



Holiday Gathering

Diabetes Education
Holiday Recipe Book

Holiday Beverages

DIABETIC RECIPES

*Warm
Holiday Greetings*



Skinny “Egg Nog”

Source: The Skinny Mom Blog 2017

Preparation: 2 minutes; Refrigeration 2 hours

Number of servings: 5

Ingredients:

5 cups of skim milk

1 small package of sugar free, fat free vanilla instant pudding

6 Splenda packets (6tsp)

1 tsp imitation rum extract

1 tsp ground nutmeg

1 tsp imitation vanilla

Directions:

Combine all ingredients in a blender and blend on high until mixed thoroughly. Refrigerate for a few hours to allow “egg nog” to thicken. Top with sugar free Cool Whip and cinnamon (optional).



Nutritional Facts:

Calories: 62cal

Total Fat: 0g

Carbohydrates: 11gm

Saturated Fat: 0g

Fiber: 0gm

Cholesterol: 3 mg

Protein: 8gm

Sodium: 216mg

Holiday Mocha

Diabetic Cooking: Healthy Holiday Recipes 2021

Preparation: 15 minutes, Cooking Time: 1.5 to 3 hrs

Number of servings: 8

Ingredients:

¼ cup of sugar substitute

2 tbs unsweetened cocoa

6 cups of brewed coffee

1 cup low-fat (1%) milk

6 tbs frozen low-fat whipped topping (optional)

Directions:

Combine sugar substitute and cocoa in a slow cooker. Stir in coffee and milk. Cover and cook on high for 1 ½ hours or on low for 3 hours or until hot. (May be kept warm on low for up to 3 hours). Stir well before serving. Top with whipped topping and sprinkle of cocoa powder or cinnamon (optional).



Nutritional Facts:

Calories: 20 calories

Carbohydrates: 3g

Protein: <1 gm

Fat: 5gm

Cholesterol: 3mg

Sodium: 16 mg

Fiber: <1g

Keto Apple Cider

www.convenientketo.net/keto-apple-cider/

Preparation: 10 minutes, Cooking Time: 1 minute

Number of servings: 1

Ingredients:

10 oz. filtered water

1 tbs Organic Apple Cider vinegar

¼ tsp Stevia liquid sweetener or alternative sweetener of choice

½ tsp mulling spice mix

Directions:

Boil water in a kettle. Place mulling spice in tea strainer within a mug then pour over spices with the freshly boiled water. Steep for at least 10 minutes. Remove tea strainer and spices from mug. Pour in sweetener and Apple Cider vinegar and stir. Enjoy!



Nutritional Facts:

Calories: 3 cal

Total Fat: 0g

Cholesterol: 0 mg

Sodium: 1mg

Potassium: 11mg

Total Carbohydrates: 0.1g

Dietary Fiber: 0g

Sugar: 0.1g

Holiday Appetizers

DIABETIC RECIPES



Roasted Red Pepper & Spinach Dip

Source: The Skinny Mom Blog 2017

Preparation: 2 hours & 25 minutes Number of servings: 16

Ingredients:

- 1 (10 oz.) package frozen chopped spinach-thawed
- 1 ½ cups bottled roasted red sweet peppers, drained and cut into ¼- inch strips
- 6 oz. fat free cream cheese, softened
- 1 ½ cups shredded part-skim mozzarella cheese (6oz.)
- 4 oz. smoked mozzarella cheese, shredded (1 cup)
- 2 tbs minced garlic
- 12 (6-inch) low carb tortillas
- 2 tbs finely shredded parmesan cheese

Directions:

1. Squeeze out as much liquid from the spinach. Pat roasted red Peppers dry with paper towel.
2. Stir together the drain spinach, the roasted Peppers, the cream cheese, part skim mozzarella cheese, smoked mozzarella, and a garlic in a 2-quart slow cooker. Cover; cook on low for about 3 hours or on high for 1 1/2 to 2 hours or until the cheeses are melted and smooth.
3. Meanwhile, Preheat oven to 375°. Cut each tortilla into eight wedges. Arrange the tortilla wedges in a single layer on three large baking sheets. Coat the wedges with cooking spray. Bake, one sheet at a time, for about 12 minutes or until the wedges are crisp and golden brown on edges. Set aside. Do not bake more than one pan at a time or the tortillas will not crisp properly.
4. Sprinkle the spinach mixture with parmesan and serve with the baked tortilla wedges.



