

# Diabetes Superfood Snacks & Desserts Recipes!

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# INTRODUCTION

**Yes, You Can Eat to Reverse Diabetes with These Delicious Recipes!**



## Quick and Easy Recipes for Your Busy Life!

I am well aware that we are not all master chefs, nor do we have the time to spend hours preparing food, so I made these recipes to be quick and easy. We all like to eat healthy, great tasting food and delicious dishes with the least time and effort. So quick and easy is how these recipes were put together.

But, since everyone's tastes are different, feel free to change or 'tweak' the recipes as much as you want to taste the way you want them to taste. Often, that's half the fun of a new recipe—adapting it to the way you like best.

Growing up, I was fortunate to have parents who were 'foodies' before their time. We ate a large variety of foods from different ethnicities, and

I learned to love and enjoy healthy food. We also had a large garden that produced wonderful Midwestern United States produce like zucchini, green beans, baby lettuce, cucumbers, beets, carrots, tomatoes, peas, asparagus, sweet peppers and hot peppers and many different herbs like fresh basil, parsley, and dill.

The difference between eating a freshly picked tomato, still warm from the sunshine and eating one that came from a grocery store, grown in a hothouse is dramatic. They could be two totally different foods! And, while I never could stomach the canned spinach that was served with our school lunches, there was nothing more flavorful, sweet and full of nutrients as fresh picked sautéed spinach, sprinkled with some fresh lemon juice, butter, salt and pepper.

This is where I learned my love for real, fresh, and local foods. There simply is no comparison to foods grown on industrial farms, canned, frozen or otherwise processed, then shipped thousands of miles to show up on a grocery store shelf. This is what I want you to understand and learn about enjoying healthful, REAL food. It's absolutely amazing! And it feels good to your body to eat such powerful, nutrient-rich superfood too. This is how you heal or possibly reverse diabetes and many other health issues as well.

I want you to embrace healthy eating and think about food this way:

***What you eat either helps or harms your body. Let everything you put in your mouth be food or drink that promotes the most optimal health and has the most nutrition possible.***

Eating a healthy diet does not have to be boring or repetitive. While you may think making the change to a natural, clean way of eating leaves you with limited choices, in reality, there are an overwhelming amount of delicious healthy, choices. And as you move into healthier eating, you may find that your tastes gravitate towards REAL food as opposed to packaged, processed, sweetened foods that may have made up your diet prior to making these major life changes.



Eating for your health, and to maintain a healthy blood sugar balance can mean you get to really enjoy and eat satisfying and delicious foods!

We'll show you how to make quick and easy, healthy and delightful meals and snacks with this book!

The best way to do this is by following a diet similar to our ancestors, going even as far back as our Paleolithic ancestors. Rich, nutrient-dense foods like grass-fed, naturally raised meats, wild caught fishes, raw dairy, and plenty of healthy, satisfying fats like grass fed butter, extra virgin olive oil, avocados, nuts, nut butters and extra virgin coconut oil can even be part of your delicious anti-aging nutrition plan.

The best diet consists of fresh, unprocessed foods with ingredients you can recognize; raised or grown as naturally as possible.

This is a 'REAL food' diet. REAL food that is REALLY good for your body and your mind.

We are going to eliminate those fake, processed "diet" convenience foods: frozen, packaged, processed "weight loss" dinners, artificial sweeteners, sugar-laden yogurt, processed 'energy bars', soy products, fake meat products (usually made with processed soy), diet shakes, and more. These items are not real food! This is artificial food that is fooling you and your body, and adversely affecting your hormones and internal biochemistry. This food usually ends up making you addicted to it—making you gain weight, and ruining your health!

Real food usually contains just **one ingredient**, or it can be combination of one-ingredient foods—foods you can easily identify. The way nature made it. But while these natural foods contain only one ingredient, they are actually jam-packed with tens of thousands of vital nutrients your body needs and craves. And when you feed your body what it really craves--real nutrition—your cravings for junk food go away. You feel satisfied. And your good health returns!

You will notice that when you eat this way, you actually have more energy and feel great. Many of your chronic health problems may totally disappear—including diabetes and more.

You will look younger. You will feel younger. And you will be younger, physiologically and biologically.

Consider this: You may think you are eating nutritious foods when you eat whole wheat bread, pasta, whole grain crackers, etc. Even “whole grain” foods are high glycemic carbohydrates, and they cause your blood sugar to go up. These so-called ‘complex’ carbohydrates just release their sugar into your body more slowly than refined carbohydrates, but in the end, all these carbohydrates are just the same in your body—**sugar**.

High glycemic foods that raise your blood sugar can lead to diabetes and pre-diabetes, and also the formation of AGE’s (advanced glycation end products) inside your body, contributing to inflammation, oxidation, chronic disease and accelerated aging.

Each recipe in this book is not only very nutritious, but the recipes mostly contain foods that are virtual ‘superfoods’. Superfoods are those foods that contain the highest concentrations of anti-aging vitamins, minerals, anti-inflammatory ingredients, antioxidants and other nutrients such as ‘phytochemicals’ that make them, bite for bite, the most nutritious foods you can possibly eat.

These spectacular foods, spices and herbs are almost medicinal in their ability to reverse your diabetes, balance and maintain stable blood sugar, but also to:

- burn fat
- increase muscle
- keep you looking and feeling young
- strengthen the immune system

- fight cancer
- help mental concentration and mood
- make your heart healthy
- help you to breathe better
- sleep more restfully
- see better
- and feel great—all over!

This is NOT dieting, this is a healthy, lean lifestyle with delicious recipes for meals and snacks you can eat day after day, and never feel deprived, or that you are missing out on delicious, satisfying food. This is delicious, satisfying food.

***Healthy Food is Your Weapon to Fight and Reverse Disease, Lose Weight, Conquer Your Cravings, Improve Your Moods, and Bring You to Optimal Health.***

You probably already know about the amazing health benefits of antioxidant-rich foods in your diet. Antioxidants contain free-radical fighting phytochemicals that not only help you look and feel younger, but they are incredibly protective of your overall health as well.

In fact, it is thought one of the primary factors in developing disease has to do with a lack of important nutrients and a depletion of the powerful antioxidants that help fight disease and imbalance in the body.

Included in this book are tons of antioxidant-rich, nutrient dense foods like brightly colored vegetables, nuts, seeds, squash, beans, dark chocolate, naturally-raised meats and plenty of herbs and spices, all combined in new and exciting ways that you will love.

There are literally ***thousands*** of other beneficial 'phytochemicals' (plant-based, health-boosting natural chemical compounds), that help to



reverse diabetes, burn fat and give you more energy, and fight off other diseases like heart disease, kidney disease, nerve disease and diseases that affect your eyes. What's more, they contribute to your health in an infinite number of ways.

These recipes contain combinations of the best REAL one-ingredient foods, herbs and spices to make the most delicious meals and snacks you have ever had. Everything is low-glycemic and excellent to help balance and maintain a low blood sugar level.

I have included important information about one or more of the main ingredients, in each recipe, so you will know exactly what these super-powered ingredients can do for your health!

Rest assured that every bite of every recipe is packed with the healthiest diabetes-reversing nutrition, metabolism-boosting, fat burning energy, and good for you in a hundred different ways. And what's more—they are absolutely delicious!

