
- 1 to 2 Tbsp Thai green curry paste
- 1 14-ounce can unsweetened coconut milk
- 1/2 cup chicken broth
- 3 Tbsp Thai fish sauce
- 1 Tbsp unrefined sugar
- 1 fresh tomato, diced
- 1- 2 lbs cooked large shrimp
- 9 oz fresh snap peas
- 2-3 kaffir lime leaves, or lime zest of 1 lime
- 2 cups brown rice to serve
- Lime wedges and chopped cilantro to serve

Method

Heat oil in non stick large skillet over medium to high heat (I used a wok). Add sliced onion and cook for 3 minutes or so until soft and beginning to brown.

Reduce heat to medium and add the green onions and curry paste. Stir until fragrant, about 1 minute. Add coconut milk, chicken broth, fish sauce, sugar and kaffir lime leaves. Bring to a boil and add the tomatoes. Cook further for another 2-3 minutes.

Add shrimp and snap peas and cook for another 2-3 minutes. Garnish with cilantro. Serve over brown rice and if using add lime wedges.

Nutrition facts per serving: Calories 557; Total Fat 18g; Saturated Fat 15g; Cholesterol 108mg; Sodium 1013mg; Carbohydrates: 66g; Dietary Fiber 7g; Sugar 8.5g; Protein 24g;

Diabetic Exchange: 4.5 carbohydrate exchanges, 3.5 fat exchange

Moroccan Chicken



Ingredients Yields 8 servings

- 3 Tbsp olive oil , and 2 onions, chopped
- 6 large garlic cloves, chopped
- 2 Tbsp Hungarian sweet paprika
- 1 1/2 tsp celtic salt, and 1 tsp black pepper
- 2 tsp turmeric and 2 tsp ground coriander
- 2 tsp fennel seeds, ground
- 1 tsp ground cumin, 1 tsp ground ginger
- 2 tomatoes, chopped and 2 cups water
- 1/4 cup fresh lemon juice
- 12 chicken thighs, fat removed
- 12 chicken drumsticks, skinned
- 1 large eggplant, unpeeled, cut into 1-inch cubes
- 2 Tbsp marjoram
- 1/2 cup whole blanched almonds

Method

Heat 2 tablespoons olive oil in heavy large wide pot over medium heat.

Add onions and garlic. Cook until onions are soft, about 4-5 minutes. Add paprika, salt, turmeric, coriander, fennel, pepper, cumin, and ginger, stir for 1 minute. Add tomatoes, water, and lemon juice and bring to a boil.

Arrange all chicken in a single layer in the pot and spoon some sauce over. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 minutes. After the 20 minutes turn the chicken over, cover and simmer for 5 minutes longer.

Stir eggplant and marjoram into chicken. Carefully stir through and cook uncovered 10 more minutes over medium to high heat until chicken is tender and the eggplant is fully cooked. Season stew to taste with more lemon juice, salt and pepper if you like. Transfer chicken to a large shallow bowl. Sprinkle with almonds and cilantro.

I served this chicken with this [Moroccan couscous](#) recipe. I actually doubled the recipe for it.

Nutrition facts per serving: Calories 689; Total Fat 24g; Saturated Fat 4g; Cholesterol 136mg; Sodium 461mg; Carbohydrates: 69g; Dietary Fiber 12g; Sugar 21g; Protein 56g;

Diabetic Exchange: 4.5 carbohydrate exchanges, 5 fat exchange

Sweet and Spicy Barbeque Chicken with Snap Peas



Ingredients Yields 6 servings

- 2 lbs chicken breast, cubed
- 1 cup coconut milk
- 1 cup spicy barbeque sauce
- 9 oz snap peas
- 2 Tbsp olive oil
- 1 large onion, sliced
- 1-2 teaspoons arrowroot powder, or cornstarch
- 1/4 cup reduced sodium soy sauce
- 1/4 cup honey
- 1 tsp Sesame Seeds
- 1 tsp pepper flakes, optional
- 4-6 Green Onions, chopped
- 2 cups brown rice

Method

In a small bowl mix the soy sauce, honey, arrowroot powder and barbeque sauce. Set aside.

In a large non stick skillet, over medium to high heat, heat the oil and add the chicken. Cook for about 6- 8 minutes until lightly browned stirring occasionally. Add the onions and pepper flakes, if using, and cook further for another 3-4 minutes stirring occasionally.

Add the barbeque mixture and stir into the chicken and onions. Add the coconut milk and mix through. Stir and cook the mixture further for about 2 minutes. Add the snap peas and cook for another 2-3 minutes.

Turn off heat and add the green onions and sesame seeds. Serve over brown rice.

Nutrition facts per serving: Calories 792; Total Fat 22g; Saturated Fat 11g; Cholesterol 129mg; Sodium 680mg; Carbohydrates: 95g; Dietary Fiber 6g; Sugar 35g; Protein 56g;

Diabetic Exchange: 6 carbohydrate exchanges, 4.5 fat exchange

Goosey Cauliflower Mac and Cheese



Ingredients Yields 8

- 15 ounces, whole wheat elbow macaroni
- 1 head cauliflower, chopped
- 10-16 oz reduced fat mozzarella cheese, cubed, I used the entire package, we like it gooey
- 1 cup Parmesan cheese
- 4 slices sharp provolone cheese, chopped
- 1 cup low-fat plain yogurt
- 1/2 cup nonfat milk, maybe a little more
- 2-3 Tbsp olive oil
- 4-6 garlic cloves, chopped
- 1-2 Tbsp Dijon mustard
- 2 Tbsp dry oregano, optional
- 2 Tbsp Cajun creole seasoning, optional
- 1 tsp salt

Method

Heat oven to 400°F.

In a large pot add enough water and one tablespoon of olive oil to cook the pasta. When the water is boiling add the pasta.

When the pasta has about 5 minutes left to cook add the cauliflower. Drain pasta and cauliflower and set aside.

Note: I normally undercook the pasta just a tad as it will cook further in the oven.

In another sauce pan add the oil and garlic and cook until soft for about 30- 60 seconds. Don't burn it!

Mix in the yogurt, garlic, milk, mustard, Cajun seasoning and half the cheeses in a baking shallow dish. Incorporate the pasta with the cauliflower to this mixture and combine. Sprinkle with the remaining cheeses and oregano.

Bake for about 20 minutes until golden brown. Alternatively you can put it under the broiler for the last 5 minutes to brown the top (this is what I do)

Nutrition facts per serving: Calories 562; Total Fat 22g; Saturated Fat 11g; Cholesterol 47mg; Sodium 1195mg; Carbohydrates: 53g; Dietary Fiber 3.7g; Sugar 7g; Protein 36.5g;

Diabetic Exchange: 3.5 carbohydrate exchanges, 4.5 fat exchange

Cajun Shrimp Pasta



Ingredients Yields 6 servings

- 1 lb cooked frozen shrimp, thawed out
- 1 lb bag whole wheat penne pasta
- 4-5 Tbsp olive oil
- 1 large red onion, sliced
- 4-5 cups fresh spinach
- 3-5 cloves garlic, minced
- 1/2 cups white wine, you can use vegetable stock
- 1/2 cup heavy cream
- 2-3 tsp Cajun spice, I used more
- 1-2 tsp arrowroot powder or cornstarch
- 1 Tbsp pepper flakes, optional
- 1 tsp salt

Method

Cook pasta to al dente stage.

Meanwhile, In a heavy sauce pan over medium to high heat, place oil and cook onions for 3 minutes. Add garlic and Cajun spice and cook further for 1 minute. If adding pepper flakes do at this stage.

Turn the heat to high and add wine. Cook for 3 to 5 minutes until wine has almost evaporated, scraping the bottom of the pan to deglaze. Reduce heat to medium and add the shrimp and cook for 2-3 minutes. Pour in cream and arrowroot powder dissolved in 1 tablespoon of water.

Heat through for a minute or so or until sauce starts to thicken. Turn heat off and add spinach. Spinach will wilt as its being tossed. Add salt to taste.

Add drained pasta to the mixture and toss to combine.

Nutrition facts per serving: Calories 482; Total Fat 16g; Saturated Fat 3.5g; Cholesterol 127mg; Sodium 550mg; Carbohydrates: 58.5g; Dietary Fiber 9g; Sugar 1.3g; Protein 28.5g;

Diabetic Exchange: 4 carbohydrate exchanges, 3 fat exchange

Tomato, Basil and Garlic Pasta



Ingredients Yields 6 servings

- 1 13.5 oz package of whole wheat pasta
- 1 lb of cherry tomatoes or regular tomatoes
- 3 cups of basil roughly chopped
- 6 cloves of garlic chopped
- 5 Tbsp of extra virgin olive oil, or olive oil
- 1/4 cup Parmesan cheese
- 1 tsp salt
- Pepper flakes, optional
- Parmesan cheese, optional

Method

In a large pan heat water to boiling point. Add pasta and cook until al dente, about 10-12 minutes. Whole wheat pasta takes a bit longer than regular pasta to cook. In another pan mix chopped tomatoes, garlic, and basil.

Add cooked pasta and olive oil. Mix thoroughly and serve. Add Parmesan, salt and pepper to taste. At this point you can individually add pepper flakes to each plate if you like.

Nutrition facts per serving: Calories 374; Total Fat 15g; Saturated Fat 2.4g; Cholesterol 4mg; Sodium 465mg; Carbohydrates: 51.5g; Dietary Fiber 7g; Sugar 4.3g; Protein 11g;

Diabetic Exchange: 3.5 carbohydrate exchanges, 3 fat exchange

Shrimp and Baby Portobellos in Wine Sauce Pasta



Ingredients Yields 6 servings

- 1lb, whole wheat linguine
- 8 oz baby portobello mushrooms, you can use any other type
- 1 lb large shrimp, I use frozen and thaw them before use
- 1/3 to 1/2 cup white wine
- 3 Tbsp olive oil
- 1 red onion, chopped
- 3 garlic cloves, chopped
- 1 cup of water
- 1-2 tsp of arrowroot powder, or cornstarch
- 1 tsp salt
- Parsley, chopped

Method

Cook pasta. While pasta cooks, in a skillet add oil, garlic, mushrooms and onions. Cook for about 5-7 minutes. When the mushrooms release their moisture add the wine, water previously mixed with the arrowroot powder, and shrimp. Heat through for a couple of minutes until sauce thickens a bit.

Add pasta, parsley and salt to taste. Sprinkle with cheese if you like.

