



Italian home cookery

*A delicious Diabetes.co.uk cook book
filling breakfasts, light lunches and hearty mains*

Italian Cookbook

Introduction

Welcome to the Diabetes.co.uk Italian Cookbook. What a selection of dishes I've got in store for you! There's a fantastically healthy selection of breakfasts, including a Creamy Polenta Porridge, Herby Vegetable Frittata, Sausage with Eggs & Spinach and Scrambled Eggs on Pea Pancakes.

For your lunches, look no further as we have sumptuous soups and salads. We also have a delicious Mushroom & Leek Risotto, Meatballs & 'Spaghetti' and Pasta Free Lasagne for mains.

For further main meals, we have an array of delectable dishes, including a Cauliflower Pizza, Creamy Chicken & Veg, Chicken with Rice and Cod with Sautéed Kale.

As for desserts, we have a feast of treats for you, ranging from Coconut Panacotta and Pistachio Gelato through to a divine Plum & Peach Tart!

You'll find handy tips and information about key ingredients within each recipe. We've tried to include foods that have been linked to benefits for people with diabetes. I had a ball putting together this Italian cookbook for you. It was a joy making and tasting the dishes. I hope you enjoy the dishes as much as we did!

Love,

Shanta



Don't forget to share a picture of your own dishes on our [Facebook page](#) and on the [Diabetes Forum](#)!



Italian Cookbook

Contents

Breakfasts:

- Fruity Millet Raisin Breakfast (v)
- Berry Yoghurt Breakfast (v)
- Barley Muesli with Nuts & Berries (v)
- Coconut & Almond Quinoa Porridge (v)
- Creamy Polenta Porridge (v)
- Herby Vegetable Frittata (v)
- Mushroom Omelette (v)
- Sausage with Eggs & Spinach
- Sausage with Celeriac
- Scrambled Eggs on Pea Pancakes (v)

Soups:

- Minestrone Soup (v)
- Asparagus & Ham Soup

Salads:

- Tuna & Bean Salad
- Goat's Cheese Salad with Walnuts & Avocado (v)





Italian Cookbook

Contents

Chorizo & Chicken Salad
Tomato, Onion & Parsley Salad (v)
Italian Salad (v)
Parma Ham & Melon Balls

Mains:

Mushroom & Leek Risotto (v)
Aubergine Bake with Cashews (v)
Peperonata (v)
Meatballs & 'Spaghetti'
Pasta Free Lasagne
Chicken with Rice
Creamy Chicken & Veg
Salmon & Broccoli Bake
Cod with Sautéed Kale
Carbonara
Cauliflower Pizza





Italian Cookbook

Contents

Desserts:

Coconut Panacotta (v)

Pistachio Gelato (v)

Plum & Peach Tart (v)

Homemade Jam

Tiramisu (v)

Raspberry & Limoncello Semifreddo (v)



Prep Time | 10 mins
Cooking Time | 30 mins

Fruity Millet Raisin Breakfast

Serves 4

Ingredients

- 200g millet
- 400ml water
- 75g raisins
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 300ml unsweetened almond milk
- 1 tbsp. agave nectar
- 50g sunflower seeds
- 100g walnuts, chopped roughly
- 100g raspberries
- A few sprigs of fresh mint for garnish.

Preparation Method

Put the millet and the water into a medium-sized saucepan and bring the mixture to the boil.

Place the raisins in the pan, taking care not to splash the hot water, and lower the heat slightly.

Nutritional Value (per serving)

Calories 535 | Total Fat 26.1g | Saturated Fat 2.4g | Carbohydrates 64.5g | Fibre 9.8g | Protein 13.2g





Preparation Method (cont.)

Place the lid on the saucepan and allow to simmer until the water has been absorbed.

Turn off the heat and leave to cool for 10 minutes.

Mix in 200ml of the almond milk and add the vanilla extract, cinnamon and the agave nectar.