Enjoy creating these wonderful dishes and share them with loved ones, friends, and family! After all, good food is meant to be shared with good company!

## A Few Words About Food Allergies, from Catherine

**Recipes are: Gluten free, corn free, dairy free, soy free and many are also nut/peanut free recipes**

I have some of the most common food allergies—and some of those can be pretty serious. I have learned how to adapt most recipes to be free of the above allergens—which by the way, are some of the most common food allergies.

I also think that avoiding wheat, corn, and soy is a healthy dietary choice for many of the reasons I outlined in the Diabetes Fix book. They are often genetically modified, over processed, and are highly inflammatory to most everyone—allergies or not. These foods are in no way necessary in the human diet and often contain 'anti-nutrients' instead of adding real nutrition.

Gluten is a substance that is part of wheat, barley, and rye grains and can often cause stomach upset, bloating, gas, nutritional deficiencies, and chronic inflammation, and contribute to blood sugar increases. Even if you do not have full-blown celiac disease, you may still be sensitive to the gluten in grains, and some sources estimate that almost a third of the population has some degree of gluten sensitivity. My personal take on this is if you have some type of gluten sensitivity, you most likely have a form of celiac disease. I think gluten in general, should just be avoided.

The other important thing about avoiding gluten is that if you have any kind of sensitivity, gluten contributes to inflammation. Increased inflammation can lead to increased risk of disease, including diabetes.

Many people do not even realize they have sensitivity to gluten, but often find they lose weight, have more stable blood sugar, digest food better, sleep better, poop better, and even feel more emotionally stable and happy, as soon as gluten is removed from their diets.

Corn is to be avoided as well. Corn is almost always genetically modified, and also contains its own natural toxins and nutrient-

blocking ingredients (anti-nutrients). Corn can quickly cause a rise in blood sugar, and most definitely causes weight gain—and is a big contributor to diabetes. Countries and cultures that use large amounts of corn in their diets generally have high numbers of obesity and diabetes.

Corn is also a very irritating allergen, and is one of the most common food allergies. Beware the many disguised ways corn is added to prepared foods. Often it is in the form of corn syrup or high fructose corn syrup, but can also be corn starch, modified food starch, dextrose, maize, corn flour and more. The most commonly used form of corn in the form of corn syrup or high fructose corn syrup is a known contributor to diabetes, obesity, fatty liver disease, chronic inflammation, high blood pressure, and heart disease. About 80-85% of packaged food and drinks usually contain corn in some form or another. Take a look around your grocery store and see what I mean!

Soy is another crop is most often genetically modified, full of toxic and nutrient blocking substances—and hormone-disrupting phytochemicals. Soy's phytoestrogens and xenoestrogens will screw up your own natural hormone balance, and even cause some men to start developing hormonal problems such as "man boobs", low testosterone, impotence and more.

Soy blocks thyroid function, which causes hypothyroid (low thyroid) symptoms, including weight gain and fatigue.

And soy contains anti-nutrients that actually block the body's ability to use important nutrients like zinc, calcium, magnesium and iron, leaving you with serious deficiencies.

And—all of the above grains and soy are doused with the chemical glyphosate causing serious health issues, including an increased risk of disease, loss of your protective bacterial biome in your gut, inflammation, increased risk of cancer and increased risk of allergies.



What about dairy products?

Personally, I am allergic to pasteurized, processed dairy products, as are many other people. Pasteurized dairy is one of the most common food sensitivities or allergies, even though some people may be eating or drinking it every day and not know they have an intolerance to it. This is more than lactose intolerance, which a certain degree of the population has—this is more of a true allergic reaction to the protein molecule of dairy.



Vital nutrients, are destroyed when milk is pasteurized, and that white liquid you are buying from the grocery store is loaded with growth hormones, antibiotics (and pus!) and not the nutritious, wholesome food you thought it was. (Read the chapter I wrote on milk in [The Fat Burning Kitchen](#)).

Raw, unpasteurized, grass-fed dairy is better if you are going to eat dairy products. Many people who have an intolerance to pasteurized dairy do not have the same digestive issues with raw dairy. The heat from pasteurization changes the protein molecule of milk, and it then becomes more difficult to digest. However, raw dairy from a clean, local grass-fed dairy is safer and cleaner and easier to digest than the pasteurized products you see on your grocery store shelves.

Raw WHOLE dairy also contains a very important type of fat-burning, health-protective fat called CLA, or conjugated linoleic acid. And if it's grass fed milk, you get up to five times as much of this healthy fat-burning fat, along with more omega 3 fats, and a very important vitamin, vitamin K2, which cannot be found in anything other than the milk of grass fed animals. Vitamin K2 is actually vital to get calcium into bones and teeth where it is needed.

**Mike's Note:** You're probably aware of the controversy in recent years about raw milk. The government tries to vilify raw milk and claim that it

is “dangerous”, despite humans using this nutritious food source for thousands of years, and the fact that milk from grass-fed cows is generally MUCH safer and healthier than grain-fed milk. On a personal note, I’ve been drinking raw milk for over 10 years, and my family and I have NEVER once gotten sick, despite the government claiming it’s “dangerous”. If you eat dairy at all, ultimately, it’s up to you to research and decide for yourself if you want to go the nutritious route of raw milk vs conventional pasteurized milk at most stores. Go to [realmilk.com](http://realmilk.com) to see more info about raw milk and also find locations to obtain it.

***Most of these recipes are dairy-free or dairy optional, so if you avoid dairy, you will still be able to enjoy all the great-tasting dishes, without missing a thing!***

# What You Need to Know About Herbs and Spices



Don't be intimidated when you see lots of ingredients in a recipe--most of the time, many of those ingredients are just herbs and spices. While many of these seasonings are optional, I recommend that you add as much as you can--as often as you can!

Every time you flavor your meals with herbs or spices you supercharge your food without adding a single calorie! You can transform ordinary and bland dishes into something delicious and exciting, simply by adding herbs and spices.

Herbs and spices contain ingredients that are as powerful as many medicines used to treat diabetes. And they are natural, so there's less chance of adverse reactions to herbs and spices.

Herbs and spices contain some of the most potent antioxidants of any foods! In fact, many herbs and spices rank even higher in antioxidant activity than fruits and vegetables! Combined with other foods, they actually boost the natural antioxidant and anti-inflammatory power of the food exponentially!



**Many spices and herbs actually have medicinal value-** Scientific studies show that herbs and spices can actually work as well or better than some medications for certain health issues—including diabetes.

One study of people with Type 2 Diabetes found that as little as two teaspoons of cinnamon a day would significantly reduce blood sugar levels—almost as well as insulin—and also lowered LDL cholesterol and triglyceride levels.

Researchers found that the active ingredient in turmeric (curcumin) is effective at slowing or stopping the harmful inflammation that is associated with diabetes. And curcumin has also been proven as effective as ibuprofen for treating pain and inflammation.

Researchers at Penn State reported that adding two tablespoons of a spice mixture (rosemary, oregano, cinnamon, turmeric, black pepper, cloves and garlic) to meals cut triglycerides by as much as 30%.