Nutrition facts per serving: Calories 253; Total Fat 7.4g; Saturated Fat 1.1g; Cholesterol 108mg; Sodium 487mg; Carbohydrates: 26g; Dietary Fiber 4.2g; Sugar 1.5g; Protein 20g;

Diabetic Exchange: 2 carbohydrate exchanges, 1 fat exchange

Curried Tuna with Ginger and Yogurt



Ingredients Yields 6 servings

- 2 lbs fresh tuna steaks cut into chunks, Chicken breast, shrimp or veggies will also work.
- 1 cup plain Greek yogurt
- 1/3 cup tomato paste
- 2 garlic cloves, chopped
- 2 Tbsp ginger, chopped
- 2 Tbsp curry powder
- 1 tsp cumin powder
- 1 medium onion, chopped
- 1/2 cup water
- 1 tsp arrowroot powder, or cornstarch
- 1 Tbsp coriander leaves, chopped
- 1 tsp salt
- 2 cups brown rice

Method

In a sauce pan add garlic, ginger and onion and cook for about 2-3 minutes. Add tomato paste, curry powder, cumin powder and water. Combine and let it cook for another 2 minutes.

Add protein and cook for about 10-15 minutes (if you are using frozen shrimp make sure it is thawed out and if you use chicken you may need more than 15 minutes depending on how big the pieces are).

On the last minute of cooking add the yogurt mixed in with the arrowroot powder, salt and combine. Sprinkle coriander leaves over the top.

Serve over rice.

Nutrition facts per serving: Calories 571; Total Fat 15g; Saturated Fat 3.3g; Cholesterol 50mg; Sodium 500mg; Carbohydrates: 57g; Dietary Fiber 4g; Sugar 3.8g; Protein 50g;

Diabetic Exchange: 4 carbohydrate exchanges, 3 fat exchange

Shrimp and Vegetables with Soy Sauce



Ingredients Yields 6 servings

- 1 lb cooked large shrimp
- 1 red onion, sliced
- 1 green pepper, sliced
- 2 cups fresh broccoli florets
- 1/2 cup shredded carrots
- 1/4 cup reduced sodium soy sauce
- 4 Tbsp rice wine vinegar
- 2 Tbsp unrefined sugar
- 1/4 cup of sweet and sour chili sauce
- 2-3 tsp arrowroot powder, or cornstarch
- 1 Tbsp ginger or garlic, minced
- 4 Tbsp olive oil
- 2 cups brown rice

Method

In a bowl, mix together soy sauce, vinegar, brown sugar, and arrowroot powder.

On high to medium heat, heat oil in a skillet. Add onions, peppers and garlic. Cook for about 3-5 minutes. Add broccoli and carrots and cook further for another 2 minutes (you do not want to overcook the broccoli, I like it with a bit of a bite).

Add shrimp and soy sauce mixture and cook for about 1-2 minutes, until heated through. The sauce will thicken a little bit.

Serve over rice and sprinkle some pepper flakes if you would like some heat.

Nutrition facts per serving: Calories 433; Total Fat 11.3g; Saturated Fat 1.7g; Cholesterol 108mg; Sodium 467mg; Carbohydrates: 62g; Dietary Fiber 4g; Sugar 6.4g; Protein 21g;

Diabetic Exchange: 4 carbohydrate exchanges, 2 fat exchange

Pasta with Creamy Tomato Sauce and Spinach



Ingredients Yields 6 servings

- 1 lb whole wheat penne
- 2 14 oz can chopped tomatoes
- 4 garlic cloves, chopped
- 1/2 cup heavy cream
- 1 10 oz bag fresh spinach
- 1 cup shredded Romano and Parmesan cheese (You can add any other type of cheese. Sometimes I use a combination of Gorgonzola and Parmesan cheese)
- 1 tsp pepper flakes, optional
- 3 Tbsp olive oil
- 1 tsp of salt

Method

Cook pasta to al dente stage.

Meanwhile, in a heavy sauce pan, over medium to high heat, place oil and garlic and cook for 1 minute, just until fragrant. Add drained tomatoes, salt and pepper flakes if using. Cook tomatoes for about 8 minutes.

Add cheese and heavy cream and stir. Add more seasoning as need it. (If you find the sauce is too thick for your liking you may add more cream) Turn heat off and add fresh spinach. Toss in the drained cooked pasta and stir to combine.

Nutrition facts per serving: Calories 456; Total Fat 17.2g; Saturated Fat 6.2g; Cholesterol 28mg; Sodium 704mg; Carbohydrates: 62g; Dietary Fiber 4g; Sugar 5g; Protein 21g;

Diabetic Exchange: 4 carbohydrate exchanges, 3 fat exchange

Parsley and Garlic Chicken Cutlets with Broccoli



Ingredients Yields 5 servings

- 8-10 organic chicken cutlets
- 1/3 cup whole wheat pastry flour, **skip this step for a gluten free version**
- 3/4 cup dry white wine
- 2 Tbsp butter, cut into pieces
- 4 garlic cloves, chopped
- 4 Tbsp fresh parsley, chopped
- 16 oz fresh organic broccoli florets
- 3 Tbsp olive oil
- Fresh Parmesan cheese, optional
- Pinch of salt

Method

Place flour in a large plate. Dredge the chicken with the flour making sure you coat it really well.

On a large skillet, over medium to high heat, heat half of the olive oil. In batches, cook the chicken 3-5 minutes per side.

While chicken is cooking place broccoli in a safe microwave bowl and microwave for 5-7 minutes depending on your microwave. Mine is not too powerful so I did for 7 minutes.

Once all the chicken is done, place garlic in the skillet and cook for about 30 seconds to 1 minute until fragrant. Add wine and cook until liquid has reduced by half, about 3 minutes.

Turn heat off and add butter, parley and salt. Pour over cooked chicken.

Serve with the broccoli and Parmesan over it.

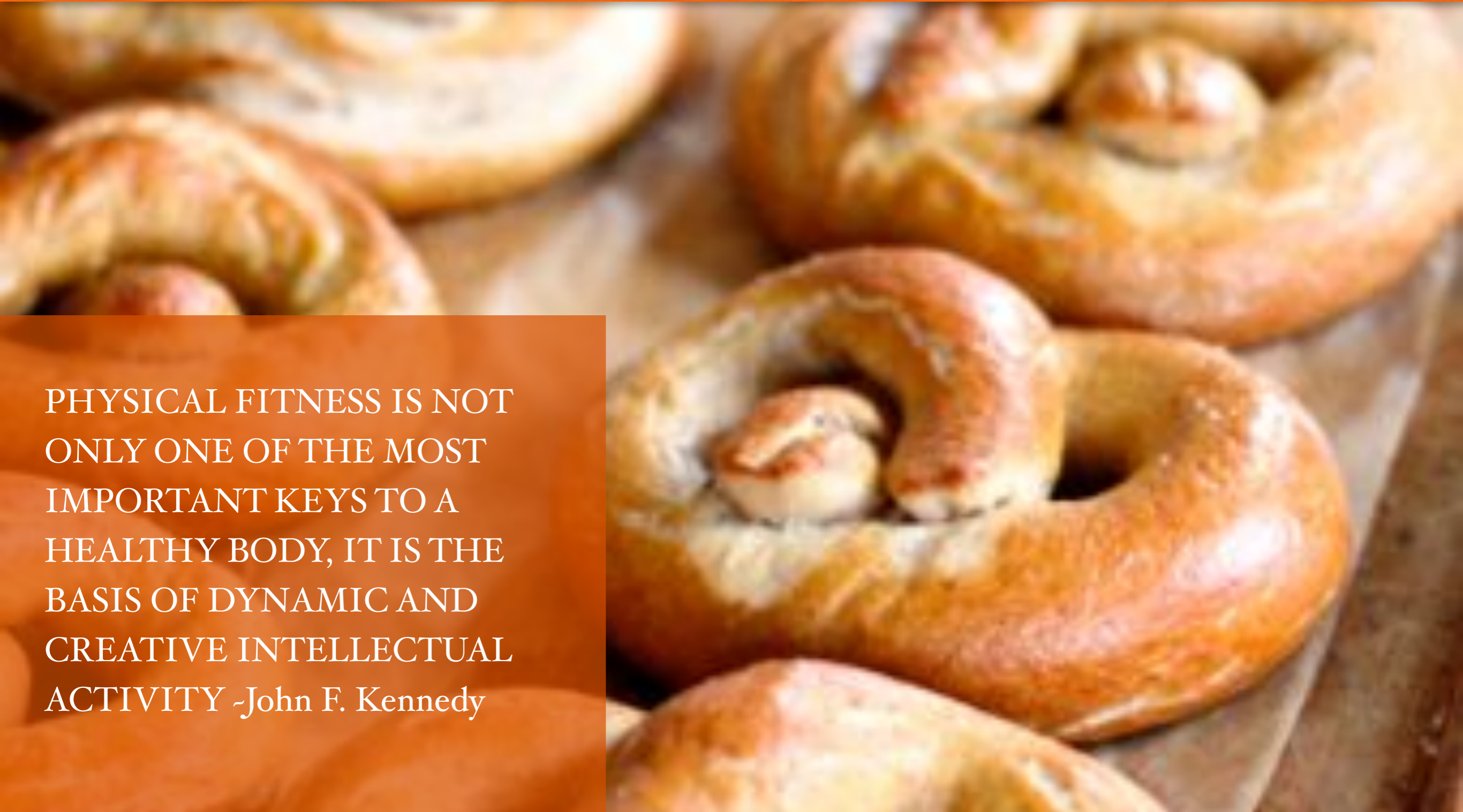
Nutrition facts per serving: Calories 486; Total Fat 19g; Saturated Fat 7.2g; Cholesterol 167mg; Sodium 262mg; Carbohydrates: 16g; Dietary Fiber 4.2g; Sugar 2g; Protein 54g;

Diabetic Exchange: 1 carbohydrate exchanges, 4 fat exchange

Chapter 2

Breakfast

PHYSICAL FITNESS IS NOT ONLY ONE OF THE MOST IMPORTANT KEYS TO A HEALTHY BODY, IT IS THE BASIS OF DYNAMIC AND CREATIVE INTELLECTUAL ACTIVITY ~John F. Kennedy



Cinnamon Whole Wheat Pretzels



Ingredients Yields 15 large pretzels

- 1 3/4 cups whole wheat pastry flour
- 1 cup water plus 3 tablespoons
- 2 tsp melted butter
- 1 1/2 cup bread flour
- 2 tsp instant yeast
- 1 Tbsp honey
- 1 tsp cinnamon
- 1 egg beaten

Water bath

- 8 cups water
- 2 tsp baking soda

Glaze

- 2/3 cup sugar
- 1 Tbsp cinnamon
- 4 Tbsp melted butter

Section 2

Cinnamon Whole Wheat Pretzels

Method

Mix whole wheat flour and water and let sit for 20 minutes to soften the gluten. Add remaining ingredients except the egg. Knead dough for about 6 minutes until elastic (I do it by hand). Cover and let sit for about 1 1/2 to 2 hours until double in size.