Nutritional Facts:

Calories: 70cal
Protein: 7.6g
Carbohydrates: 11.1g
Dietary Fiber: 1.7g
Sugar: 1.1g
Fat: 4.1g
Cholesterol: 14.2mg
Sodium: 238.5mg

Low Carb Baked Tortilla Chips

Source: Mama Bear's Cookbook

Preparation: 5 minutes Cook Time: 15 minutes Serving: 1 Serving

Ingredients:

6 small low carb tortillas	1 tsp chili powder
1/2 tablespoon cooking oil	1 tsp garlic powder
1 tsp salt	1 tsp onion powder

Directions:

1. Preheat the oven to 350°. Stack the tortillas on top of each other, then cut into 6 equal sized wedges.
2. Place the clear tortillas in a large bowl and drizzle of the oil over the top. Gently toss the tortilla pieces in the oil until they are all lightly coated. Other herbs and spices can be added at this time, if desired.
3. Cover a baking sheet with parchment paper, then spread the tortilla pieces out over the surface so that they are in a single layer and overlapping as little as possible. Sprinkle lightly with the spice mixture.
4. Bake chips for 10 minutes, then gently stir and flip the chips. Return the chips to the oven and bake until golden brown three to five minutes more. Season with spice mixture once more. Allow the chips to cool before serving. They will crisp even further as they cool down.



Nutritional Facts:

Calories: 111 cal
Carbohydrates: 19gm
Dietary Fiber: 15gm
Protein: 5gm
Sugar: 0gm
Fat: 4.1g
Sodium: 350mg
Cholesterol: 0mg

Roasted Red Pepper Hummus

Source: www.healthylive.tamu.edu

Preparation: 15 minutes Cook Time: 0 minutes Servings : 8

Ingredients:

2 cloves garlic minced
1 -15 oz can chickpeas (garbanzo beans) drained
2 Red Bell Peppers
1/3 cup tahini
1/3 cup lemon juice, about one large lemon
1/4 teaspoon dried basil
Salt and pepper to taste

Directions:

1. Remove core of Peppers and cut into large flat pieces. Arrange pepper pieces, skin side up, on a baking sheet. Broil 5 to 10 minutes until the pepper skin has charred.
2. Add Peppers to a bowl and cover with plastic wrap and wait 10 to 15 minutes
3. Gently peel away the charred pepper skin and discard. Reserved one to two pieces of the peeled roasted Peppers to use as garnish when serving then roughly chop the rest.
4. Using a food processor, combined garlic, garbanzo beans, tahini and lemon juice until smooth. Add red pepper and basil. Mix until all ingredients are combined. Add salt and pepper to taste. Serve immediately or cover and refrigerate.



Nutritional Facts:

Calories: 132cal
Protein: 5gm
Carbohydrates: 17gm
Dietary Fiber: 5gm
Sugar: 4gm
Fat: 6g Saturated Fat: 2g
Sodium: 312mg
Cholesterol: 0mg

Ceviche

Source: Tex-Mex Diabetes Cooking

Preparation: 20 minutes Cook Time: 6 minutes Servings : 8 Chill Time: 3 hours
Serving Size: 4 oz

Ingredients:

1 pound of fresh or frozen from fish (halibut, red snapper, catfish, red drum or tilapia) diced into bite size pieces
2 cloves of garlic, minced
1 tsp of minced fresh cilantro
Juice of 8 to 10 limes, divided use
1/2 teaspoon kosher salt
1 medium onion diced
Cooking spray
4 tomatoes, seeded and finely chopped
2 fresh jalapeno peppers, seeded and minced

Directions:

1. Rinse fish and dry with paper towel. Cut into 1/4 inch cubes
2. In a large bowl, toss fish and half of lime juice
3. Coat large skillet with cooking spray. Over medium heat gently sauteed fish and lime juice until firm and opaque 4 to 6 minutes. Using a food thermometer, cooked fish to 145° for food safety purposes. Remove from skillet with slotted spoon and allowed to cool completely.
4. In a large bowl, gently combine fish the remaining lime juice and all other ingredients except salt. Cover and refrigerate two to three hours, stirring occasionally. Just before serving, season with salt. Served with baked low carb tortilla chips.