Cumin seeds also have a unique ability to keep blood glucose in check. Researchers compared the effects of cumin and a commonly used diabetic drug and found that the cumin worked as well as the diabetic drug regulating insulin and glycogen, and worked even better at protecting the kidneys and pancreas.

Herbs and spices are **thermogenic**, which means they naturally help to increase metabolism, partly because they are so nutrient-dense. Some spices are also good at regulating blood sugar and controlling insulin. When your blood sugar is well controlled, you are more likely to burn fat and store calories as excess weight.

*(Check with your physician to be sure they don't interfere with any medications you are taking—and always check with your doctor before you quit any of your current medications.)*

Here are some other health benefits of some of the most popular herbs and spices:

- Cayenne, coriander and cinnamon help to regulate insulin and burn fat.
- Cumin, turmeric, rosemary, basil and sage are anti-inflammatory
- Lemon grass, nutmeg, bay leaves and saffron have a calming effect.
- Turmeric fights inflammation, cancer and Alzheimer's disease.
- Oregano is anti-fungal, antibacterial.
- Garlic, mustard seed and chicory are excellent for the heart.
- Basil and thyme make your skin softer and smoother.
- Turmeric, garlic, basil, cinnamon, thyme, saffron, garlic and ginger boost the immune system and help fight infections.
- Coriander, rosemary, cayenne, allspice and black pepper help banish depression.



**These spices contain the *most* antioxidants and super-nutrients—use often and use liberally:**

- Turmeric
- Basil
- Cumin
- Cayenne and Red Pepper flakes

- Cloves
- Cinnamon or its cousin Cassia (often used instead of real cinnamon)
- Nutmeg
- Oregano
- Ginger
- Marjoram
- Sage
- Thyme

Enjoy, and spice up your life a bit!



### **Delicious, Satisfying Foods included in these Recipes:**

- **Grass Fed Beef**
- **Wild Caught Fish—especially salmon, sardines, cod and halibut**
- **Free Range Pastured Poultry**
- **Healthy Fats—coconut oil, grassfed butter, extra virgin olive oil, avocado oil, nuts**
- **Vegetables**
- **Avocados**
- **Nuts**
- **Berries—Cherries, Strawberries, Blueberries, Raspberries, Blackberries**
- **Unsweetened Coconut**

## **DELICIOUS RECIPES THAT RESET YOUR BODY AND BLOOD SUGAR**

These recipes have you eating plenty of satisfying, low glycemic, high quality proteins, healthy fats, fresh, organic vegetables, with a few delicious, low glycemic fruits.

What's more, these meals help to serve as a detox diet for your body from sugars, starches, chemicals, preservatives, and inflammatory foods, so that you can start to reset your metabolism.

This is where we will help you break the addictions to sugar and starchy foods. While this may seem a bit difficult at first, after about 3-5 days, you will find those unhealthy cravings start to go away. If you find you crave sugary or starchy foods, try these two things:

- Drink plenty of water—Often when you think you are hungry or have the munchies, you need to drink water. Drinking water also helps you feel more full and satisfied.
- Eat protein—Protein satisfies hunger without causing changes in blood sugar. In fact, it helps to stabilize blood sugar.

- Take magnesium. Magnesium deficiencies often make you crave chocolate or sweets.

If at all possible, prepare and eat most all of your meals from home. This way you can control what you eat. If you need to, pack a lunch or snacks for work or anytime you may be out, so that you will not get off track by eating out at restaurants with all the temptations available. Pack a small cooler for the car if you have a lot of errands or driving to do—this will keep you from being tempted by fast food restaurants when hunger strikes. Fill it up with healthy snacks and keep nuts on hand to snack on whenever the munchies strike you.

You may eat three satisfying meals full of protein, healthy fats, and lots of low glycemic, filling vegetables—as well as two healthy snacks—if you desire. You might be surprised to find out that as your blood sugar levels go down you will not be as hungry all the time.

Most vegetables, meat, fish, and healthy fats are naturally low glycemic. There are a few low-carb, low glycemic fruits that include raspberries, strawberries, blueberries, and blackberries, but generally you should avoid fruit until your blood sugar is under control.

Do your best to find grass-fed meat and wild-caught, naturally raised fish and chicken, and free-range, pastured eggs. While these types of protein may be harder to find, they contain more of the healthy, fat-burning, blood sugar stabilizing, anti-inflammatory Omega 3 fats, conjugated linoleic acid, and less of the toxins of regular factory farmed foods. Most farmers' markets and health food stores carry naturally raised meat, poultry and fish—as well as ample supplies of delicious, locally grown, nutrient-dense veggies!

This is a 'cold-turkey' approach—and while it may seem harsh—it is nearly impossible to 'cut back' on these foods. Cutting back on sugar is like telling an alcoholic to drink less. It just doesn't work. There is no 'eating in moderation' here. Food addictions are very similar to drug and alcohol addictions, and 'cutting back' only feeds your addiction, makes you crave it more, and makes it worse.

You can DO this!

The benefits of this diet go beyond lowering your blood sugar:

- The constant craving for carbs and sugar goes away.
- You lose weight quickly and without really trying. (6-10 lbs. on average)
- Your pancreas gets a much-needed rest from supplying insulin constantly.
- Your body resets itself and you begin to crave healthier foods.

*Again, be sure to let your doctor know you are starting on a low carb, low glycemic diet to naturally and safely lower your blood sugar.*

**Foods to omit until blood sugar is under control--**

- **All Grains and Gluten**
- **All Sugars and Foods Containing Sugars**
- **Dairy Products**
- **Processed, Packaged Foods**
- **Sweetened Beverages, Including (100%) Fruit Juices**
- **Starchy Vegetables**
- **Moderate to High Glycemic Fruits**

After the initial few days of adjustment, not only will your blood sugar start to level off, but your appetite will decrease and you will find these recipes to be very satisfying and delicious.

The other great thing you may notice about the Diabetes Fix diet is that you will lose weight effortlessly—often a significant amount in the first week or so!

Without the constant supply of glucose-producing foods, your body will learn to burn fat for energy, and will become very proficient at this over time.

Once your *fasting blood sugar* stabilizes under 100, (allow yourself 2 weeks—or more if necessary) you may advance to recipes with some complex carbohydrates, along with more varieties of fruit—along with more delicious desserts.

## **Vegetarian Recipes**

I am not a big fan of strictly vegan or vegetarian diets—I think our bodies need some complete protein/fats and the extra bioavailable nutrients that animal protein sources provide. However, I do think that a diet that is about 75% plant based, vegetarian is very healthy—as long as you add in some animal proteins and healthy fats a few days a week.

If you are vegetarian or vegan because of personal beliefs, religious or cultural beliefs or for the environment, I have included a few vegetarian recipes for you as well.

By combining incomplete plant proteins with other foods—cheese, eggs or fish—you increase the protein availability in your diet. If you are a vegan, you must combine foods such as: legumes with grains and/or seeds to get the correct combination of amino acids necessary for your health.

BUT for one—this makes it hard to get complete protein this way; and two—most protein foods that vegans eat are grains and starches, leading to high blood sugar, and, three—vegans miss out on some vital nutrients: bioavailable iron, zinc, calcium, B12, healthy saturated fats, omega 3 fats, and bioavailable proteins. Many of use cannot break down plant foods into the usable nutrients our bodies need. A perfect example of this is iron. While iron is present in many plant-based

foods, our bodies need 'hemi-iron' which comes only from red meat. Lots of people (me included) cannot get the necessary iron any other way than to eat red meat, no matter how much spinach and kale I consume!