Divide dough into 8 equal pieces and roll each piece into a rope. (You can divide into 6 pieces if you like them bigger). Form each into a pretzel shape (form a U-shape, then holding the ends of the rope, cross them over each other and press firmly onto the bottom of the pretzel). (For this process you may have to flour your work surface although I didn't have to. If you do try to use as less flour as possible). Place on a baking sheet previously lined with parchment paper.

To make the water bath, boil the water, add the baking soda and add two pretzels at a time. Boil for about 1 minute until they expand dramatically. When you are done doing this brush them with the beaten egg. (You can sprinkle with seeds or kosher salt. I didn't do this because I used the cinnamon glaze)

Bake on a 450F preheated oven for 12-15 minutes or until golden brown. Cool for 5 minutes. Mix sugar and cinnamon. Brush each pretzel with melted butter and dip into the sugar mixture.

Nutrition facts per serving: Calories 174; Total Fat 4.2g; Saturated Fat 2.4g; Cholesterol 20mg; Sodium 201mg; Carbohydrates: 31g; Dietary Fiber 2.2g; Sugar 10g; Protein 3.3g;

Diabetic Exchange: 2 carbohydrate exchanges, 1 fat exchange



Cranberry and Banana Muffins



Ingredients Yields 16 muffins

- 1 cup whole wheat pastry flour, you can substitute 1/4 cup flax seed meal for the flour to increase soluble fiber
- 1 3/4 cup oats
- 2 ripe bananas, mashed
- 1 egg
- 1/4 cup olive oil
- 1/3 cup low fat organic milk
- 1/3 cup unrefined sugar
- 1/4 cup walnuts, chopped
- 1- 1 1/2 cup fresh cranberries
- 3 tsp baking powder
- Pinch of cinnamon

Method

Preheat oven to 350F degrees. Line muffin pan with muffin paper cups.

In a bowl combine bananas, milk, oil, sugar and egg. Add dry ingredients, flour, oats, cinnamon and baking powder and whisk until well incorporated. Fold in cranberries and walnuts.

Spoon one to two tablespoons of the mixture evenly into each muffin cup. Bake for 25-30 minutes or until tester comes out clean.

Make sure you remove muffins immediately after they are done. Let them cool on a wire rack.

Nutrition facts per serving: Calories 114; Total Fat 2.3g; Saturated Fat 0g; Cholesterol 11mg; Sodium 10mg; Carbohydrates: 21g; Dietary Fiber 2.5g; Sugar 10g; Protein 3.2g;

Diabetic Exchange: 1.5 carbohydrate exchanges, 0 fat exchange

Dark Chocolate and Peanut Butter Smoothie



Ingredients Yields 4 servings

- 3 cups of soy milk (more if you like)
- 2-3 frozen bananas, chopped
- 1/4 cup dark chocolate chips (using 3-4 squares of 70% cocoa chocolate its better, I just didn't have any on hand)
- 1/4 cup flax seed meal
- 1 Tbsp unsweetened dark cocoa powder
- 1 Tbsp raw cacao nibs
- 3 Tbsp organic peanut butter.

Method

In a blender add the chocolate chips, cocoa nibs, cocoa powder, peanut butter and 1 cup of soy milk. Blend for about 30 seconds. Add other remaining ingredients and blend until liquefied.

You can also freeze these on individual 3 oz Dixie cups for the kids. I do sometimes.

Nutrition facts per serving: Calories 340; Total Fat 17.5g; Saturated Fat 5.2g; Cholesterol 0mg; Sodium 154mg; Carbohydrates: 38.5g; Dietary Fiber 10g; Sugar 20g; Protein 14g;

Diabetic Exchange: 2.5 carbohydrate exchanges, 1 fat exchange

Papaya and Coconut Smoothie



Ingredients Yields 4 servings

- 1 14oz can coconut milk
- 1 large fresh papaya, chopped and with no seeds
- 2-3 tablespoons honey
- 1/4 cup flax seed meal
- 1 cup Greek yogurt
- 2 cups ice
- Juice of 1 lime

Method

Blend all the ingredients in a blender for 30 seconds to 1 minute and serve.

Nutrition facts per serving: Calories 350; Total Fat 28g; Saturated Fat 21g; Cholesterol 2mg; Sodium 41mg; Carbohydrates: 26g; Dietary Fiber 8g; Sugar 20g; Protein 8.2g;

Diabetic Exchange: 1.5 carbohydrate exchanges, 5.5 fat exchange

Spinach and Strawberry Smoothie



Ingredients Yields 4 servings

- 6 oz fresh spinach
- 8 oz frozen organic raspberries or strawberries,
- 2 ripe bananas
- 4-5 cups soy milk or organic low fat milk
- 1/4 cup flax seed meal

Method

Place all ingredients except frozen strawberries into the blender and blend until smooth. Add frozen fruit and blend for another 30 seconds.

Serve.

Nutrition facts per serving: Calories 258; Total Fat 8g; Saturated Fat 1g; Cholesterol 0mg; Sodium 163mg; Carbohydrates: 35g; Dietary Fiber 9g; Sugar 20g; Protein 13g;

Diabetic Exchange: 2 carbohydrate exchanges, 1 fat exchange

Blackberry, Banana and Mint Smoothie



Ingredient Yields 4 servings

- 1 cup Greek yogurt
- 3 cups soy milk, more or less if you like
- 6 oz organic fresh blackberries
- 2 frozen bananas
- 1/4 cup flax seed meal, optional
- Fresh mint

Method

Place mint leaves and 1 cup of soy milk in a blender and blend for 10 seconds. Add remaining ingredients and blend until smooth.

Serve.

Nutrition facts per serving: Calories 257; Total Fat 7.5g; Saturated Fat 1g; Cholesterol 0mg; Sodium 98mg; Carbohydrates: 42g; Dietary Fiber 8g; Sugar 29g; Protein 9g;

Diabetic Exchange: 3 carbohydrate exchanges, 1.5 fat exchange

Whole Wheat Cranberry Cinnamon Rolls



Ingredients Yields 16 buns

- 1 1/4 cup low fat milk
- 1/2 cup sugar
- 2 tsp instant yeast
- 4 Tbsp butter, softened
- 2 eggs
- 1/2 cup rolled oats
- 4 1/2 cups whole wheat pastry flour plus 2-4 Tbsp
- **Filling**
- 16 oz of fresh organic cranberries
- 1/4 cup honey
- 2 tsp cinnamon, more if you like
- **For the glaze**
- 1/2 cup confectioners' sugar, or maple syrup
- 3 Tbsp low fat milk

Method

In a bowl mix all of the dough ingredients. Knead it with your hands 2 to 3 minutes. Form the dough into a ball and transfer it to a lightly buttered bowl covered with plastic wrap. Let it stand for to 2 hours until double in bulk.

On the mean time prepare the cranberry filling. Place cranberries and honey in a sauce pan over medium heat for about 5-7 minutes, until cranberries have soften. Deflate the dough and transfer to a lightly greased work surface. Roll and pat it into a rectangle and spread the cranberry filling over the dough, like in the pictures.

Roll the dough into a log, and using a serrated knife cut it into pieces. Place the buns on a greased and floured pan (or parchment paper) spacing them evenly making sure they won't touch each other. Cover with plastic wrap or kitchen towel and let them rise for another 2 hours.

Preheat oven to 375F. Bake buns for 25-35 minutes. Remove them from the oven and after 5 minutes invert the rolls onto the rack and invert them back again onto a platter.

In a small bowl, whisk the confectioners' sugar with the the milk until the glaze is thick and spreadable. Dollop the glaze over each roll and spread. Serve warm or at room temperature. You can also use maple syrup in place of the the sugar glaze for a healthier option.

Nutrition facts per serving: Calories 246; Total Fat 4.4g; Saturated Fat 2.2g; Cholesterol 29mg; Sodium 51mg; Carbohydrates: 46g; Dietary Fiber 5g; Sugar 13g; Protein 5.5g;

Diabetic Exchange: 3 carbohydrate exchanges, 1 fat exchange



Mix Berry and Almond Oatmeal



Ingredients Yields 6 servings

- 2 1/4 cups old fashioned oats
- 2 1/2 cups almond milk, soy milk, cow's milk will also work
- 2 cups mixed organic berries
- 3/4 cups coconut milk, if you don't have any just use more milk
- 1/4 cup sliced almonds
- 4 Tbsp honey, or maple syrup
- 1/4 cup flax seed meal, optional, wheat germ or oat bran will also work well
- 1 tsp almond extract

Method

Place all the ingredients, except berries, in a heavy saucepan and cook over medium to high heat, stirring frequently until it boils. Reduce heat and simmer for 5-10 minutes, or until milk has been absorbed and the oats have softened.

Add in the berries and mix them through.

Served with extra almonds and extra milk if desired.

I have not tried making this in a microwave but I am sure it will also work well as long as you stir in between.

Nutrition facts per serving: Calories 646; Total Fat 39g; Saturated Fat 29g; Cholesterol 0mg; Sodium 23mg; Carbohydrates: 63g; Dietary Fiber 13.5g; Sugar 17.5g; Protein 13.5g;

Diabetic Exchange: 4 carbohydrate exchanges, 8 fat exchange

Dark Chocolate and Peanut Butter Oatmeal



Ingredients Yields 6 servings

- 2 1/4 cups old fashioned oats
- 3 1/4 cups soy milk
- 1-2 Tbsp honey, optional
- 1/3 cup smooth peanut butter
- 3 Tbsp dark cocoa powder, has more antioxidant properties than regular cocoa
- 4 Tbsp dark chocolate chips
- 4 Tbsp flax seed meal, optional, wheat germ or oat bran will also work well

Method

Place all the ingredients in a heavy saucepan and cook over medium to high heat, stirring frequently until it boils. Reduce heat and simmer for 5-10 minutes, or until milk has been absorbed and the oats have softened.

Served with extra chocolate chips, almonds and extra soy milk if desired.

