

**Diabetic-Friendly Desserts & More!**  
**Rocky Mount Lifestyle Health Center**  
**Rocky Mount, VA 24151**  
**December 8, 2014**

**Creamy Spinach Dip**

1½ cups cooked or canned cannellini beans, rinsed and drained  
¼ cup water (if needed for desired consistency)  
2 pounds spinach, chopped and steamed, or 1 package (8-10 ounces) frozen chopped spinach thawed and drained  
½ cup salsa  
\*1 tsp all-purpose seasoning  
½ tsp Herbamare  
½ tsp salt or more to taste  
1 Tbl. lemon juice (fresh squeezed if possible)

Mash beans and water together using a potato masher. Alternatively, process them in a food processor or blender until smooth. Stir in remaining ingredients and refrigerate 1 hour before serving.

**\*All Purpose Seasoning**

1 Tablespoon salt  
1 ½ teaspoon garlic powder  
1 ½ teaspoon onion powder  
1 ¼ teaspoon dried thyme  
¾ teaspoon dried oregano  
½ teaspoon ground bay leaves

**Strawberry Ice Cream**

1 can coconut milk  
1 cup raw cashews, rinsed  
¼ teaspoon salt  
½ teaspoon stevia powder  
4 cups frozen strawberries  
3 tablespoons turbinado sugar

1. Blend coconut milk, cashews, salt and stevia until smooth.
2. At one time, add strawberries and blend until smooth, using tamper or using spatula very carefully.

## Triple Berry Sauce

Makes 3½ cups  
(14 ¼-cup servings)

*Great for waffles, rice or tapioca pudding, tofu cheesecake, etc. Even good on hot cereal.*

¾ cup white grape raspberry juice conc.

1¾ cups water

1 teaspoon stevia powder

¼ cup cornstarch

3 cups frozen mixed berries

1. Dissolve cornstarch in ½ cup of the water.
2. Heat juice and remaining water in saucepan until boiling.
3. Add cornstarch mixture and stir over medium-high heat until thickened.
4. Add frozen fruit, stir until heated and remove from heat.

## Indian Lentil Soup

Makes 8 cups

1 cup red lentils

5 cups water

1 clove garlic, crushed

1 tbsp. extra-virgin olive oil

1 cup chopped onion

1/2 cup thinly sliced celery

1 cup finely diced carrots

1 1/2 Tbsp tomato paste (optional)

1 bay leaf

1/8 tsp chili powder

1 1/2 tsp salt

1 1/2 cups canned whole crushed tomatoes

Combine the lentils, water, garlic, olive oil, onion, celery and carrots in a large saucepan, and bring to a boil. Cover, reduce the heat, and simmer, stirring occasionally, for about 1 hour. Add the remaining ingredients and simmer for 10 minutes.

Original recipe calls for 1/2 cup chopped fresh parsley to be added just before serving.

Adapted from The 30 Day Diabetes Miracle Cookbook

## Flaky Pie Crust

1 1/8 cups whole wheat flour  
1/3 cup unbleached flour (or gf flour mix)  
1/4 teaspoon salt  
1/3 cup coconut oil, softened  
1/3-1/2 cup cold water

1. Mix the flours and the salt in a medium bowl or food processor. Add coconut oil and mix until like a fine meal.
2. Add water gradually and process until well mixed.
3. With your hands, press dough into a small ball. Place ball between two sheets of waxed paper. Dampen the tabletop to prevent the dough from slipping and roll it out for pie crust or tart shells.
4. For baked pie shell, bake at 350° for 20 minutes; for tarts, bake for 15 minutes.