One other consideration—many legumes like soy, actually contain 'anti-nutrients' which block the body's ability to digest and break down nutrients. While many people have very legitimate reasons to become and stay vegetarian, it may be worth considering adding meat, fish, or eggs to your diet if you are having trouble keeping your blood sugar stable on a vegetarian diet.



***Don't forget to drink copious amounts of water or other non-sweetened beverages. Try these if you aren't good at just drinking plain water:***

- 1. Make your own flavored water with cut up cucumber, limes, lemons, oranges, strawberries, raspberries, mint, basil, etc. Cut up and allow to sit for a while to flavor water.***
- 2. Sparkling mineral water with or without fruit added***
- 3. Green or black tea, hot or on ice***
- 4. Herb tea, hot or on ice***

## SNACKS AND SWEET TREATS



One of the toughest things to do when you are trying to stick to a healthy low-glycemic diet is figuring out what to eat when you want a snack. Most of us don't want to have to fix some elaborate dish which requires a lot of preparation and ingredients, but we shouldn't resort to grabbing the nearest processed, unhealthy, fattening starchy or sugary snack in a bag or box either—just because it's easy.

Sometimes you just need a little 'something' to get you through the day, to fuel a hard workout, or take you through to the next meal. The key to snacks is keeping your blood sugar stable by eating a low-carb, low-glycemic snack, high in nutrition.

While I don't think it is necessary to eat 6 meals a day, as some weight loss experts will tell you, I do like a snack now and then to stop the 'hungries', especially if I have had an especially hard workout, busy day, missed a meal, etc. Be sure to include protein and a healthy fat, but avoid the carbs, starchy stuff or sugar, to keep blood sugar stable and in the fat burning zone. The best snacks are low glycemic—when you eat something higher up on the glycemic scale, you will not only spike up your blood sugar, but you will be hungry a short time later.



Try this delicious idea: mix together a couple of raw nut butters, add a touch of cinnamon and a drizzle of pure maple syrup. You can eat this alone or dip an organic sliced apple in it. It's delicious and satisfying and you don't need much to 'hit the spot'.

One of my favorite snacks is just a handful of nuts—my favorites are almonds, walnuts or pistachios. They are crunchy and filling and full of great nutrients. A small serving of nuts will give you over thirty vitamins, minerals and other super nutrients. Another favorite is an oldie but goodie—celery with peanut butter or nut butter. Avocado slices are good too. Try a halved avocado with a dollop of salsa.

Eating sweet desserts is definitely a habit to avoid, but occasionally, you may just want a LITTLE something sweet. Let me emphasize, "LITTLE". That's OK once in a while, as long as your blood sugar is under control. The best time to eat something sweet is after you have eaten a meal that has plenty of protein and fat in it. This way, any sugar or sweetener in the dessert is absorbed much more slowly into your system and is less likely to cause a spike in glucose. A small piece of organic, dark (70% or more cacao) chocolate, or a few berries is perfect.

An easy sweet treat for me in the evenings is just a cup of herb tea (either hot or over ice) with a touch of Stevia in it, and a few bites of deep dark, antioxidant rich chocolate hit the spot. The good news is, you don't have to totally fall off the wagon or let your blood sugar skyrocket out of control if you care to indulge in a little sweet treat now and then.

Here is a scrumptious collection of delicious, healthy desserts and snacks that are low-glycemic.

Moderation is very important here, so keep serving sizes small. As long as you don't get carried away, you still reap the benefits of a diabetes fighting diet, and get plenty of enjoyment along the way! Enjoy without guilt.

So, what to snack on? Well sometimes it's just a matter of thinking outside of the box to come up with a few great, satisfying ideas. Mike and I have compiled a list of some of our favorite healthy snacks. **Keep these around to help you avoid temptation.** The easy formula here with snacks is to combine a healthy type of protein and healthy fat (meat, eggs, raw cheese, nut butters, nuts, etc. with a high fiber fruit, vegetable or complex carbohydrate.

Try the quick and easy solutions listed below, or check out the next few pages for some other delicious, filling, low-glycemic, healthy snack ideas to make and keep on hand for when the munchies strike.

## 12 Low-Glycemic Snacks That Won't Blow Your Diet or Spike Your Blood Sugar

- Deviled eggs or just a plain hard-boiled egg with sea salt and pepper.
- Guacamole with raw cut-up veggies, or add mashed hard boiled egg yolks in with the guacamole and put the mixture into halved cooked egg whites like deviled eggs. This is a filling snack that doubles as a meal!
- Any kind of raw cheese (Whole Foods, Trader Joe's and many grocery stores are starting to sell quite a few) and a handful of raw almonds, walnuts, pistachios, etc.
- A couple hard boiled eggs with carrot and celery sticks and ¼ cup hummus (roasted red pepper hummus is my favorite, or try the cashew hummus!)
- Celery sticks with organic sunflower butter, peanut butter, cashew or almond butter.
- Avocado slices wrapped in (always get 'natural' without nitrites or nitrates) deli turkey breast, leftover chicken or turkey or natural beef jerky.

- Avocado slices with lemon juice, hot pepper flakes or hot sauce.
- A slice of natural deli turkey or ham, sardines or tuna, rolled up in lettuce, with a splash of Paleo mayo or hot sauce.
- A ½ cup of blueberries mixed with raw almonds.
- A ½ cup or less of hummus with cut-up raw veggies such as sliced red/yellow/orange peppers, sliced cucumbers, cauliflower, zucchini, etc.
- Tuna salad with celery sticks.
- Almond butter, cashew butter, sunflower butter or peanut butter on celery—one of my faves!

# Guacamole Deviled Eggs



These delicious eggs have guacamole as a healthy addition to the egg yolks. So, on top of all the glucose-lowering effects you get from eating the eggs and the yolk, you get the healthy fats, vitamins and minerals from the avocado as well.

The healthy fats and other nutrition you get from avocados help your body to maintain proper levels of hormones that help fight diabetes, fat loss and muscle building. This monounsaturated fat in also helps control insulin levels and gives your brain a signal that your hunger is satisfied, so you eat less.

Avocados contain plenty of oleic acid, a healthy fat that helps lower cholesterol and is helpful in preventing breast cancer and other cancers. One cup of avocado has about a quarter of your required daily amount of folate, or folic acid, a B vitamin that plays an essential role in making new cells by helping to produce DNA and RNA.

This filling low carb snack will keep your blood sugar low, satisfy your hunger and replenish and fuel your body with lean, fat burning nutrition.

These are fun to bring to a party too! Check these out—they are absolutely delicious!

## Ingredients

- 4-6 eggs, hard-boiled
- 1 avocado
- 1 clove minced garlic
- ¼ cup finely minced red onion
- 1 small roma or plum tomato, seeded and finely chopped
- 2-4 Tbsp chopped cilantro
- Frank's Redhot sauce or Tabasco, more or less to taste, depending on its hotness
- 1 tsp lemon or lime juice
- Cilantro, chopped
- Sea salt

## Directions

Peel hard-boiled eggs and cut in half length-wise. Gently pop out yolks into a small bowl with avocado, garlic, tomato, onion, hot sauce and lemon juice. Mash yolks and avocado mix together. Season with sea salt, and freshly ground black pepper to taste.