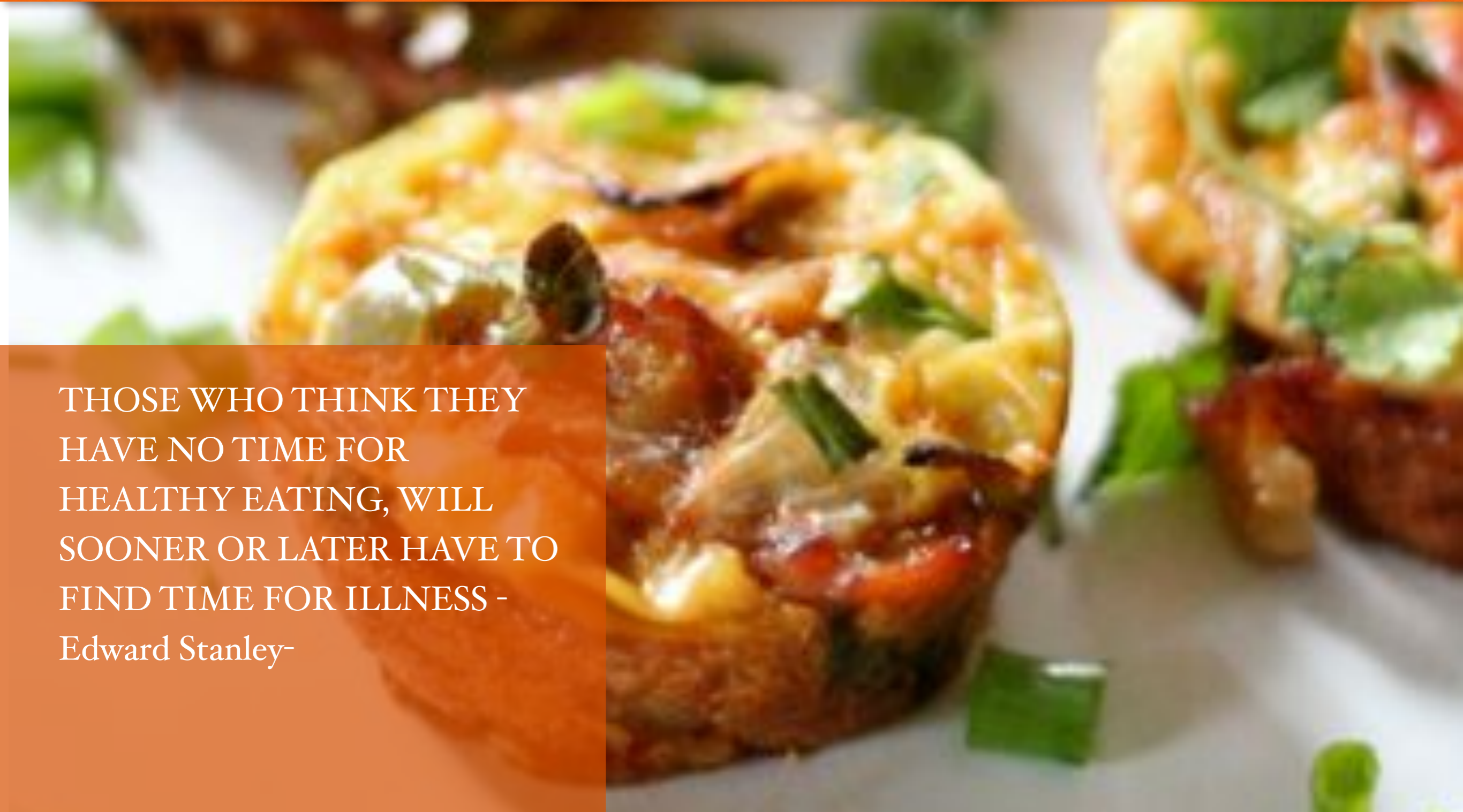
Nutrition facts per serving: Calories 412; Total Fat 21g; Saturated Fat 4.4g; Cholesterol 0mg; Sodium 214mg; Carbohydrates: 45g; Dietary Fiber 8g; Sugar 18g; Protein 17g;

Diabetic Exchange: 3.5 carbohydrate exchanges, 4 fat exchange

Chapter 3

Appetizers

THOSE WHO THINK THEY
HAVE NO TIME FOR
HEALTHY EATING, WILL
SOONER OR LATER HAVE TO
FIND TIME FOR ILLNESS -
Edward Stanley-



Spinach and Potato Indian Pakoras



Ingredients Yields 6 servings

- 2 Cups Besan, chick pea flour
- 1/2 tsp baking powder
- 1/2 tsp garam masala
- 1/2 tsp coriander powder
- 1/2 tsp salt
- 1/2 tsp chili powder
- 1 cup warm water
- 3-4 medium potatoes, finely chopped
- 4-6 oz fresh spinach

Method

In a large bowl, mix together the besan, spices, salt, and baking powder.

Add the water and mix thoroughly. The batter should be thick, almost like heavy double cream and there should be air bubbles throughout.

Incorporate the chopped potatoes and spinach and mix.

On a heavy deep sauce pan heat any neutral oil of your choice , I used olive oil. Carefully place heaping tablespoonfuls of batter into the hot oil.

Try not to overcrowd the oil because it will result in greasy pakoras. Fry until the pakoras are a pecan-brown, about 60-90 seconds on each side.

Drain on paper towels. Repeat with the remainder of the batter and serve.

Nutrition facts per serving: Calories 198; Total Fat 2.3g; Saturated Fat 0g; Cholesterol 0mg; Sodium 239mg; Carbohydrates: 35.5g; Dietary Fiber 6.5g; Sugar 5g; Protein 9g;

Diabetic Exchange: 2 carbohydrate exchanges, 0.5 fat exchange

Fried Green Tomatoes



Ingredients Yields 12 servings

- 2 lbs of green tomatoes, sliced 1/4 inch thick
- 2 eggs, beaten, organic
- 2-3 cups of panko bread crumbs
- 1 tsp of salt
- Pinch of pepper
- olive oil for frying

Method

In a bowl place the beaten eggs. In another bowl place the panko bread crumbs with salt and pepper. This is your assembly line.

Pour enough oil in a frying pan to coat the bottom. Heat over medium heat. Using your assembly line - eggs, panko, dip the tomatoes in the egg mixture, and then dip into the panko. Shake off any excess.

Sprinkle a couple of bread crumbs into the oil, if it sizzles the oil is ready. Fry the tomatoes until light golden brown on each side. About 2 minutes per side.

Transfer them onto a plate previously covered with paper towels so that the oil can be soaked up by it. Served while still warm.

Nutrition facts per serving: Calories 61; Total Fat 1.2g; Saturated Fat 0g; Cholesterol 27mg; Sodium 223mg; Carbohydrates: 10.4g; Dietary Fiber 1.2g; Sugar 2.4g; Protein 2.6g;

Diabetic Exchange: 1 carbohydrate exchanges, 0 fat exchange

Mini Bacon and Veggie Fritatas



Ingredients Yields about 16 mini fritatas

- 6 eggs, beaten, organic
- 1 cup egg whites,
- 2 red peppers, chopped
- 1 green pepper, chopped
- 1 onion, chopped
- 3 garlic cloves, chopped
- 3-4 green onions, chopped
- 6 slices Canadian bacon, sodium nitrate free
- 1 tsp salt
- 4 Tbs olive oil

Method

Spray muffin tin with cooking spray and set aside.

On a sauce pan over medium heat heat the oil and add the veggies except the garlic. Cook for 3-5 minutes. Add garlic and bacon and cook for a further 2-3 minutes.

In a bowl mix regular eggs and egg whites. Preheat oven to 350F.

Divide veggie mixture between the muffin tins. Top veggies with 3-4 tablespoons of the egg mixture. Sprinkle each fritata with the green onions.

Bake for 20-25 minutes.

Let the fritatas cool in the pan for about 5 minutes. Run a small knife alongside each fritatta to release it from the pan.

Serve warm.

Nutrition facts per serving: Calories 171; Total Fat 11.7g; Saturated Fat 2.4g; Cholesterol 150mg; Sodium 692mg; Carbohydrates: 4.6g; Dietary Fiber 1g; Sugar 2g; Protein 12.5g;

Diabetic Exchange: 0 carbohydrate exchanges, 2 fat exchange

Buffalo Chicken Dip



Ingredients Yields 6 servings

- 1 8 oz package 1/3 less fat cream cheese
- 1 1/4 cup plain Greek yogurt
- 1 1/2 cup shredded mozzarella cheese, more or less if you like
- 1/2 cup red hot buffalo wing sauce, more or less if you like
- 2-3 cups chicken, shredded and cooked, I grilled mine
- 2-3 Tbsp green onions, chopped, optional

Method

Preheat oven to 350F degrees.

In a bowl mix first 4 ingredients and mix through. Add shredded chicken and combine.

Place mixture in a baking dish and bake for 20 minutes or until mixture bubbles and cheese is melted through. Serve while hot!!

Next time I will make it with tuna :-)

Nutrition facts per serving: Calories 278; Total Fat 16g; Saturated Fat 4.5g; Cholesterol 83mg; Sodium 447mg; Carbohydrates: 5g; Dietary Fiber 0g; Sugar 2g; Protein 31g;

Diabetic Exchange: 0 carbohydrate exchanges, 3 fat exchange

Chorizo Veggie Nachos



Ingredients Yields 6 servings

- 12 oz, 1 bag Whole grain tortilla chips
- 1 12 oz package soy chorizo, I got it a Trader Joe's
- 1/2 cup chopped green onions
- 1 14 oz. can sliced black olives
- 16 oz shredded skim mozzarella cheese
- Spicy sauce, optional
- 1 cup sour cream, optional
- 1 cup guacamole, optional
- Green chillies, optional

Method

Layer whole grain tortilla chips in a lightly greased 9 x 13 baking dish. Top with soy chorizo, green onions, olives, and green chilies if using.

Sprinkle with the cheeses. Bake at 400 degrees for 10-12 minutes or until cheese melts. Top with guacamole, sour cream, olives and green onions.

Nutrition facts per serving: Calories 672; Total Fat 46g; Saturated Fat 11g; Cholesterol 32mg; Sodium 1437mg; Carbohydrates: 52g; Dietary Fiber 12g; Sugar 11g; Protein 21g;

Diabetic Exchange: 3 carbohydrate exchanges, 9 fat exchange

Asian Meatballs



Ingredients Yields 28 large meatballs

- 2 lbs organic or grass feed ground beef
- 2 Tbsp Worcestershire sauce
- 2 Tbsp sesame oil
- 1 Tbsp olive oil, to grease pan
- 1 Tbsp sesame seeds, to sprinkle meatballs at the end, optional

sauce

- 1/3 cup **Hoisin sauce, gluten free**
- 1/3 cup honey
- 1/4 cup rice wine vinegar
- 1/4 cup ketchup
- 1 Tbsp sesame oil

Method

Preheat oven to 400F.