Nutritional Facts:

Calories: 100cal
Protein: 13gm
Carbohydrates: 9gm
Dietary Fiber: 2gm
Sugar: 4gm
Fat: 6g Saturated Fat: 2g
Sodium: 160mg
Cholesterol: 20mg
Phosphorous: 160mg

Tex-Mex Salsa

Source: Tex-Mex Diabetes Cooking

Preparation: 15 minutes Chill Time: 1 hour Servings : 28 Serving Size: 2 Tbs

Ingredients:

1 -28 oz can low-sodium diced tomatoes	1 tbsp crushed red pepper flakes
1 medium onion chopped	½teaspoon kosher salt
¼ cup roasted green chilies, peeled and diced	
1 clove garlic minced	

Directions:

1. Combine tomatoes, onions, green chilies and garlic in a large bowl. Mix well.
2. Blend in red pepper flakes and salt
3. Refrigerate for one hour in an airtight container or up to 24 hours

For smoother salsa, blend tomatoes in food processor for 1-2 minutes. For more Tex-Mex flavor add 1 tsp of Cumin.



Nutritional Facts:

Calories: 10cal
Protein: 0gm
Carbohydrates: 2gm
Dietary Fiber: 0gm
Sugar: 2gm
Fat: 0g
Sodium: 45mg
Cholesterol: 0mg
Phosphorous: 10mg

Roasted Pineapple Salsa

Source: Tex-Mex Diabetes Cooking

Preparation: 6 minutes Cook Time: 2 minutes Chill Time: 1 hour Servings : 20
Serving Size: 2 Tbs

Ingredients:

- 2 cups drained and chopped pineapple chunks
- ¼ cup minced red onion
- ¼ cup diced red bell pepper
- 1 jalapeno pepper seeded and minced
- 3 green onions, green part only chopped

Directions:

1. In a skillet over high heat cook pineapple chunks until slightly charred about two minutes, remove from skillet and cool to room temperature.
2. Place pineapple chunks in a large bowl in add onion, red bell pepper, jalapeno and green onion. Mix well.
3. Refrigerate in an airtight container stirring occasionally for one hour or up to 24 hours.



Nutritional Facts:

Calories: 15cal
Protein: 0gm
Carbohydrates: 3gm
Dietary Fiber: 0gm
Sugar: 3gm
Fat: 0g
Sodium: 0mg
Cholesterol: 0mg
Phosphorous: 5mg

Main Dishes

DIABETIC RECIPES



Traditional Herb Roasted Turkey

Source: www.diabeticlivingonline.com

Preparation: 20 minutes Cook Time: 3 hours Number of servings: 24
Stand: 30 minutes Serving Size: 4 oz

Ingredients:

1 -12 to 15 pound fresh or frozen turkey thawed	6 large sage leaves
3 tablespoons unsalted butter softened	6 large flat leaf parsley sprigs
1 tablespoon plus one teaspoon salt divided	3 fresh or dried Bay leaves
1 teaspoon freshly ground black pepper divided	½ medium onion
2 cups fat free low sodium chicken broth	1 garlic clove halved

Directions:

1. Preheat oven to 450°
2. Remove and discard the neck and giblets. Rinse the turkey under cold water and dry.
3. Gently separate the skin from the breast of the Turkey with your hands. Rub the unsalted butter evenly over both breasts. Then pat the skin back into place.
4. Season the cavity of the Turkey generously with 1 tsp salt and 1/2 teaspoon black pepper.
5. Place the sage leaves, parsley sprigs, thyme sprigs, bay leaves, onion and garlic clove into the cavity of the turkey. Tuck in legs tightly together with a piece of kitchen twine.
6. Season the skin of the turkey on the top and bottom with one teaspoon salt and half teaspoon pepper. Then tuck the wing tips under the breast of the turkey, and place it in a wire rack really roasting pan along with the chicken broth.

Cont'd on next page.