Refill cooked egg whites with the yolk/guacamole mixture, sprinkle with chopped cilantro. These are so filling they are a meal in itself. Try taking to the next party you go to—everyone will love this new twist on deviled eggs! Serves 4 or so.

# Baba Ghanouj



Baba Ghanouj, or baba ghanoush, is a puree of eggplant flavored with tahini (sesame seed paste), lemon juice, garlic and fresh herbs. It is also loaded with lots of anti-inflammatory and antioxidant ingredients that stabilize blood sugar and decrease insulin resistance. Use fresh sliced veggies like cucumber, carrots, red and green pepper and zucchini for crunchy, low glycemic dipping yumminess.

## Ingredients

- 1 large eggplant, halved lengthwise
- 3 Tbsp sesame tahini
- 2 or more garlic cloves, finely chopped
- ½ cup or more of fresh parsley, chopped
- 2-4 sliced green onions
- Juice of one fresh lemon
- 1-2 Tbsp extra virgin olive oil



- Sea salt to taste

## **Directions**

Preheat oven to 350 degrees F. Place eggplant cut side down on foil-lined baking sheet. Prick the skin all over with a fork and bake until soft and collapsed, about 30 minutes. Let cool. Scoop eggplant pulp in a bowl and discard skin. Add other ingredients, puree in a food processor, or hand mash with a fork or potato masher, drizzle with olive oil and serve with sliced veggies for dipping. Serves 4 or more.

## Black Bean Salsa



Black beans are rich in healthy fiber, which makes them a satisfying low glycemic snack, and they are full of a very potent antioxidant, anthocyanin—the same kind of antioxidants that grapes and blueberries are rich in! Of any bean, black beans contain by far the most antioxidants of any bean.

Beans also help stabilize blood sugar, and help prevent cancer, increase energy and fat burning metabolism, and are full of protein, vitamins and minerals.

You can purchase black beans already cooked in a can or boil your own from dry beans. Similar recipes often contain corn as an ingredient as well, but I don't recommend using corn as it is high glycemic, fattening and genetically modified.

This hearty salsa is also a great side dish to grass fed beef dishes like burgers, steaks and more. Or try seasoning a chicken breast with a little cumin and chili powder and serve on top of this. It's also great alongside your eggs in the morning!

Since beans are a low glycemic carbohydrate, limit your serving size, and avoid eating it with chips, crackers, etc.

## **Ingredients**

- 2 15oz/425 gm cans of black beans, drained and rinsed, or 3-4 cups cooked beans
- 1 ripe tomato, diced
- 1 red onion, diced
- 2 cloves garlic, minced
- Generous handful of fresh cilantro, chopped
- 1 small red, green or yellow bell pepper, chopped
- 1 small jalapeño, minced, ribs and seeds removed or hot pepper flakes
- Juice of 1 lemon or lime
- Sea salt and pepper to taste
- A pinch of cumin powder

## **Directions**

Combine all ingredients in glass bowl, mix and enjoy! Serves 4.

## Nutty Cashew Hummus



Nuts are an incredible low-glycemic, healthy fat, high protein snack, but many people avoid them because they think they are fattening. While I wouldn't touch the kind that come in a can from the grocery store loaded with cottonseed oil, soybean oil and salt, I do think nuts are one of the healthiest snacks you can have!

A recent study in the journal *Obesity* showed that people who eat nuts at least twice a week are much *less* likely to gain weight than those who almost never eat nuts. Just remember that nuts are calorically dense, so if you eat a ton of them, like anything else, they will be fattening—so just go easy on this delicious snack.

Most of the fat in cashews is from *oleic acid*, the same heart-healthy fat found in extra virgin olive oil. This monounsaturated fat helps reduce triglyceride levels and LDL cholesterol which are associated with heart disease.

Cashews contain an ample supply of copper and magnesium—necessary nutrients for bone, connective tissue, skin and hair. Copper helps keep blood vessels and joints flexible. Magnesium also helps calm the nerves, reduce muscle spasms, prevent migraines, lower

blood pressure, and reduce asthma. And one more added benefit—nuts help lower the risk of gallstones.

## **Ingredients**

- 1 cup of cashews, raw or naturally roasted without added fats
- ¼ cup tahini
- 2-3 garlic cloves, crushed
- 3 tablespoons of lemon juice
- 1 tsp cumin
- Sprinkle of cayenne pepper
- Sea salt
- Fresh parsley, chopped
- Fresh cut up veggies for dipping

## **Directions**

If using raw cashews, soak in water for at least three hours. Drain and rinse and place in food processor. Add remaining ingredients to food processor, puree until well blended. Add water, ¼ cup at a time, until desired thickness. Sprinkle the top with freshly chopped parsley before serving. Can be stored in covered container in the refrigerator. Serve with sliced fresh veggies. Serves 4.

For variations, keep the base recipe the same and add the following: olives, roasted red pepper, sun dried tomato.



# Tomato Tuna Bites



A delicious, super tasty and easy high protein, low glycemic snack that will satisfy your hunger without making your blood sugar go up. These are definitely their best in the summertime when you can find firm, ripe, delicious tomatoes, which as you know are full of antioxidants including lycopene.

The fresh basil contains volatile and most of the benefits of basil come from the fresh leaves. Basil contains cinnamamic acid, which enhances circulation, stabilizes blood sugar, and improves breathing. Basil is naturally anti-inflammatory. Many naturopathic physicians prescribe basil for diabetes, allergies, arthritis, and respiratory disorders like asthma.

The antioxidants in both the basil and the tomatoes work best when combined with a healthy fat, like the avocado oil mayonnaise in this recipe. Free radicals fight aging, cancer and protect you from the complications of diabetes.

This snack is easy to assemble, delightful to look at, and delicious to eat!



## **Ingredients**

- 2-4 medium or large sized Roma tomatoes, sliced thickly
- 1 Tbsp approximately of Paleo avocado oil mayonnaise
- Fresh basil leaves
- 1 can albacore tuna
- Sriracha sauce, to taste

## **Directions**

Slice tomatoes in thick slices, arrange on plate. Spread a small amount of mayo on

Tomatoes, top with fresh basil leaves (2-3 on each tomato slice), a spoonful of tuna, and dot with Sriracha sauce. Enjoy!

# Homemade Kale Chips with Tahini Dressing



These chips are delicious!! Better make a double batch, because they shrink when cooked and they go FAST!

Kale's cancer fighting benefits have recently been extended to at least five different types of cancer. These types include cancer of the bladder, breast, colon, ovary, and prostate. Isothiocyanates (ITCs) made from glucosinolates in kale play a primary role in achieving these risk-lowering benefits.

Kale is now recognized as providing comprehensive support for the body's detoxification system. New research has shown that the ITCs made from kale's glucosinolates can help regulate detox at a genetic level.

Researchers can now identify over 45 different flavonoids in kale. With kaempferol and quercetin heading the list, kale's flavonoids combine both antioxidant and anti-inflammatory benefits in way that gives kale a leading dietary role with respect to avoidance of chronic inflammation and oxidative stress.