In a bowl, mix together meatball ingredients, except olive oil, and shape into balls. I shaped my balls rather large so I obtained 28. Grease your baking pan with the olive oil and place meatballs in it. Bake for 15-20 minutes, or until meatballs are cooked through.

While the meatballs are baking, in a bowl, whisk together all of the sauce ingredients until mixed through. When the meatballs are done, discard any liquid that the beef might have generated and pour sauce over cooked meatballs. Stir them until they are all covered with the sauce. Sprinkle some sesame seeds if using.

Serve while warm.

Nutrition facts per serving: Calories 94; Total Fat 3.3g; Saturated Fat 1g; Cholesterol 29mg; Sodium 106mg; Carbohydrates: 5.5g; Sugar 5g; Protein 10g;

Diabetic Exchange: 0.3 carbohydrate exchanges, 0.75 fat exchange

Chapter 4

Cookies



LET FOOD BE THY MEDICINE,
THY MEDICINE SHALL BE THY
FOOD.- Hippocrates

Black Bean Chocolate Chip Cookies



Ingredients Yields 16 cookies

- 15.5 oz cooked black beans, drained and taped dry
- 2 tbsp olive oil (or coconut oil)
- 2 tbsp peanut butter
- 2 tsp vanilla extract
- 2 tbsp soy milk (or any milk)
- 1/2 cup unrefined sugar
- 1/4 cup cacao powder
- 2 tbsp buckwheat flour
- 1 tsp baking powder
- 1/4 tsp cinnamon
- 1/4 cup dark chocolate chips
- 1 tbsp chia seeds, optional

Method

Preheat oven to 350°F. Lined two cookie sheets with parchment paper and set aside.

In a food processor add all the ingredients except chocolate chips and chia seeds. Blend until smooth. The batter should be similar to a thick mousse. Add chocolate chips and chia seeds and incorporate into the batter (don't use the food processor for this though)

Using a spoon or cookie scoop place 16 dollops of batter on the cookie sheets. Use a spoon to flatten the cookies into round shapes.

Bake for 20 minutes (they should still be a little soft when you remove them from the oven). Set aside a few minutes before transferring them to a wire rack to cool completely.

Nutrition facts per serving: Calories 154; Total Fat 3.5g; Saturated Fat 1g; Cholesterol 0mg; Sodium 3mg; Carbohydrates: 26g; Dietary Fiber 5g; Sugar 7g; Protein 7g;

Diabetic Exchange: 2 carbohydrate exchanges, 1 fat exchange

Coconut and Chocolate Chip Cookies



Ingredients Yields 3 dozen cookies

- 2 cups whole wheat pastry flour
- 2 eggs
- 1/2 cup olive oil
- 1/2 cup coconut oil, soften at room temperature
- 1 cup unrefined sugar, you can do 3/4 cup as well.
- 1 cup unsweetened shredded coconut
- 1 tsp coconut extract or vanilla extract
- 1 cup dark chocolate chips
- 1 tsp baking soda
- Pinch salt

Method

Preheat oven to 375F. Line cookie sheets with parchment paper and set aside.

Beat sugar, eggs, coconut extract and oils until creamy, I do this manually with a wire whisk, no fancy equipment needed here. Add flour, shredded coconut, baking soda and salt and combine.

Stir in chocolate chips. Place teaspoons (I used a small cookie scoop) onto the baking sheets. Flatten cookies slightly with the palm of your hand.

Bake 7 to 9 minutes or until golden brown. Leave on the cookie sheet for 2-4 minutes before removing to cool completely on a wire rack.

Nutrition facts per serving: Calories 243; Total Fat 17.4g; Saturated Fat 10g; Cholesterol 18mg; Sodium 87mg; Carbohydrates: 21.5g; Dietary Fiber 2g; Sugar 10g; Protein 3g;

Diabetic Exchange: 1.5 carbohydrate exchanges, 3 fat exchange

100% Whole Wheat Halloween Sugar Cookies



Ingredients Yields 25 cookies

- 2 cups whole wheat pastry flour,
- 8 Tbsp of butter, at room temperature
- 1/4 cup coconut oil, you can also use olive oil
- 3/4 cup unrefined sugar
- 1 egg
- 1/2 tsp vanilla
- 1/2 tsp baking powder

Frosting

- 1/2 cup powdered sugar
- 2-3 Tbsp water
- 1 drop of **natural pink and orange food dye**

Method

Beat butter and sugar until fluffy, about 2-3 minutes. Beat in egg, oil and vanilla. Add flours, and baking powder and combine until you have a homogeneous dough formed.

Divide dough into two and flatten out with a rolling pin like in the pictures. Chill dough for at least 2 hours.

Preheat oven to 350F and line two baking cookie sheets with parchment paper.

Roll out the dough to about 1/4 inch thick and stamp out rounds using a cookie cutter (I roll out the dough in between plastic wrap which I find very easy to do. You can use any other cookie cutter shape you like as well).

Bake cookies for 10-12 minutes. Cool on cookie sheets for 2-3 minutes and transfer them to a wire rack and cool. Decorate as desired or eat as is.

For decorating the cookies I mixed the powdered sugar with the water and food coloring and used a decorator bottle set to drizzle it. You may need an extra tablespoon of water or so, just make sure that the consistency of the sugar is thick. Place the sugar eyes over each cookie.

Tip: Dough can be chilled for up to 5 days or frozen wrapped in a double layer of plastic wrap for up to 1 month. If frozen, thaw dough in the fridge before using.

Nutrition facts per serving: Calories 89; Total Fat 4.0g; Saturated Fat 2.5g; Cholesterol 18mg; Sodium 29mg; Carbohydrates: 13g; Dietary Fiber 1g; Sugar 6g; Protein 1.2g;

Diabetic Exchange: 1 carbohydrate exchanges, 1 fat exchange



Monster Cookies



Ingredients Yields 34 large cookies

- 1 1/2 cup creamy or chunky peanut butter
- 3/4 cup unrefined sugar
- 3 1/2 cup regular rolled oats
- 1 cup crispy brown cereal
- 1/2 cup dark chocolate chips
- 1/2 cup cranberries
- 1/4 cup unsweetened shredded coconut
- 1/4 cup cacao nibs
- 8 Tbsp (1 stick) unsalted butter, at room temperature
- 3 organic eggs
- 1 tsp vanilla extract
- 2 tsp baking soda
- 2 Tbsp unreal milk chocolate candies

Method

Preheat oven to 350°F. Line cookie sheets with parchment paper and set aside.

In a large bowl, combine the peanut butter, sugar and butter. Use an electric hand mixer to mix until well combined. Mix in the eggs and vanilla.

Add the remainder of the ingredients and mix through with a spatula.

With a medium cookie scoop, or a tablespoon, drop batter onto the prepared cookie sheets. Place a few extra M&M's on each cookie before baking. Flatten the cookies with your hands or a spoon a little bit before placing them in the oven.

Bake 10 to 12 minutes. Cool cookies for about 5 minutes on cookie sheets. Transfer them to wire racks to cool completely.

Nutrition facts per serving: Calories 186; Total Fat 11.2; Saturated Fat 4g; Cholesterol 22mg; Sodium 57mg; Carbohydrates: 20g; Dietary Fiber 3g; Sugar 9.5g; Protein 5g;

Diabetic Exchange: 1.5 carbohydrate exchanges, 2 fat exchange

Valentine's Day Coconut Cookies



Ingredients Yields 22 cookies

- 1 cup unsweetened shredded coconut
- 1/2 cup unrefined sugar
- 2 cups whole wheat pastry flour
- 1 1/2 stick of butter, room temperature, 3/4 cup
- 5-7 Tbsp low fat milk
- 1 tsp coconut extract, optional
- A couple of drops of **natural pink food coloring**

Frosting

- 7 Tbsp confectioner's sugar
- 3-4 Tbsp low fat milk

Method

Preheat oven to 350F. Line two cookie sheets with parchment paper and set aside.

In a bowl, with your hands mix flour and butter until it resembles fine bread crumbs. Add sugar, coconut, milk, coconut extract and food coloring. Mix until you form a soft dough.

Roll out the dough to about 1/4 inch thick and stamp out hearts using a cookie cutter (I roll out the dough in between plastic wrap which I find very easy to do also you can use any other cookie cutter shape you like).

Bake cookies for 14-17 minutes, depending on cookie cutter size. Transfer them to a wire rack and cool.

To decorate cookies mix frosting ingredients and drizzle it over the cookies.

Nutrition facts per serving: Calories 137; Total Fat 9; Saturated Fat 6g; Cholesterol 17mg; Sodium 47mg; Carbohydrates: 12.5g; Dietary Fiber 1.5g; Sugar 3.7g; Protein 1.5g;

Diabetic Exchange: 1 carbohydrate exchanges, 2 fat exchange

Oatmeal and Chocolate Chip Cookies



Ingredients Yields 30 medium cookies

- 1 cup unrefined sugar
- 1 1/2 cup olive oil
- 2 organic eggs
- 2 cups regular rolled oats
- 1 1/2 cup whole wheat pastry flour
- 1/2 cup wheat germ, oat bran also works well
- 1 cups dark chocolate chips
- 1 cup walnuts, chopped
- 1 tsp vanilla extract
- 2 tsp baking powder

Method

Preheat oven to 350F. Line two cookie sheets with parchment paper and set aside. I used 4 cookie sheets at once, much faster

In a bowl, with a wire whisk, mix first 4 ingredients. Add oatmeal, flour, baking powder, wheat germ and chocolate chips. Combine until all of the ingredients are mix thoroughly.

Drop tablespoons of cookie batter onto prepared cookies sheets. Flatten them out with the palm of your hand slightly and bake for 12-14 minutes.


Cool cookies on the cookie sheet for 2-3 minutes before you transfer them to a wire rack to cool completely.

Nutrition facts per serving: Calories 206; Total Fat 14g; Saturated Fat 3.3g; Cholesterol 11mg; Sodium 6mg; Carbohydrates: 19g; Dietary Fiber 1.5g; Sugar 9g; Protein 3g;

Diabetic Exchange: 1.5 carbohydrate exchanges, 3 fat exchange

Chapter 5

Cakes



THE DOCTOR OF THE
FUTURE WILL GIVE NO
MEDICATION, BUT WILL
INTEREST HIS PATIENTS IN
THE CARE OF THE HUMAN
FRAME, DIET AND IN THE
CAUSE AND PREVENTION OF
DISEASE.