## Sweet Potato Pecan Pie

Yield:10 servings

2 cups cooked sweet potatoes, mashed (baked is best)  
1/4 cup maple syrup or honey  
1 tablespoon molasses  
2 teaspoons stevia powder  
3/4 cup fresh, extra-firm tofu  
2 tablespoons light olive oil  
2 teaspoons vanilla extract  
1/2 teaspoon coriander  
1/2 teaspoon salt  
1 tablespoon cornstarch dissolved in 2 T. water

9" whole grain pie shell  
1 cup pecan halves  
an additional 1 tablespoon maple syrup  
an additional dash of salt

1. Purée sweet potatoes in food processor.
2. Add remaining filling ingredients and process until smooth.
3. Count 38 pecan halves and place in medium-sized bowl. Break remaining pecans into pieces and add to bowl. Add maple syrup and salt. Stir to coat. Set aside.
4. Bake pie shell for 10 minutes. Pour filling into the pie shell and spread evenly.
5. Arrange pecan halves on pie in an arrangement that will make it easy to slice. Sprinkle the remaining pecan pieces between the halves to cover the filling.
6. Bake for 35 minutes at 350°; reduce temperature to 250° and bake for an additional 10 minutes.
7. Allow to cool and serve the same day in order for pecans to be crisp.

## Carrot Cupcakes

Makes 8 cupcakes

1¼ cups whole wheat flour or gluten-free flour mix  
¾ teaspoon stevia powder  
½ teaspoon salt  
2 tablespoons Ener-G baking powder OR 1 tablespoon Rumford baking powder  
½ teaspoon coriander  
½ cup crushed pineapple, with juice  
¼ cup light olive oil  
¼ cup Sucanat or turbinado sugar  
¼ cup soymilk  
1 teaspoon vanilla extract  
1 cup grated carrots  
½ cup chopped dates  
½ cup chopped walnuts

1. Preheat oven to 400°.
2. Combine flour, stevia powder, salt, baking powder and coriander in a small mixing bowl. Stir with a whisk to mix and set aside.
3. Combine remaining ingredients in a large mixing bowl and mix well.
4. Fold flour mixture into wet ingredients, mixing well but being careful not to stir out bubbles.
5. Form muffins in oil-sprayed or paper-lined muffin tin with ice cream scoop.
6. Bake for 5 minutes at 400° then reduce temperature to 350° and bake 30 more minutes or until lightly browned.
7. Cool and frost with Cashew Frosting if desired.

## Cashew Frosting

Makes 24 Tablespoons

1 cup rinsed cashew pieces  
2 tablespoons honey or maple syrup  
½ teaspoon stevia powder  
½ teaspoon vanilla extract  
pinch of salt  
½ cup water

Place all ingredients in blender and blend until smooth.

## Holiday Rice Pudding

Makes ten ½-cup servings.

13.5 can coconut milk  
1 cup vanilla soymilk  
2 tablespoons maple syrup  
½ teaspoon stevia powder  
2 tablespoons cornstarch

2 teaspoons vanilla extract  
1/8 teaspoon salt  
4 cups cooked brown rice  
1/3 cup dried cranberries

1. In a saucepan, heat all ingredients, except rice and cranberries, over medium heat stirring constantly until thickened.
2. Add rice and cranberries and mix well.
3. Serve warm or chilled.

## Smart Cookies

Makes 18 cookies

2½ cups English walnuts  
½ cup honey  
1 tablespoon light olive oil  
2 teaspoons vanilla extract  
1 teaspoon stevia powder  
¾ teaspoon salt  
¼ cup flaxseed meal  
1/3 cup brown rice flour  
1/3 cup raisins or carob chips

1. Preheat oven to 350°.
2. Grind 1½ cups of the walnuts in a blender or food processor, leaving some coarsely ground. Pour into a mixing bowl.
3. Blend remaining 1 cup of walnuts with honey, vanilla extract, oil, stevia and salt in blender. Mixture should be smooth and creamy.
4. Add blended mixture to the ground walnuts. Add remaining ingredients and mix well.
5. Form cookies using a small scoop or spoon. Flatten somewhat as the cookies do not spread when baking.
6. Bake for 12 minutes or until nicely browned.