And here's more to love about Kale--

**Kale is high in Vitamin C.** This is very helpful for your immune system, your metabolism and your hydration.

**Kale is high in calcium.** Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage and joint flexibility

**Kale is a great detox food.** Kale is filled with fiber and sulfur, both great for [detoxifying](#) your body and keeping your liver healthy.

## **Ingredients**

- 1 large bunch of kale, inner ribs removed
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- 4 tablespoons tahini
- 1 teaspoon nutritional yeast
- 1 teaspoon crushed red pepper flakes
- ½ teaspoon salt

## **Directions**

Preheat the oven to 200 degrees F (or plug in your dehydrator). Line a baking sheet with foil or parchment.

Wash and thoroughly dry the kale, then remove the leaves from the tough inner stem. Slice or rip into large pieces. Remember- they'll shrink as they dehydrate so don't go too small. Place in a large bowl.

In a small bowl, whisk together the remaining ingredients. Pour over the kale and coat each leaf thoroughly. It's messy, but the best way to do this is with your hands.

Spread the chips in a single layer on the baking sheet or in the dehydrator. The dehydrator should take approximately 8 hours. The oven will take up to an hour (start checking on them after 30 minutes. They're ready when the seasonings are completely dry and the kale is crispy.

# Tomato, Basil, Goat Cheese Snack



I love to cook and make up recipes, but my boyfriend is also clever and talented cook-so sometimes I just let him surprise me. This is what he made up of yummy things we had on hand. Gluten free, "Mary's gone Crackers", raw goat cheddar, fresh picked garden basil and fresh cherry tomatoes. A perfect, healthy and satisfying snack!

## Ingredients

- Mary's Gone Crackers crackers (gluten free, low carb)
- Raw cheese of your choice
- Fresh basil
- Cherry or small Roma tomatoes

## Directions

Layer and enjoy!

Glass of wine optional.



# Green Pea and Radish Guacamole



A Really different, refreshing way to eat guacamole. The addition of baby peas adds an unusual, fresh, sweeter taste to the guacamole. And the peas add a little more fiber as well as decreasing the calories in the guacamole. Try it for Cinco De Mayo—it's sure to become everyone's favorite!

## Ingredients

- 8 ounces frozen baby peas
- 1/2 large or 1 whole small avocado
- 4 Radishes, chopped
- 1 jalapeno pepper (seeded and de-ribbed for less hotness)
- 1-2 tablespoons extra virgin olive oil
- juice from a half of a lemon or lime,
- Sea salt, to taste
- fresh ground black pepper

- 1/4 tsp cumin
- 2 Tsbs chopped cilantro
- 1 garlic clove, minced
- 1 Roma tomato, diced
- 1/4 cup to 1/2 cup minced red onion
- 2 Tbsp of plain Greek yogurt if desired for a creamier texture

## **Directions**

Combine all ingredients in a food processor and 'chop' until combined. Does not need to be well blended, can be chunky. Enjoy with chips or better yet, slice up some cucumber, zucchini, and red and yellow sweet bell peppers for an awesome dip.



# Pumpkin Protein Pudding Bowl



I love pumpkin-any time of the year! And it can be used in so many dishes and drinks. You can enjoy its rich yummy goodness in a myriad of ways.

If you like pumpkin pie, you'll love this nutrient-dense, antioxidant-rich, protein-packed smoothie!

Pumpkins are a rich source of beta carotene and vitamin A, vitamin C, magnesium, potassium, zinc, and fiber which benefit your eyes, skin, immune system, bones, digestion, and heart health. It is also rich in anti-inflammatory compounds, and contains l-tryptophan, which helps you sleep and feel calmer.

The fiber in pumpkin fills you up without adding tons of calories (unless you're eating pumpkin pie!) I added ginger, which is a monstrously powerful anti-inflammatory, so if you have stiff joints or sore muscles, this is a great addition.

Enjoy this rich creamy, satisfying treat!

## Ingredients

- 1/2 small can organic pumpkin
- 1-2 teaspoons pumpkin pie spice
- 1 cup coconut milk (you can use the kind that comes in a can, or the milk that comes in a carton)
- 1 teaspoon real vanilla
- 1 banana
- 2 scoops of grass fed/cold processed vanilla whey ([I use this kind](#))
- several chunks of uncrystalized ginger ([this kind from Trader Joe's is great](#)-not a lot of sugar)
- a few ice cubes

## Directions

Blend until smooth and enjoy this in a bowl with nuts, cinnamon and a drizzle of maple syrup until thick like pudding. If you wish, add more milk/water till it becomes a creamy smoothie that tastes like pumpkin pie.

## Nutty Energy Balls



These nutty morsels not only fill you up with healthy, super-powered nutrients, but they are low glycemic, and high in fiber, and do not raise your blood sugar—which means they provide you with a generous amount of fat burning energy. Try these before a workout, or as a sweet, satisfying treat for dessert. Every ingredient in these snacks is a virtual superfood, bursting with healthy, energizing, fat burning potential. But beware, they are very calorically dense, so one may be all you need!

The monounsaturated fats in the nuts are anti-inflammatory, good for your heart, and your blood vessels. The protein in nuts contains arginine, which is a precursor to nitric oxide in the body. This helps relax blood vessels, lowers blood pressure, and increases stamina and athletic performance. Nuts are also an excellent source of fiber, vitamins, and minerals, including: vitamin B6, folic acid, zinc, iron, selenium and magnesium.

The chia seeds in this recipe are loaded with omega 3 fats, and are extremely high in antioxidants—even more than blueberries! Chia provides complete protein, fiber and important nutrients—including

calcium, phosphorus, magnesium, manganese, copper, niacin, and zinc. All that in one tiny seed!

The medium-chain fatty acids in coconut oil are easy to digest, and are used instantly as energy. They also help thyroid function, increase your body's fat burning ability, and contain lauric acid, which is valued for healthy heart function, as well as its anti-microbial properties that fight parasites, bacteria and fungi in the body. Enjoy these either as a snack or a sweet treat.

## **Ingredients**

- 1 cup raw or roasted almond, cashew, peanut butter, or sunflower butter
- 1 Tbsp coconut oil
- 1 Tbsp minced fresh ginger
- 2 Tbsp chia seeds
- ¾ cup old fashioned oats
- 1 cup raisins, or dried (no sugar added) cranberries or goji berries
- ¼ cup unsweetened coconut
- 2 Tbsp raw honey or maple syrup
- Pinch of sea salt
- ½ tsp vanilla
- 2 scoops of cold processed protein powder

## **Directions**

Mix all ingredients in bowl.

1. Roll into 1" sized balls, or press about 3/4-inch thick on a plate or square pan. Refrigerate for about an hour or more. Cut into 2-inch squares.

Makes about 12 bars or balls.



## Coconut Almond Energy Bars



Here is my latest attempt at homemade energy bars. I don't like the 'store-bought' varieties, and the "Go Raw" bars I do buy are pretty expensive, so I made my own version, and they turned out great!

Well, here is another attempt at some good homemade energy bars. I don't generally like the 'store-bought' varieties-so many of them have too much sugar (in the form of rice syrup, extra fruit, corn syrup, etc.), soy protein, artificial ingredients, etc. The store variety bars I like best, "Go Raw" bars are pretty darn expensive, so I decided to make my own version of these.