Turn the heat back on for around a minute, or until the almond milk has been absorbed and the mixture is creamy.

Divide the mixture into four bowls and sprinkle with the walnuts, sunflower seeds, raspberries and a sprig of mint.

Serve with a dash of almond milk and enjoy!

Nutritional Value (per serving)

Calories 535 | Total Fat 26.1g | Saturated Fat 2.4g | Carbohydrates 64.5g | Fibre 9.8g | Protein 13.2g



Prep Time | 20 mins

Berry Yoghurt Breakfast

Serves 4

Ingredients

200g strawberries, sliced
200g blueberries
400ml Greek yoghurt
200g blackberries

For the Coulis:

150g raspberries
1 tbsp. agave nectar

Preparation Method

Using a fork, mash the raspberries, then mix with two tablespoons of agave nectar to make a fruit coulis. Sieve the mixture if you prefer a finer coulis.

Divide the slices of strawberries into four bowls until they are around a third full. Mix the fruit coulis with the yoghurt and pour onto the strawberries.

Layer with the blueberries and the blackberries. Garnish with a sprig of mint.

Nutritional Value (per serving)

Calories 226 | Total Fat 12g | Saturated Fat 4g | Carbohydrates 28g | Fibre 7.7g | Protein 6.2g



Prep Time | 10 mins
Cooking Time | 20 mins

Barley Muesli with Nuts & Berries

Serves 4

Ingredients

- 100g barley flakes
- 100g bran flakes
- 50g almonds, roughly chopped
- 50g pecans, roughly chopped
- 50ml water
- 2 tbsp. agave nectar
- 1 tbsp. olive oil
- Milk and blueberries to garnish

Preparation Method

Preheat the oven to Gas Mark 3 or 160°C.

Crush the bran flakes up and mix with the barley flakes, almonds, and pecans in a big bowl.

Combine the agave nectar with the olive oil and water in a small saucepan.

Bring this mixture to the boil and boil for 3 minutes, stirring throughout.

Nutritional Value (per serving)

Calories 318 | Total Fat 19.7g | Saturated Fat 2.1g | Carbohydrates 49.1g | Fibre 10.9g | Protein 8.3g



Preparation Method (cont.)

Then pour this syrup onto the muesli and mix well.

Line a baking tray with baking parchment and pour the mixture onto it.

Bake in the pre-heated oven for 15 minutes, stirring every 5 minutes.

If the muesli seems to be drying out, remove it from the oven, or it will harden when it cools.

Serve with a dash of milk and blueberries.

Nutritional Value (per serving)

Calories 318 | Total Fat 19.7g | Saturated Fat 2.1g | Carbohydrates 49.1g | Fibre 10.9g | Protein 8.3g



Prep Time | 20 mins
Cooking Time | 25 mins

Coconut & Almond Quinoa Porridge

Serves 4

Ingredients

50g slivered almonds (soak almonds overnight in water; remove the skin and cut the softened almonds into fine slices)

100g quinoa

200ml water

300ml half fat coconut milk

2 tsp. cinnamon powder

75g pitted dates, roughly chopped

Preparation Method

Put the quinoa in a saucepan with the coconut milk and water and bring the mixture to the boil.

Once it has boiled, lower the heat and simmer for 15 minutes until the liquid has been absorbed.

Then add in the agave nectar, cinnamon powder and the dates and spoon into 4 bowls. Serve with slivers of almonds.

Nutritional Value (per serving)

Calories 297 | Total Fat 11.8g | Saturated Fat 4.3g | Carbohydrates 44g | Fibre 5.4g | Protein 7.2g



Prep Time | 15 mins

Creamy Polenta Porridge

Serves 4

Ingredients

- 300g dry polenta
- 300ml semi-skimmed milk
- 300ml low fat single cream
- 450ml water
- 2 tbsp. agave nectar

Preparation Method

Boil the water and milk in a medium saucepan.

Place the polenta in the pan, lower the heat and stir continuously until the liquid has been absorbed.