Nutritional Facts:

Calories: 180cal
Protein: 33g
Carbohydrates: 0g
Saturated Fat: 27g
Iron: 2mg
Fat: 4g
Cholesterol: 114mg
Sodium: 151mg
Calcium: 23mg

Traditional Herb Roasted Turkey cont'd

Source: www.diabeticlivingonline.com

7. Place the turkey on the bottom rack of the preheated oven and roast it for 30 minutes reduce the oven heat to 325° and continue to roast the Turkey for 2 1/2 hours, basting it every 20 minutes, until an instant read thermometer reads 165° when inserted into the thickest part of the thigh of the turkey, away from the bone. Cover the bird loosely with foil. The temperature of the meat will continue to rise all standing.

8. Allow the Turkey to rest for 30 to 40 minutes before transferring to a platter and carving it. Then use the pan juices to make gravy.

9. **Simple traditional pan gravy:** start by pouring the juices from the roasting pan in which the Turkey was cooked into a bowl, and skim off the fat. Set the bowl aside and add 1 cup dry white wine to the roasting pan and bring it to a boil. Stir the line to release the caramelised bits from the pan. Reduce the wine until the pan is almost dry, then add the skin juices back to the pan. If the juices are scant supplementing with a fat free low sodium chicken broth as needed. Bring the mixture to a boil and then strain it into a saucepan; Keep pot and set aside. In a small bowl, whisk 4 tablespoons of all purpose flour into 1 cup of water there should be enough of the flour mixture to thicken 8 cups of gravy. Using a whisk, store 1 cup of hot stock into the flour mixture until it is smooth. Add they can stock back into the remaining juices and whisk the mixture together while bringing it to a boil. Simmer the mixture for 15 minutes, seasoning with salt and pepper to taste then transfer to a gravy boat and serve



Nutritional Facts:

Calories: 180cal

Protein: 33g

Carbohydrates: 0g

Saturated Fat: 27g

Iron: 2mg

Fat: 4g

Cholesterol: 114mg

Sodium: 151mg

Calcium: 23mg

Pork Roast

Source: The New Soul Food Cook: People with Diabetes

Preparation: 10-12 hours Cook Time: 2 hours Serves: 8 Serving Size: 4 oz

Ingredients:

1/3 cup light soy sauce	2 teaspoons of ginger
1/2 cup dry Sherry	2 teaspoons of thyme
2 cloves of garlic minced	2 lbs lean boneless pork sirloin roast
1 tablespoon dry mustard	

Directions:

1. Combine the soy sauce, sherry, garlic and spices in a reusable plastic bag and mix well. Place the pork in the bag and marinate in the refrigerator for 10-12 hours.
2. Heat the oven to 325°. Remove the pork from the marinade, discard the marinade and roast the pork for two hours. Let the roast rest for 15 minutes before slicing.



Nutritional Facts:

Calories: 160cal

Protein: 33g

Carbohydrates: 1g

Saturated Fat: 27g

Fat: 7g

Cholesterol: 60mg

Sodium: 160mg

Potassium: 270mg

Phosphorus: 165mg

Red Chile Tamales

Source: www.diabeticlivingonline.com

Preparation: 1 hour Cook Time: 45 minutes Serves: 14 Serving Size: 1 Tamale

Ingredients:

28 dried corn husks
3 cups masa harina
1 tsp baking powder
2 1/2 cups reduced sodium chicken stock
1/2 cup shortening
14 tablespoons of red chili pork***
1 tsp onion powder

Red Chili Pork:

2 pounds boneless pork shoulder butt
(fat trimmed and cut into bite size pieces)
2 cups red enchilada sauce
1 tsp crushed red pepper flakes
1 tsp dried Mexican oregano
1 tsp ground cumin
1 tsp garlic powder

Directions:

1. Place pork in a large pot and add just enough water to cover the meat. Bring to a boil over medium high heat for 6 to 8 minutes.
2. Reduce heat and boil, gently stirring occasionally, until water and juices have evaporated about 30 to 40 minutes.
3. Reduce heat to low. Add red enchilada sauce and spices. Mix well over medium low heat, until spices are well blended and sauce is heated through.
4. Set aside to cool while preparing masa.
5. Submerge corn husks and water until soft and pliable about 30 minutes. Remove from water and drown a paper towel. Set your assembly area with a cutting board, corn husks, a bowl of masa in a bowl of meat filling.