- Thomas A Edison

Rustic Apple Cake



Ingredients Yields 8 servings

- 1/4 cup olive oil, coconut oil will also work
- 2 eggs
- 1 cup sugar, 3/4 cup sugar will do
- 1 tsp vanilla
- 3-4 apples, thinly sliced
- 1/2 cup whole wheat pastry flour
- 2 tsp baking powder
- 1/2 cup low fat milk

Section 2

Rustic Apple Cake

Method

Preheat oven to 350°F. Grease and flour a 9 inch round pan.

In a bowl, beat eggs and sugar for 2-3 minutes. I do this with the hand mixer.

Stir in oil, and vanilla and combine. Then stir in flour and baking powder alternating with the milk. Stir in apples, coating every piece with batter. Pour batter into prepared pan.

Bake for 55-65 minutes or until cake pulls away from pan and is brown on top, like in the picture.

Cool for 20-30 minutes before serving.

Nutrition facts per serving: Calories 245; Total Fat 7.7g; Saturated Fat 1.3g; Cholesterol 42mg; Sodium 23mg; Carbohydrates: 36.5g; Dietary Fiber 2.5g; Sugar 27g; Protein 3g;

Diabetic Exchange: 2.5 carbohydrate exchanges, 1 fat exchange



Ricotta and Blueberry Cake



Ingredients Yields 8 servings

- 1 1/2 cup whole wheat pastry flour
- 1 to 1 1/2 cup fresh blueberries
- 3/4 cup unrefined sugar
- 1 cup ricotta cheese, I used low fat
- 2 eggs
- 1/4 cup low fat milk
- 1 tsp baking powder
- 1/2 tsp baking soda
- Juice of two limes

Method

Preheat oven to 350 F degrees. Grease and flour a springform pan and set aside.

In a bowl, with a wire whisk, mix eggs, sugar, milk, lime juice and cheese. Add flour, baking soda and baking power.

Dust blueberries with 1 tablespoon of flour to prevent berries to sink to the bottom of the cake. Pour batter into prepared pan and sprinkle berries over batter.

Bake for 60-65 minutes. Cool in pan on a wire rack for at least 30 minutes before removing from the baking pan.

Nutrition facts per serving: Calories 207; Total Fat 4.1g; Saturated Fat 2g; Cholesterol 51mg; Sodium 138mg; Carbohydrates: 35g; Dietary Fiber 3g; Sugar 15.5g; Protein 7.5g;

Diabetic Exchange: 2.5 carbohydrate exchanges, 1 fat exchange

Honey Upside Down Cranberry Cake



Ingredients Yields 8 servings

- 8 oz organic fresh cranberries
- 1 1/2 cup whole wheat pastry flour
- 1/2 cup olive oil
- 1/2 cup honey
- 1/4 cup unrefined sugar
- 2 organic eggs
- 2/3 cups Greek plain yogurt
- 2 tsp of baking powder
- 2 tsp of vanilla extract
- 1 Tbsp milk

Method

Preheat oven to 350F. In an 8 inch round baking pan place the honey and cover the entire bottom with it. Place the fresh cranberries over the honey in a single layer.

In a bowl, place eggs, sugar, vanilla, oil, milk and yogurt and combine together. I do this step with a regular wire whisk. Incorporate the flour and baking powder.

Pour batter over the apples and bake the cake for 40-45 minutes. I baked mine about 40 minutes. Let the cake cool completely and invert it on a plate before unmolding.

Serve.

Nutrition facts per serving: Calories 321; Total Fat 14.2g; Saturated Fat 2g; Cholesterol 41mg; Sodium 27mg; Carbohydrates: 45g; Dietary Fiber 3.5g; Sugar 26g; Protein 6g;

Diabetic Exchange: 3 carbohydrate exchanges, 3 fat exchange

Coconut and Lime Cake



Ingredients Yields 8 servings

- 1 1/2 cup whole wheat pastry flour
- 3/4 cup soy milk, coconut milk would be better
- 1/4 cup fresh lime juice
- 1/2 cup olive oil
- 3/4 cup sugar, 1/2 cup sugar would be sufficient if using the lime glaze
- 2 organic eggs
- 1/2 cup unsweetened shredded coconut, optional
- 1 Tbsp grated lime zest
- 1 tsp baking powder
- 1/2 tsp baking soda

Lime Glaze

- 1/2 cup confectioners sugar
- 2 tsp shredded lime zest
- 2 Tbsp fresh lime juice

Method

Preheat oven to 350F. Grease and flour a 9-inch round cake pan.

In a bowl, I use a wire whisk to do this, combine eggs, milk, sugar, lime zest, juice and oil. Add flour, baking soda and baking powder.

Pour the batter into the prepared pan and bake until golden, 40-50 minutes or until a tester inserted into the center comes out clean. Cool for 20-30 minutes, then turn onto a cooling rack and cool completely.

Whisk together the confectioners sugar, zest and lime juice and pour over cake. Sprinkle with toasted coconut.

Nutrition facts per serving: Calories 285; Total Fat 5.5g; Saturated Fat 3.6g; Cholesterol 41mg; Sodium 108mg; Carbohydrates: 55g; Dietary Fiber 3g; Sugar 25.5g; Protein 5g;

Diabetic Exchange: 3.5 carbohydrate exchanges, 1 fat exchange

Apple and Caramel Coffee Cake



Ingredients Yields 10 servings

- 1 1/2 cup whole wheat pastry flour
- 1/2 cup olive oil
- 1/3 cup unrefined sugar
- 2 eggs, I always use organic
- 2/3 cups Greek plain yogurt
- 3 organic apples, sliced thin
- 1/4 - 1/3 cup **caramel sauce**
- 2 tsp of vanilla extract
- 2 tsp of baking powder

Strudel topping

- 1 cup whole wheat pastry flour
- 1/2 cup chopped walnuts
- 1/3 cup coconut oil, you can also use olive oil
- 1/2 cup unrefined sugar

Method

Preheat oven to 350 F. Grease and flour a 9 inch spring form pan.

In a bowl mix eggs, oil, yogurt, vanilla and sugar. Add the flour and baking powder and combine. Pour thick batter onto the prepared baking pan. Place apples over the batter.

In another bowl combining strudel topping and place over the apples. Bake for about 50-60 minutes, or until a toothpick inserted in the center comes out clean. I baked my cake for 55.


Cool cake in pan.

Remove cake and pour caramel sauce over the cake and serve.

Nutrition facts per serving: Calories 357; Total Fat 12g; Saturated Fat 1.5g; Cholesterol 35mg; Sodium 62mg; Carbohydrates: 58g; Dietary Fiber 5g; Sugar 25.5g; Protein 8g;

Diabetic Exchange: 4 carbohydrate exchanges, 2 fat exchange

Other Desserts and Treats



HE WHO DOES NOT KNOW
FOOD, HOW CAN HE
UNDERSTAND THE DISEASES
OF MAN? - Hippocrates, the father
of medicine -

Lowering Cholesterol Prune Bars



Ingredients Yields 14 bars

- 1 lb whole pitted prunes
- 1 cup raw or toasted almonds
- 1/2 cup dark chocolate chips
- 1/2 cup flax seed meal
- 1/2 cup cocoa powder
- 2-3 Tbsp honey
- 2 Tbsp organic peanut butter

Method

Line a 8.5 by 8.5 inch square pan with a piece of parchment paper so that the paper hangs over the edges (you can use any other size square pan you may have). Set aside.

In a food processor, with the metal blade, add almonds and pulse until coarse bread crumbs have formed. Add dark chocolate chips and flax seed meal and pulse until finely chopped. Place this mixture in a bowl and set aside.

Place prunes, honey, peanut butter and cocoa powder into the food processor and pulse until mixture is finely chopped and it comes together nicely. Add previous almond mixture into the food processor and pulse for a few seconds until everything come together.

Press the mixture evenly over the pan and fold excess parchment over the bars. Place a plate to cover the bars, and refrigerate for at least 2 hours.

Transfer the mixture to a cutting board and cut as desired. I keep my bars wrapped in wax paper in the fridge. Unrefrigerated bars are good for about a day or two.

Nutrition facts per serving: Calories 200; Total Fat 8.5g; Saturated Fat 2g; Cholesterol 0mg; Sodium 14mg; Carbohydrates: 31g; Dietary Fiber 6g; Sugar 18g; Protein 4.5g;

Diabetic Exchange: 2 carbohydrate exchanges, 2 fat exchange

Dark Chocolate Black Bean Brownies



Ingredients Yields 10 servings

- 1 15.5 oz. can black beans, thoroughly rinsed and drained
- 1/2 cup unrefined sugar
- 1/4 cup dark cocoa powder
- 3 eggs
- 1/4 cup walnuts, chopped, optional
- 1/3 cup dark chocolate chips, more if you like
- 3 Tbsp olive oil
- 1/2 tsp baking powder
- 1 tsp vanilla
- 1 tsp instant coffee granules

Method

Preheat oven to 350 degrees F. Place parchment paper in the bottom of an 8×8" baking pan. Grease the parchment paper. This will be your security blanket to make sure the brownies don't stick to the pan!!

Place all the ingredients except chocolate chips and walnuts in a food processor or blender and pulse thoroughly until smooth and well combined.

Pour batter in the baking dish. Top with nuts and chocolate chips. Bake for 30-35 minutes or until the top is dry and edges begin to pull away from the baking dish. Cool completely before cutting.

Nutrition facts per serving: Calories 225; Total Fat 7.4g; Saturated Fat 1.5g; Cholesterol 41mg; Sodium 17mg; Carbohydrates: 32g; Dietary Fiber 6g; Sugar 9.4g; Protein 10g;

Diabetic Exchange: 2 carbohydrate exchanges, 2 fat exchange

Peanut butter, Coconut and Dark Chocolate Crispie Bars



Ingredients Yields 18 pieces

Bottom layer:

- 1/2 cup honey
- 1/2 cup peanut butter
- 2 1/4 cup brown rice cereal
- 1/4 cup flax seed meal
- 1/2 cup oats

1 Tbsp dark cocoa powder

Middle layer

- 3/4 cup coconut butter
- 3/4 cup peanut butter

Top layer

- 1 1/2 cup dark chocolate chips

Method

In a sauce pan, at low heat, combine sugar, honey and peanut butter. Heat for about 1-2 minutes stirring to dissolve sugar. Remove from heat and add cereal, oats, dark cocoa powder and flax seed meal. Press into a square baking pan lined with foil like in the picture.

Blend the coconut chips (or shredded coconut) in a food processor until it resembles butter consistency (you probably need about 2 cups of the chips to make 3/4 cup coconut butter, that is what I used). Transfer to a bowl and add the peanut butter. Combine.

Pour mixture over the dark chocolate crispy part and place in the refrigerator until it sets, about 1 hour or so.