These are full of nuts, a little bit of fruit for sweetness, a touch of salt and not baked, but dehydrated at a low oven temp overnight. This preserves the natural enzymes in the ingredients, plus helps the bars hold together with just the right amount of chewiness.

And they are gluten free, dairy free, corn free, soy free, grain free, and Paleo as well. This particular rendition actually tasted a lot like Clif bars-without the grain or other additives. If you'd like them to have some

extra sweetness, I'd suggest adding whole raisins—after you are done blending the mixture.

These bars are excellent fuel for a longer bike ride, run, hike, or busy day. They can be stuffed in your cycling jersey pocket without melting all over or taken along in a backpack for a hike.

The ingredients given are all approximate and do not have to be exact. Adjust ingredients until the right consistency is achieved.

## **Ingredients**

- 1/2 cup mixed nuts (I used raw almonds)
- 1/2 cup pumpkin seeds
- 1/3 cup raisins
- 5-6 dates
- 1/2 cup natural (no sugar added) peanut butter (I suggest Trader Joe's Valencia and flax seed peanut butter)
- 2-3 scoops of cold processed vanilla protein powder
- 1/2 raw apple
- 1/2 cup natural flaked or shredded coconut
- 2 Tbsp or so real Maple Syrup or Honey
- 1-2 tsp cinnamon
- Sea salt to taste
- 1/4 cup or so water

## **Directions**

In a food processor, add pumpkin seeds, nuts, raisins, and dates and mix. Add peanut butter, and other ingredients and mix until well blended. Add a small amount of water if mixture is too crumbly. Mixture should end up like thick cookie dough. If you'd like raisins, stir in after everything is mixed up.



Preheat oven to 160-175 degrees. Grease a cookie sheet lightly with butter, and drop cookie-sized spoonfuls on sheet. Smash down till about a half inch or less thick. Cook in oven all day or overnight—about 6-8 hours. Bars should be solid when done. Cool. Makes 12 or so, depending on size. Enjoy!!

# Mike's Lean-Body Chocolate Peanut Butter Fudge



Don't be afraid of the fat in the coconut milk. Coconut fat is mostly medium chain triglycerides (MCTs) that are quickly used for energy and less likely to be stored as fat. It also contains a special fat called lauric acid, which is extremely healthy and supports the immune system. Coconut fat is also very heart healthy and good for your cholesterol as long as it is not 'hydrogenated'.

The fats and protein in the nuts are also healthy and stabilize blood sugar, making you feel satisfied.

## Ingredients

- 3/4 cup organic canned unsweetened coconut milk (full-fat version)
- 1 bar (3-5 oz bar) baker's unsweetened chocolate - 100% cacao content (if you can't find 100% cacao bakers chocolate, look for at least 70-80% cocoa content)
- 4-5 tablespoons of peanut butter or your favorite nut butter (sunflower, almond, cashew, etc.)
- 3/4 cup raisins, dried (no sugar added) cranberries or goji berries
- 1/2 cup whole raw almonds or other nuts (optional)
- 1/4 cup raw chopped pecans (optional)
- 1 scoop, (about 25 gms) protein powder

- 3 Tbsp chia seeds, hemp seeds, and/or flax seeds (optional, but adds crazy amounts of vitamins, minerals, and antioxidants...plus a nutty taste)
- 2 Tbsp rice bran or ground flax seeds (usually only available at health food stores)
- 2 Tbsp whole oats or oat bran
- ½ tsp vanilla extract
- A little natural [stevia powder](#) to sweeten (add a small amount to your taste)
- A tsp of real maple syrup if you want a more "blended" sweetness flavor

## Directions

Start by adding the coconut milk (cans of organic coconut milk are available at most health food stores and possibly even your grocery store) and vanilla extract to a small saucepan on VERY low heat -- the lowest heat setting. Break up the extra dark chocolate bar into chunks and add into pot. Add the nut butters and the stevia, and continuously stir until it all melts together into a smooth mixture.

Then add the raisins, nuts, seeds, protein powder, oat bran, and rice bran and stir until fully blended. If the mixture becomes too thick or crumbly, just add a small amount more coconut milk. If the mixture seems too wet, keep in mind that it will solidify a good bit once it goes in the fridge.

Spoon/pour the fudge mixture onto some waxed paper in an 8"x 8" baking dish and place in the fridge until it cools and solidifies together (3-4 hours). Cut into squares once firm and place in a closed container or cover with foil in fridge to prevent it from drying out.

Enjoy small squares of this delicious healthy "super-food" fudge for dessert and for small snacks throughout the day. This is about as good as it gets for a healthy yet delicious treat!

Even though this is a healthier dessert idea that's lower in sugar and higher in nutrition than most sweet treats, keep in mind that it is still calorie dense, so keep your portions reasonable.

# Fresh Blackberry or Mixed Berry Tart



This fabulous fruit tart is bursting with some potent antioxidants, vitamins, minerals and fiber! Eating a variety of fresh berries is one of the best ways to fight aging and all the health issues that go with it, including diabetes and all its complications.

The high-powered antioxidants in the berries protect and smooth your skin and help prevent wrinkles, strengthen your immune system, and fight off cancer and heart disease. Antioxidants also speed up your metabolism, giving you more energy, and helping you burn fat as well!

Berries are a luscious, juicy, sweet treat that fill you up with their healthy fiber and help keep your blood sugar stable as well, meaning you stay in the fat burning zone, as well.

The crunch, nutty crust is low glycemic and grain free. Nuts are a far better choice than a regular pastry crust of starchy refined flours. And what's more, nuts are full of healthy monounsaturated fats such as *oleic* and *palmitoleic acids*, which help to lower LDL or "bad cholesterol" and increase HDL or "good cholesterol".

Nuts are also a rich source of B vitamins, vitamin E, and minerals including: manganese, potassium, calcium, iron, magnesium, zinc, fluoride and selenium.

## Ingredients for Crust

- 1 ¾ cups raw almonds, walnuts or pecans
- 1 Tbsp coconut oil or grass fed butter
- 5 fresh dates, pitted
- Pinch of nutmeg
- 2 tsp of cinnamon
- Pinch of sea salt
- 1-2 Tbsp raw honey (just enough so that dough will stick together)

## Directions for Crust

Finely chop the nuts in a food processor. Add the oil, dates, and spices. Blend together until fine and crumbly. Transfer mixture to a mixing bowl, add honey, and mix to form a dough ball. Add more honey, if needed, so that mixture sticks together.

Grease a 9" pie pan with coconut oil or grass fed butter, and spread the dough into the bottom of the pan. Bake at 350 degrees F for about 10-12 minutes, until the edges are just beginning to brown.

## Ingredients for Filling

- 4-5 cups (around 1 quart) fresh or frozen organic blackberries, cherries, blueberries, strawberries, or raspberries (any combination is great)
- 1 Tbsp honey or maple syrup
- 1 ½ Tbsp arrowroot
- 2 Tbsp water

## Directions for Filling

If you are using frozen berries make sure they are completely thawed, so they do not get too juicy and dilute the filling. Add 2 cups of the berries along with the arrowroot in a blender. Add 2 Tbsp water or

berry juice. Blend into a puree. Cook puree in small saucepan with honey over medium heat, stirring constantly for about 3-4 minutes. It will become clear as it thickens.