Place the cream in the pan and stir in the agave nectar to sweeten the porridge.

Serve with a garnish of berries of your choice. Blueberries, strawberries or even slices of banana go wonderfully.

Nutritional Value (per serving)

Calories 212 | Total Fat 1g | Saturated Fat 0.5g | Carbohydrates 46g | Fibre 5g | Protein 5.5g



Prep Time | 10 mins

Herby Vegetable Frittata

Serves 4

Ingredients

- 1 small courgette, cut into ½ inch cubes
- 1 onion, chopped finely
- Half a broccoli, cut into small florets
- ½ red bell pepper, seeded and diced into ½ inch pieces
- ½ yellow bell pepper, seeded and diced into ½ inch pieces
- 1 red onion, diced into ½ inch pieces
- 5 eggs, beaten
- 2 tbsp. olive oil
- 80ml skimmed milk
- 100g vegetarian mozzarella, finely grated
- 1 tsp. dried oregano
- 1 tsp. dried thyme

Preparation Method

Preheat the oven at Gas Mark 5 or 190°C.

Pour the olive oil in a medium frying pan over a moderate heat.

Nutritional Value (per serving)

Calories 247 | Total Fat 15g | Saturated Fat 3.5g | Carbohydrates 16.7g | Fibre 4.7g | Protein 12.2g





Preparation Method (cont.)

Once the oil is hot, drop in the onions, courgette, broccoli and the red and yellow pepper. Fry them for around 5 minutes, or until softened.

Put the eggs in a bowl and mix the milk and cheese into the frying pan.

Season the egg mixture with oregano, thyme, salt and pepper.

Stir the vegetable mixture into the egg mixture.

Place it all in an ovenproof dish and bake for 25 minutes.

Serve hot or cold.

Nutritional Value (per serving)

Calories 247 | Total Fat 15g | Saturated Fat 3.5g | Carbohydrates 16.7g | Fibre 4.7g | Protein 12.2g



Prep Time | 10 mins
Cooking Time | 15 mins

Mushroom Omelette

Serves 4

Ingredients

- 6 large eggs
- 100g mushrooms, finely chopped
- 1 spring onion, finely chopped
- 50g mozzarella cheese
- 1 ½ tbsp. semi skimmed milk
- 2 tbsp. olive oil
- Salt and freshly ground pepper to taste

Preparation Method

Put a large frying pan over medium heat, and add in the olive oil.

When the oil is hot, drop in the spring onion. Sauté the spring onion for 2 minutes, or until soft.

Whisk the eggs and milk, then season the mixture with salt and pepper.

Add the mozzarella cheese, and fry the egg mixture over a medium heat for 4 minutes.

As it's cooking, sprinkle the mushroom chunks on top of the egg mixture.

Nutritional Value (per serving)

Calories 213 | Total Fat 16.2g | Saturated Fat 4.5g | Carbohydrates 2.9g | Fibre 0.7g | Protein 13.3g





Preparation Method (cont.)

Wait until the mixture is cooked through and the top has become solid.

If you are having trouble cooking the top of the omelette, or if it's especially thick, place it under the grill for 2-3 minutes.

(Alternatively, split the mixture into 4 smaller portions and make 4 separate omelettes.)

Slide the omelette out of the pan and onto a plate, then it's ready to eat. If you like, fold it over, cut it into four servings, and tuck in.

Nutritional Value (per serving)

Calories 213 | Total Fat 16.2g | Saturated Fat 4.5g | Carbohydrates 2.9g | Fibre 0.7g | Protein 13.3g



Prep Time | 10 mins
Cooking Time | 20 mins

Sausage with Eggs & Spinach

Serves 4

Ingredients

- 200g Italian sausages
- 4 free range eggs
- 200g baby spinach leaves
- Juice of half a lime
- 2 tbsp. olive oil (used separately)
- Salt and freshly ground pepper to taste

Preparation Method

Boil the eggs in a pan of water over a high heat. Bring the water to a rolling boil (rapid boiling with lots of bubbling), then remove the pan from the heat and put the lid on.