Melt chocolate in a medium bowl over a saucepan over boiling water (double boiler method). Stir until smooth and spread melted chocolate over the coconut butter mixture.

Let cool to set chocolate. I normally put it in the fridge for 20-30 minutes. Lift out of the pan, remove foil and cut into small bars or squares. Store in the refrigerator.

Nutrition facts per serving: Calories 110; Total Fat 8.5g; Saturated Fat 4g; Cholesterol 44mg; Sodium 50mg; Carbohydrates: 7.2g; Dietary Fiber .5; Sugar 24g; Protein 1.5g;

Diabetic Exchange: .5 carbohydrate exchanges, 1.5 fat exchange

Healthy Peanut Butter and Oreo Ice Cream



Ingredients Yields 4 servings

- 3 bananas, ripe, frozen and cut into chunks
- 1/4 cup unsweetened soy milk + 1 tablespoon
- 6 Oreos, trans fat free
- 1 tsp cocoa powder, optional
- 1 tsp chocolate extract, optional
- 2-3 Tbsp organic peanut butter

Method

In a food processor, add the chopped bananas, soy milk and peanut butter. If using the cocoa powder and chocolate extract you can add them here.

Blend and stop in between to move the bananas around as they may get stuck and stay in one side of the blender as they are rock hard!!

Pulse until you have a smooth consistency, and add the Oreos. Pulse for another 30 seconds or so. If you like Oreo chunks don't pulse for too long after adding the cookies.

Serve in pretty little glasses.

If you have any left over you can freeze and thaw for about 10 minutes before serving.

Nutrition facts per serving: Calories 238; Total Fat 9g; Saturated Fat 2g; Cholesterol 0mg; Sodium 160mg; Carbohydrates: 40g; Dietary Fiber 4; Sugar 26g; Protein 4.5g;

Diabetic Exchange: 2.5 carbohydrate exchanges, 2 fat exchange

No Bake Peanut Butter and Dark Chocolate Energy Bites



Ingredients Yields 40 pieces

- 2 cups regular rolled oats
- 1/2 cup unsweetened coconut
- 1/2 cup brown rice cereal
- 1 1/4 cup peanut butter
- 1 cup flax seed meal
- 1/2 cup dark chocolate chips
- 1/3 cup honey
- 1 Tbsp dark chocolate powder, optional

Method

Mix all of the ingredients in a bowl. Refrigerate for about 1 hour. Roll into balls about 1-2 inch in diameter. Store in an airtight container and keep refrigerated for up to 1-2 weeks.

Nutrition facts per serving: Calories 101; Total Fat 6g; Saturated Fat 1.5g; Cholesterol 0mg; Sodium 40mg; Carbohydrates: 8g; Dietary Fiber 2.5; Sugar 4g; Protein 4g;

Diabetic Exchange: 1 carbohydrate exchanges, 1.5 fat exchange

Peanut Butter, Banana and Dark Chocolate Bites



Ingredients Yields 18 pieces

- 3 medium bananas, ripe and sliced
- 1/2 cup creamy peanut butter, give or take
- 1 1/2 cup dark chocolate chips, give or take

Method

Slice bananas and place on a tray. Spoon about 1/2 tablespoon of peanut butter on top of each banana slice. Place another banana slice over the peanut butter and sandwich together. Freeze until firm, about 2-3 hours.

On a double boiler, melt dark chocolate chips. Place banana pieces in the melted chocolate, one by one, until covered in chocolate all around (I used a couple of forks for this step). Place the bananas back in the tray and let them stand until set.

This will not take long, as the bananas are frozen and this will help set the chocolate rather quickly!

Try to work quickly when coating the banana pieces though otherwise they will become mushy and harder to coat with the chocolate.

Keep banana bites in the freezer or fridge. I prefer them right out of the freezer but it is totally up to you. They are good both ways.

Nutrition facts per serving: Calories 213; Total Fat 13g; Saturated Fat 5g; Cholesterol 0mg; Sodium 65mg; Carbohydrates: 25g; Dietary Fiber 2; Sugar 17g; Protein 5.5g;

Diabetic Exchange: 2 carbohydrate exchanges, 2 fat exchange



Here are the frozen bites right before coating in the chocolate. Try to work fast on this step otherwise they will get mushy.

Raspberry and Cream Popsicles



Ingredients Yields 9 3oz Popsicles

- 1 cup heavy cream
- 1 cup low fat Greek yogurt (I used organic)
- 1/3 cup unrefined sugar (honey or maple syrup will also work)
- 1 cup frozen organic raspberries (If using fresh omit orange juice)
- 2-3 Tbsp orange juice

Method

In a blender puree raspberries and orange juice.

In a bowl whip heavy cream and sugar until soft peaks form. Fold in yogurt and half of the raspberry puree.

Snip the top edge of the Dixie cups with scissors for easy peeling. Fill Dixie cups $\frac{1}{4}$ of the way with the whipped mixture. Add about a teaspoon of the raspberry puree and spread evenly using your finger over the top of the whipped mixture.

Fill the cup with remaining whipped puree. Place a pop stick in the middle of each Popsicle and freeze 4-5 hours before serving

Note: I find that I don't have to freeze Popsicles before inserting Popsicle stick. The whipped cream is strong enough to hold the stick in place.

Nutrition facts per serving: Calories 117; Total Fat 5.5g; Saturated Fat 3.5g; Cholesterol 20mg; Sodium 24mg; Carbohydrates: 15.5g; Dietary Fiber 1; Sugar 4g; Protein 2g;

Diabetic Exchange: 1 carbohydrate exchanges, 1 fat exchange



The stick will remain in place when placing them in the freezer as the mixture is rather thick.

Chapter 7

Special Treats

Healthy is merely the slowest rate
at which one can die. -Unknown





I have added this section to the cookbook because I strongly believe that once in a while it is ok to eat certain items. It is part of life to indulge. I don't believe in diets and avoiding or omitting certain foods just simply sets you up for failure. One must be able to enjoy food.

You should be able to eat whatever it is that you crave, occasionally, just without over indulging. If you can make these items from scratch, using real ingredients, even better! My food philosophy pretty much just consists of that, **quality and quantity are of most importance.**

I know that if I were to eat all my sweet treats from the store I would probably be 10-20 pounds heavier, so get baking, and cooking,

Through out the cookbook you may have seen some sweet treats, like cakes and cookies, however you may have noticed that I have altered the recipes by perhaps using less sugar and better quality ingredients. Like using whole grains and better fat sources, like olive oil in place of butter. **For some recipes, I may have also used confectioner sugar and cornstarch, however, for my future baking, I am staying away from these items, I will not be using them anymore. Enjoy!**

Section 1

2 Minute S'mores



Ingredients Yields 20 S'mores

- Whole wheat graham crackers
- Marshmallows, free of high fructose corn syrup
- Dark chocolate kisses

Method

In a baking pan place the graham crackers and place one marshmallow on each cracker. Place under the boiler for 1-2 minutes until the tops are slightly brown.

You need to watch carefully as they will burn really really fast.

Remove from the oven and push down a chocolate kiss on each marshmallow, like in the pictures.

I sometimes place them back in the oven after turning the boiler off so that the chocolate melts even further and faster, but this step is just up to you!!

Serve while warm.

Nutrition facts per serving: Calories 180; Total Fat 9g; Saturated Fat 5g; Cholesterol 5mg; Sodium 133g; Carbohydrates: 48g; Dietary Fiber 4; Sugar 28g; Protein 4g;

Diabetic Exchange: 3 carbohydrate exchanges, 2 fat exchange

Cinnamon Sugared Walnuts



Ingredients Yields 10 servings

- 1 lb whole walnuts
- 1 1/2 cup sugar
- 1 cup milk, I used low fat milk
- 2 tsp cinnamon
- 1/2 tsp salt
- 1 tsp vanilla

Method

In a saucepan combine the sugar, milk, cinnamon, and salt. Whisk over medium to high heat until all of the ingredients are combined completely, then stop stirring and bring to a boil. Boil the mixture gently until it reaches 235-245 degrees (soft ball stage) on a candy thermometer, about 15 minutes. I actually reached 240 for mine.

Remove from the heat and stir in the vanilla. Add walnuts working as quickly as possible to coat them all.

Spread the walnuts on a baking sheet lined with parchment paper. Break apart any big chunks and allow to cool completely.

Nutrition facts per serving: Calories 449; Total Fat 32.5g; Saturated Fat 3.5g; Cholesterol 2mg; Sodium 125mg; Carbohydrates: 38g; Dietary Fiber 3.5; Sugar 33g; Protein 9g;

Diabetic Exchange: 2.5 carbohydrate exchanges, 6 fat exchange

Whole Wheat Cream Puffs



Ingredients Yields 25 cream puffs

- 1 cup water
- 1 cup whole wheat pastry flour
- 1/4 cup all-purpose flour
- 4 Tbsp butter, 4 ounces
- 4 Tbsp olive oil
- 1/4 tsp salt
- 4 eggs

For the filling

- 2 cups of heavy cream
- 1/2 cup of powdered sugar

Method

Preheat oven to 425 degrees Fahrenheit.

Put water and butter in a medium-size saucepan over medium-high heat and melt. When the butter has melted, add the flour and salt all at once and stir vigorously. Cook and stir until the mixture forms a ball that doesn't separate, about 20 seconds.

Remove from the heat and cool for about 5-10 minutes. Add the eggs, one at a time, beating after each one and until the dough is smooth. On the final egg addition, I use my hand mixer for about 2 minutes to incorporate eggs well.

Drop heaping tablespoons of dough about 2-inches apart onto a greased baking sheet. Or transfer the batter to a pastry bag with a round tip and pipe circles about 2-inches in diameter and about 1-inch apart onto baking sheets previously lined with parchment paper.

Bake the puffs for about 15 minutes at 425 F. Reduce the temperature to 375 F and bake for an additional 10-15 minutes until they are golden brown and puffy (I baked mine for about 11 minutes at this temperature). Turn off the oven and open the door a crack and leave cream puffs inside to cool for 30 minutes. Remove the cream puffs from the oven.

To make the filling beat heavy cream with a mixer. Before it is almost whipped add the powdered sugar and whipped until firm.

I carefully cut the tops off the puffs (almost completely) and add the filling to each using a piping bag. Dust with powdered sugar.

TIP: I ended up with 25 medium size cream puffs. You can store unfilled cream puffs in the freezer in a zip log bag. Thaw at room temperature then rewarm in a 350°F oven until warm and crisped.