Remove from heat and cool slightly. Add remainder of berries and fill shell. Refrigerate, covered at least 3 hours. Make sure it is covered so it doesn't pick up moisture from the refrigerator.

For an extra special treat, top with REAL whipped cream (recipe follows).

### **Easy REAL Whipped Cream Topping**

Whip a half pint of organic heavy cream with an electric mixer in a metal bowl until soft peaks form. Add a touch of stevia and a splash of vanilla and mix. Keep chilled until ready to use.



## Mike's Healthy, Fat Burning, Yummy Chocolate Pudding



This recipe is going to blow you away! I just tried it myself, and it's delicious! It is full of healthy fats, antioxidants, and protein. A high-fiber, high-protein, healthy, fat burning, nutrient-dense, chocolate pudding. All this in every delectable spoonful! Eat this, and feel good about it!

### Ingredients

½ of a medium sized ripe avocado (soft to touch)

3 Tbsp (approximately) almond butter (raw if possible)

¼ cup unsweetened almond milk or coconut milk

2 heaping Tbsp of organic cocoa powder

½ tsp vanilla

1 or 2 packets of stevia (or to your desired sweetness level)

½ to ¾ scoop of cold processed chocolate whey protein powder

A pinch of sea salt

## **Directions**

Add avocado and almond butter in a bowl and mash together with a fork until smooth. Add the remaining ingredients to the bowl and mix together vigorously until all is mixed and smooth.

The consistency should be similar to pudding... except normal pudding makes you FAT with the loads of sugar it contains! This healthy pudding recipe will actually HELP you to burn fat, control cravings, and satisfy your body's need for micro-nutrients, protein, healthy fats, and fiber.

If the pudding ends up too thick, simply add a bit more almond milk or coconut milk for more moisture. If you want to get a little wild and add some more nutrient-rich additions, feel free to add some chopped pecans, chia seeds, rice bran, or walnuts at the end. Makes a great healthy dessert or a satisfying late night snack. Makes 2-4 servings.

# Avocado Mango Pudding



Photo courtesy [www.luminousreflections.com](http://www.luminousreflections.com) and <http://www.rawrunrelief.com>

Yes, avocados are actually good for things other than just guacamole! With the huge amount of vitamins, minerals and healthy monounsaturated fats they contain, this makes a healthy tasty dessert too.

Avocados in pudding, you ask? Well...yes! What you may not know, is that avocados have a smooth and creamy consistency and a mild flavor that takes well to other flavorings you may want to add. You won't believe how light and fluffy this becomes when you blend it.

Avocados are a great source of monounsaturated fatty acids, potassium, folate, vitamin E, vitamin B, and fiber, as well as heart healthy oleic acid. Avocados also contain glutathione, one of the most powerful antioxidants you can eat, along with the antioxidants lutein and zeaxanthin, which go to work protecting your body and your eyes from free radical damage.

Avocados lower blood pressure, reduce inflammation and cholesterol. They prevent and KILL cancer cells as well as help your skin stay smooth and youthful looking.

Mangos too, are packed with antioxidant power. Mangos are a rich source of vitamin A, E, and selenium that protect against heart disease, cancer, and other serious health issues.

The mango and citrus flavors give this a mouth watering, tangy goodness, and gives the avocado a whole new twist that you are sure to love! Enjoy. Serves 2-4.

## **Ingredients**

1 small avocado

½ or more fresh mango, peeled and cut in large pieces

3 Tbsp orange juice

Juice of half a lime

Dash cayenne pepper

1 tsp raw honey or small amount (1 packet) of stevia

## **Directions**

Puree all ingredients in blender, and serve immediately. Top with chopped fresh mango, papaya, or banana.

# Choco-Coconut Truffles



These are awesome when you need a chocolate fix, without going overboard and giving in to a big fattening chocolate candy bar. Make up a batch of these and keep them in the refrigerator or freezer for a little healthy chocolate fix whenever you crave some.

Chocolate does not have to be a 'guilty' pleasure. Dark chocolate—as opposed to milk chocolate—is full of antioxidants, and contains healthier antioxidant flavanoids than red wine, green tea, or blueberries. Antioxidants eliminate harmful free radicals, so getting plenty of antioxidants is really important.

Chocolate contains lots of magnesium, which is actually one of the reasons many women crave it when they have PMS. In fact, chocolate may be one of the richest food sources of magnesium available. This is great for muscles, nerves, the heart, immune system, bones, and much more. It has a calming effect on the body and the mind, lowering blood sugar, blood pressure, and relaxing muscles. Magnesium is necessary for hundreds of biological functions in the body as well. It is the #1 mineral deficiency in most people.

Chocolate also contains serotonin, which acts as an anti-depressant, stimulating the release of endorphins, and that makes chocolate a

satisfying treat for your body and your mind. It also contains a number of other healthy nutrients including, potassium and vitamins B1, B2, D, and E. Always look for dark chocolate, with 60%-70% cacao or more. Indulging your chocolate craving from time to time will help you avoid feeling deprived!

## **Ingredients**

1 cup raw walnuts

4-5 pitted dates

¼ cup full fat, unsweetened canned coconut milk

4 Tbsp unsweetened chocolate powder

2 Tbsp honey

½ cup or so shredded, dry unsweetened coconut

## **Directions**

Blend all ingredients (except dry coconut) in food processor. Refrigerate until cold. Roll into balls and then roll into shredded coconut. Store in refrigerator in covered container.

Makes 12-15 truffles.



# Almond and Avocado 'Ice Cream'



Ok, so you probably wouldn't think of using avocados for ice cream, but actually, avocados have such a mild flavor that it blends well with other flavors, and the richness of the avocados gives this dessert a delicious creamy texture. Avocados are actually one of the most versatile foods that you can use to add to thicken and enrich most any recipe.

Avocados contain numerous health and fat burning benefits. Besides their heart healthy, monounsaturated fats, they contain potassium, vitamin E, B vitamins, and fiber, as well as oleic acid. Avocados also contain a substance called glutathione, which is one of the most powerful antioxidants you can eat. Avocados also contain the antioxidants lutein, and zeaxanthin, which are good for the eyes and skin.

All these nutrients mean that avocados help lower blood pressure, reduce inflammation, reduce cholesterol, and keep blood sugar stable. The powerful antioxidants serve as weapons that not only prevent, but kill cancer cells. Avocados are definitely one of my favorite healthy, fat burning foods.

## Ingredients

- 1 large or 2 smaller ripe avocados
- 1 cup raw dairy milk or almond milk
- 2/3 cup canned unsweetened coconut milk (full fat variety), or raw dairy cream
- stevia, to taste
- 1 Tbsp lemon juice
- 1 tsp pure vanilla extract (optional)
- ½ cup chopped, toasted almonds

## **Directions**

Puree all ingredients except almonds, in food processor and blend. Stir in almonds, and pour mixture into ice cube trays and freeze for 4 or more hours, or place in ice cream maker and follow directions on ice cream maker. If using ice cube trays, remove from freezer 15-20 minutes prior to serving, puree again in food processor and serve.