Cont'd on next page.



Nutritional Facts:

Calories: 200cal
Protein: 6g
Carbohydrates: 21g
Dietary Fiber: 3g
Fat: 2.6g
Cholesterol: 10mg
Sodium: 85mg
Potassium: 170mg

Red Chile Tamales cont'd

Source: Tex-Mex Diabetes Cooking

- 6.** In a medium sized bowl, combine masa and baking powder. Slowly add chicken stock in shortening. Knead by hand until well blended about three to five minutes. Masa should be pliable and moist but firm. If masa is too thick add water a tablespoon at a time period set aside.
- 7.** Play damp corn husks on a cutting board or work surface with the narrow end closest to you. Place another cornhusk beside the first overlapping along the long edges, with a wide end closest to you. Place 1/4 cup masa mixture in the center of an overlapped husk. Using a spoon spread masa into a rectangle about 1/4 inch thick over both corn husks.
- 8.** Top masa with one tbsp of red chili pork filling, spreading filling down the center of the masa. Gently fold the right side of the corn husk towards the center, towards the left side. Fold one end of the masa and the meat filled Tamale towards the center.
- 9.** Repeat with the remaining corn husks.
- 10.** In a large pot over medium high heat, boil about 2 inches of water. Place the steam insert in the pot. Place tamales in the pot with folded end down, making sure that the tamales are not touching. Cover and steam until dough is firm around the meat filling about 45 minutes to one hour. To check if tamales are ready, the masa should pull away easily from the corn husk and should be firm and encase the filling.



Nutritional Facts:

Calories: 200cal

Protein: 6g

Carbohydrates: 21g

Dietary Fiber: 3g

Fat: 2.6g

Cholesterol: 10mg

Sodium: 85mg

Potassium: 170mg

Holiday Side & Dishes

DIABETIC RECIPES



Non-Marshmallow Sweet Potato Casserole

Source: Baptist Health System Healthy Holiday Cookbook

Preparation: 30 minutes Cook Time: 45 minutes Serves : 8 Serving Size: 1/2 Cup

Ingredients:

4 medium sweet potatoes peeled	1 tbsp of splenda brown sugar
1/4 cup 1% milk	1 tsp cinnamon
2 tbsps coconut oil	1 tsp nutmeg
1 tbsp butter flavoring half cup	1/3 cup pecan pieces

Directions:

1. Preheat oven to 350°
2. Pierce sweet potatoes with a fork and place in a gallon zip lock bag, leaving one corner of the bag open. This will create steam needed to cook the potatoes.
3. Microwave potatoes until softened on high approximately 7 to 8 minutes.
4. Place softened sweet potatoes in a medium glass bowl.
5. Mash sweet potatoes, add milk, coconut oil butter flavoring, cinnamon and nutmeg.
6. Stir in half cup splenda brown sugar.
7. Pour into 13 x 9 baking dish and smoothing evenly so the potatoes cover the bottom of the baking dish.
8. Sprinkle the top with chopped pecans and the remaining tablespoon of splenda brown sugar.
9. Cover dish with foil and bake for 30 minutes with foil on, then remove foil and bake an additional 15 to 20 minutes with foil off



Nutritional Facts:

Calories: 137.5cal

Protein: 2gm

Carbohydrates: 21.5gm

Dietary Fiber: 2gm

Sugar: 10.5gm

Fat: 4gm

Sodium: 60mg

Roasted Vegetable Medley

Source: Texas A&M Agrilife Extension 2021 Calendar

Preparation: 25 minutes Cook Time: 20-25 minutes Serves: 10 Serving Size: 1 cup

Ingredients:

1 lb fresh green beans trimmed and cut into 2 inch pieces	1 medium onion halved and sliced
2 cups chopped broccoli	2 tbs cooking oil divided
2 cups chopped cauliflower	1/2 grated parmesan cheese
10 small fresh mushrooms halved	3 tabs fresh basil leaves
8 fresh Brussels sprouts halved or one bunch asparagus	2 tablespoons fresh parsley minced
1 bell pepper halved and sliced	1 tbsp grated lemon zest
2 medium carrots cut into 1/4 inch slices	2 tbsp lemon juice
	1/4 tsp salt
	1/4 tsp pepper

Directions:

Preheat oven to 450°. Place first eight ingredients in a large bowl, toss with oil. Divide between 2- 15 x 10 x 1 inch baking sheet lightly coated with cooking spray. Roast until tender about 20 to 25 minutes toss halfway through. Transfer roasted vegetables into a large bowl and mix all remaining ingredients toss to combine and serve.