Nutrition facts per serving: Calories 110; Total Fat 8.5g; Saturated Fat 4g; Cholesterol 44mg; Sodium 50mg; Carbohydrates: 7.2g; Dietary Fiber .5; Sugar 24g; Protein 1.5g;

Diabetic Exchange: .5 carbohydrate exchanges, 1.5 fat exchange

No Bake Mini Raspberry Cheesecakes



Ingredients Yields 8 cheesecakes

Filling

- 1/2 cup confectioner's sugar, You can use 3/4 cup if you like
- 1 Tbsp Agar powder, you can use gelatin instead
- 1/4 cup hot water
- 8 oz low fat cream cheese
- 1/4 cup heavy cream
- 10 oz organic raspberries

Crust

- 1/3 cup oats
- 1 Tbsp chia seeds
- 8 graham crackers
- 4 Tbsp butter, melted
- 1 Tbsp soy milk
- 1 Tbsp dark cocoa powder

Method

In a food processor pulverized the oats and graham crackers. Transfer to a bowl and add in the cocoa powder and chia seeds. Incorporate the melted butter and soy milk and combine. Press mixture down onto the mini cheese cake pan molds with removable bottom.

In a bowl mix heavy cream, confectioner's sugar, and cream cheese. In another bowl dissolve the agar powder (or gelatin) in 1/4 cup hot water and add to the cream cheese mixture. Incorporate well. Carefully fold in the raspberries.

Divide filling among the cheesecake molds and refrigerate overnight. Place in the freezer 1 hour before serving to ensure a well set up cheesecake.

Decorate as desired.

Nutrition facts per serving: Calories 217; Total Fat 9.5g; Saturated Fat 5g; Cholesterol 23mg; Sodium 258mg; Carbohydrates: 27.5g; Dietary Fiber 3.2; Sugar 13.5g; Protein 6.5g;

Diabetic Exchange: 2 carbohydrate exchanges, 2 fat exchange

Irish Cream and Pistachio Fudge



Ingredients Yields 40 pieces

- 36 oz white chocolate chips, I always used the Ghirardelli brand, 3 bags
- 1 14 oz can sweetened condense milk
- 1/2 cup Irish cream liquor plus 3-4 tablespoons, I sometimes use 3/4 cups
- 1/2 cup raw pistachios, roughly chopped (more if you like)

Method

Lined a square pan, I used an 8x8 square baking pan, with foil paper and lightly grease it.

In a sauce pan, at low heat, pour all of the ingredients except pistachios. Stir constantly until chocolate has almost melted.

Turn off heat and continue stirring until chocolate is completely melted. Add pistachios and pour evenly onto prepared pan. Let cool until set. Remove fudge from pan and peel off the foil paper. Cut fudge into small squares.

Nutrition facts per serving: Calories 186; Total Fat 10g; Saturated Fat 6g; Cholesterol 11mg; Sodium 35mg; Carbohydrates: 22g; Dietary Fiber 0; Sugar 21.5g; Protein 3g;

Diabetic Exchange: 1.5 carbohydrate exchanges, 2 fat exchange

Raspberry and Strawberry Tiramisu



Ingredients Yields 8 servings

- 8-ounce package mascarpone cheese, at room temperature
- 3/4- 1 cup powdered sugar
- 2 1/2 cup heavy cream
- 1 1/2 cup strong coffee, at room temperature
- 1/4 cup raspberry liqueur, optional
- 1 1/2 cups fresh organic strawberries, stemmed and sliced
- 1 1/2 cups fresh or frozen organic raspberries, I used frozen. Make sure they are thawed and drained
- 24-28 ladyfingers
- 2 tsp unsweetened cocoa powder

Method

In large bowl, beat heavy cream until soft peaks form. Add powdered sugar and continue to beat until firm. Add cheese and combine until well blended. Add liquor and beat at low until combine. Gradually fold in raspberries.

In small bowl, place the coffee. In a 8 x 9-inch glass baking dish, or any rectangular baking dish really, place enough ladyfingers, previously soaked in coffee, to cover bottom.

Layer half of the strawberries over the lady fingers. Top with half of the cheese mixture and repeat lady finger and strawberry layers followed by another cheese layer. Finish sifting cocoa powder over the top.

Refrigerate tiramisu and for at least 4-6 hours.

Nutrition facts per serving: Calories 465; Total Fat 30g; Saturated Fat 17g; Cholesterol 161mg; Sodium 665mg; Carbohydrates: 38g; Dietary Fiber 2.0; Sugar 20g; Protein 7g;

Diabetic Exchange: 2.5 carbohydrate exchanges, 6 fat exchange

Cheesecake Flan



Ingredients Yields 8 servings

- 1 14oz can sweetened condensed milk, I found this organic at Trader Joes'
- 1 13oz can 1% evaporated milk
- 3 eggs, I always use organic
- 8 oz reduced fat cream cheese, at room temperature
- 2 teaspoons vanilla extract

For the caramel

- 2 cups sugar
- 1/4 cup water

Method

For the caramel, combine the sugar and water in a medium saucepan and stir just to moisten the sugar. Place over medium heat and bring to a simmer. Reduce the heat and simmer about 10-15 minutes without stirring, until the sugar has melted and caramelized and is medium amber in color.

Immediately pour the caramel into the bottom of the baking pan to coat the bottom. (I used an 8 inch pampered chef pie dish but you can use a 9 inch round baking pan as well)

Preheat oven to 325°F.

In a bowl, using an electric mixer beat the cream cheese with the eggs. Add the condensed milk, evaporated milk, and vanilla extract and continue to beat together until everything is well incorporated. Pour the custard over the caramel into the baking dish.

It will need to bake in a water bath in the oven. Set the baking dish into a large baking pan with tall sides and pour water around the flan baking dish to come 2/3 the way up the sides.

Bake for about 1 hour and 30 minutes (I baked mine for 1 hour and 40 minutes) until the flan is set and the center only jiggles a little bit. Remove flan from the oven and water bath and let cool. Chill in refrigerator for at least 8 hours.

To serve turn the flan out onto a flat serving platter and cut into slices. Store in the fridge for up to 2-3 days.

Nutrition facts per serving: Calories 514; Total Fat 16g; Saturated Fat 9.5g; Cholesterol 115mg; Sodium 277mg; Carbohydrates: 83.5g; Dietary Fiber 0; Sugar 284g; Protein 12g;

Diabetic Exchange: 5.5 carbohydrate exchanges, 3 fat exchange

Cinnamon Caramel Sauce



Ingredients Yields 6 servings

- 1 1/2 cups sugar
- 1/3 cup water
- 1 cup heavy cream, an extra 1/4 cup if you like it runny, I like it thick
- 1 1/2 tsp pure vanilla extract, I put slightly more
- 1/2 tsp ground cinnamon, this can be omitted if you just want the vanilla flavor

Method

Mix the water and sugar in a medium saucepan.

Cook over low heat for 5 to 8 minutes, until the sugar dissolves. Do not stir.

Increase the heat to medium and boil uncovered until the sugar turns a warm amber brown, about 5 to 7 minutes, gently swirling the pan to stir the mixture. (Watch the mixture very carefully at the end, right before when starts turning color because the caramel will burn very quickly)

Turn off the heat. Stand back to avoid splattering and slowly add the cream, vanilla, and cinnamon. Simmer over low heat, whisking constantly until the caramel dissolves and the sauce is smooth, about 2-3 minutes, I use a whisk to do this. Allow to cool at room temperature. It will thicken as it sits.

TIP: Store in the fridge on an air tight container until ready to use. This recipe makes quite a thick caramel, which is what I like, if you want it a bit more runny use an extra 1/4 cup of heavy cream in the recipe.

Nutrition facts per serving: Calories 249; Total Fat 7.4g; Saturated Fat 4.5g; Cholesterol 27mg; Sodium 8mg; Carbohydrates: 49g; Dietary Fiber 0; Sugar 48g; Protein 0.5g;

Diabetic Exchange: 3.5 carbohydrate exchanges, 1.5 fat exchange

Dark Chocolate and Rum Raisin Truffles



Ingredients Yields 30 truffles

- 1/2 cup heavy cream
- 12 oz chocolate chips, bag dark chocolate, semi sweet, or milk chocolate chips
- 1/4 cup rum
- 1/2 cup raisins
- 1 Tbsp of butter

Coating:

- 1 cup walnuts, chopped (you can use cocoa powder or shredded unsweetened coconut)

Method

In a bowl place the raisins and rum and let it sit at room temperature for 30 minutes.

Place the raisins and rum in the bowl of a mini food processor and process until the raisins are finely minced.

Heat the heavy cream and pour hot cream over chocolate and butter. Let it sit for 30 seconds and then whisk until chocolate is melted. (If you find that the chocolate doesn't melt place bowl over a double boiler until it does, I sometimes have to do this :-)

Stir in the raisin mixture and store it in the fridge until soft enough to roll.

With a spoon take small pieces of the chocolate mixture and roll them round. Deep the truffles in the chopped walnuts and store in the fridge until time to serve.

Before serving let the truffles sit at room temperature for about 30 minutes.

Nutrition facts per serving: Calories 108; Total Fat 7g; Saturated Fat 3.2g; Cholesterol 6mg; Sodium 13mg; Carbohydrates: 9g; Dietary Fiber 1g; Sugar 7.2g; Protein 2g;

Diabetic Exchange: 1 carbohydrate exchanges, 1 fat exchange

Whole Grain Baked Donuts



Ingredients Yields 10 donuts

- 1 cup whole wheat pastry flour
- 3/4 cups oat flour
- 1/4 cup sugar
- 2 eggs
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup soy milk
- 1/2 cup organic strawberry puree
- 2 Tbsp olive oil
- 1 tsp strawberry, raspberry or vanilla extract

Glaze

- 1-2 Tbsp strawberry puree
- 1/2 cup confectioner sugar

Method

Preheat oven to 325°F. Prepare pan by spraying donut pan with cooking oil and dusting with flour.

In a bowl, whisk eggs, milk, sugar, strawberry puree, extract, and oil. Add flours, baking powder and baking soda. Whisk until combined. Fill each donut hole $\frac{3}{4}$ full.

Bake for 17-20 minutes. Cool for about 10-20 minutes and remove from pan to a wire rack to cool completely.

Mix glaze ingredients and dip each donut. Let it set and serve.

Tip: Make sure you grease the pan all over specially in the middle round donut piece otherwise they will stick when getting them out of the pan, probably breaking apart in the process.

Nutrition facts per serving: Calories 160; Total Fat 4.5g; Saturated Fat 1g; Cholesterol 33mg; Sodium 82mg; Carbohydrates: 26g; Dietary Fiber 2g; Sugar 6g; Protein 4g;

Diabetic Exchange: 2 carbohydrate exchanges, 1 fat exchange