Nutritional Facts:

Calories: 137.5cal

Protein: 2gm

Carbohydrates: 21.5gm

Dietary Fiber: 2gm

Sugar: 10.5gm

Fat: 4gm

Sodium: 60mg

No Sugar Added Cranberry Sauce

Source: www.wholesomeyum.com

Cook Time: 10 minutes Serves : 6 Serving Size: 1/4 Cup

Ingredients:

12 ounces of fresh cranberries
1 cup sugar substitute - splenda or stevia
3/4 cup water
1 tsp orange zest
1/2 tsp vanilla extract

Directions:

Combine the cranberries, water, sugar substitute and orange zest in a medium saucepan. Bring to a boil, then reduce heat to a gentle simmer. Simmer for 10 to 15 minutes, until the cranberries pop and a sauce forms. Remove from heat. Stir in the vanilla extract.



Nutritional Facts:

Calories: 32cal

Protein: 0gm

Carbohydrates: 6gm

Dietary Fiber: 2gm

Sugar: 2gm

Fat: 0gm

Sodium: 60mg

Holiday Desserts

DIABETIC RECIPES



Low Carb Sugar Cookies

Source: www.lifemadesweeter.com

Preparation: 20 minutes Cook Time: 3 hours Number of servings: 32 Serving Size 1

Ingredients:

1 3/4 cups superfine blanched almond flour,
measured correctly with spoon and sweep
plus more as needed

1/4 cup coconut flour, measured correctly
with spoon and sweep

2/3 cup powdered monkfruit sweetener

1/4 teaspoon fine sea salt

1/2 cup unsalted butter, cut into half
inch pieces and softened

2 tbsp cream cheese softened

2 tsp pure vanilla extract

1/4 tsp pure almond extract

Directions:

1. In a stand mixer fitted with paddle attachment turned to low speed, mix the almond flour, coconut flour, sweetener and salt together until combined.
2. Turn the mixer to medium, then add the butter, one cube at a time and mix the dough until it looks crumbly and slightly wet about two minutes.
3. Add the cream cheese, vanilla and the almond extract and beat for another 30 to 60 seconds until the dough just begins to form large clumps, scraping down the sides of the bowl as needed.
4. Gather dough with hands and need just until it sticks together add one tablespoon of almond flour at a time as needed if dough seems too wet period shape into a disc in wrapping plastic. Chill in the refrigerator for at least 35 minutes or up to two days.



Nutritional Facts:

Calories: 98cal

Protein: 1g

Carbohydrates: 2g

Calories from Fat: 81g

Fat: 9g

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Low Carb Sugar Cookies cont'd

Source: www.lifemadesweeter.com

5. Line two large baking sheets with parchment paper. And set aside. When ready to roll, remove and unwrap dough disc from the fridge.
6. Place a large piece of parchment paper on a flat surface. Place dough in the center. Place another large parchment paper on top of the dough and use your rolling pin, roll into 1/4 inch thickness or 1/8 inch for thinner cookies. Place the cookie dough sheet in the freezer for 10 minutes.
7. Remove cookie dough sheet from freezer and remove the top parchment paper. Cut into shapes with the cutters of your choice. Please cut cookies on lined baking sheets, about 1 inch apart and place in the freezer again for 10 minutes to prevent spreading. Repeat with any scraps. Preheat oven to 325°.
8. Bake cookies, one sheet at a time, on middle rack for 13 to 17 minutes, rotating the pan halfway or until edges are light golden brown do not overbake.
9. Allow cookies to cool on baking sheet for 15 minutes then transferred to a cooling rack until cool. Cookies will continue to bake and harden.
10. Frost or decorate cookies as desired.



Nutritional Facts:

Calories: 98cal

Protein: 1g

Carbohydrates: 2g

Calories from Fat: 81g

Fat: 9g

Pumpkin / Sweet Potato Bites

Source: Baptist Health System Health Holiday Cookbook 2016

Preparation: 20 minutes Number of servings: 24 Serving Size 1 pie

Ingredients:

2 packages reduced fat crescent rolls

1 egg

1/2 can 15 ounce 100% pure pumpkin

or sweet potato

1/2 can 12 fluid ounces fat free evaporated milk

3 tsp brown sugar splenda for baking

1/2 teaspoon pumpkin pie spice

1/4 teaspoon salt

1 tsp vanilla

Directions:

1. Unroll Crescent roll dough on a flat surface. Pinched the seams together. With a cookie cutter or sharp knife cut into 24 squares.
2. Spray a mini muffin pan 24 count with a nonstick cooking spray. Press each dose square into the muffin tin, tucking in any excess dough.
3. In a large bowl, whisk the remaining ingredients together. Pour one tablespoon of batter into each dough filled muffin tin.
4. Bake for 11:50 minutes, or until filling is set.



Nutritional Facts:

Calories: 37cal

Protein: .8g

Carbohydrates: 4.3g

Calories from Fat: 81g

Fat: 18g

Fiber: 0g

Sugar: 1.1 gm

Sodium: 84 gm

Carrot Cake w/ Cream Cheese Frosting

Source: www.buttertogetherkitchen.com

Number of servings: 12 Serving Size 1

Carrot Cake Ingredients:

4 eggs	1/2 tsp baking powder
1/3 cup olive oil	1 tsp ground nutmeg
2 tsp vanilla extract	1 tbsp ground cinnamon
1 cup monkfruit or sweetener of choice	pinch of salt
2 cups almond flour	1 stick of butter melted half cup of pecans or nut of choice chopped
2 tbsp coconut flour	2 cups of carrots shredded
2 tsp baking soda	

Cream Cheese Frosting Ingredients:

8 oz cream cheese softened	1/2 stick of butter
1/2 cup lakanto powdered sweetener	1 tsp vanilla extract
	1/3 cup heavy cream

Directions:

1. Preheat oven to 350 degrees. Set aside 2- 6 inch cake pans or 1- 9 inch cake pan with parchment paper. In a large bowl whisk together eggs, olive oil and vanilla extract.
2. Add in all dry ingredients: sweetener, almond flour, coconut flour, baking soda, baking powder, ground nutmeg, ground cinnamon and salt. Blend in melted butter, walnuts and shredded carrots.
3. Transfer the batter evenly among the two prepared baking pans. Bake for 30 to 35 minutes. Allow cake to cool before adding frosting.

Cream cheese frosting:

1. Blend all ingredients together. Cream cheese, powdered sweetener, butter, whipping cream and vanilla extract. Best results in blender or food processor.



Nutritional Facts:

Calories: 445.4cal
Protein: 8.1g
Carbohydrates: 7.5g
Net Carbs: 4.2 gm
Fat: 44.33g
Fiber: 3.3g

Tips for a Healthier Holiday Season

By: *Terrie Boyd*

- Don't skip meals the day of the party or special event
- Preplan what food you will eat to avoid temptation and bad choices
- Eat a light snack before going to the party, don't arrive hungry or you will overeat
- Make only one trip to the buffet
- Be selective and eat in moderation
- Eat only small portions, a taste is all you need
- Skip fried foods: eat fruit, veggies and protein
- Choose white meat over dark meat, dark meat has more fat
- Eat only one roll and leave off the margarine
- Bring a low fat healthy treat for everyone to try
- Avoid alcohol, try a wine spritzer or seltzer
- Watch out for high fat cheeses, dips and sugary desserts
- Eat seconds only a vegetables or salad
- Make low fat gravy and put on the side not over the food
- Leave off whipped cream if not sugar free and the ice cream when having pie
- Focus on good conversation, not the food on the table. Enjoy family and friends as much as you do the food.
- Exercise the day of the party
- Check your blood sugars more often than normal