Leave the eggs in the saucepan for 5-10 minutes, depending on how soft or hard boiled you want them to be.

Remove them from the water and then tap them with a spoon or knife to crack the shell, peel it off, dice them, and put them to one side.

Nutritional Value (per serving)

Calories 316 | Total Fat 25.4g | Saturated Fat 7.1g | Carbohydrates 3.9g | Fibre 1.2g | Protein 24.7g





Preparation Method (cont.)

Slice the sausages into chunks and fry them on a medium-high heat with a tablespoon of olive oil, stirring frequently until golden on all sides.

Roughly chop the spinach, then put a tablespoon of olive oil in a wok or frying pan and set it on a low heat. Throw in the spinach leaves and wilt them for a minute.

Place the eggs with the spinach and season with the salt and pepper. Mix them together and transfer them into bowls for serving.

Serve altogether, and savour with a squeeze of lime juice on top!

Nutritional Value (per serving)

Calories 316 | Total Fat 25.4g | Saturated Fat 7.1g | Carbohydrates 3.9g | Fibre 1.2g | Protein 24.7g



Prep Time | 10 mins
Cooking Time | 20 mins

Sausage with Celeriac

Serves 4

Ingredients

- 150g Italian sausages
- 600g celeriac roots, grated
- 3 eggs
- 1 aubergine, sliced
- 2 tomatoes, sliced
- Salt to taste
- 4 tbsp. butter

Preparation Method

Place a tablespoon of butter in a frying pan on a medium-high heat and slice the sausages.

Put the sausage slices in the pan, and fry them, stirring frequently, until golden on all sides. This should take 10-12 minutes.

Remove them from the frying pan and set to one side.

Wash and peel the celery root, then grate the celeriac into a bowl.

Nutritional Value (per serving)

Calories 326 | Total Fat 25.6g | Saturated Fat 11.9g | Carbohydrates 10.5g | Fibre 4.5g | Protein 20.8g





Preparation Method (cont.)

Crack the eggs, and mix with the celery root. It should be able to hold a shape in a spoon.

Place the 3 remaining tablespoons of butter in a frying pan over a medium heat. Once the butter has melted, shape the grated celeriac into patties and place in the pan and sprinkle with salt.

Cook for around 2 ½ minutes on one side, ensuring they have turned brown on the bottom. Flip them over and brown the other side.

Fry the aubergine on both sides till cooked. This will take around 1 minute on each side.

The celeriac hash browns are now ready to serve with the Italian sausage, aubergine and slices of tomatoes.

Yum!

Nutritional Value (per serving)

Calories 326 | Total Fat 25.6g | Saturated Fat 11.9g | Carbohydrates 10.5g | Fibre 4.5g | Protein 20.8g



Prep Time | 10 mins
Cooking Time | 15 mins

Scrambled Eggs on Pea Pancakes

Serves 4

Ingredients

For the Pea Pancakes:

- 400g frozen peas
- 2 tbsp. cornflour
- 2 free range eggs
- 4 tbsp. olive oil
- Salt and freshly ground pepper to season

For the Scrambled Eggs:

- 4 free range eggs
- 75g butter
- 1.5 tbsp. chopped chives

Preparation Method

For the Pea Pancakes:

Cover the peas with boiling water in a saucepan.

Bring the water to the boil and cook the peas for 3 minutes, then drain them in a colander and whizz them in a food processor along with the 2 eggs, cornflour, salt and pepper.

Nutritional Value (per serving)

Calories 481 | Total Fat 39.2g | Saturated Fat 14.4g | Carbohydrates 18.8g | Fibre 5.5g | Protein 16.2g





Preparation Method (cont.)

Make 8 small pancake shapes with the purée using a spoon. They should be about half an inch thick. Heat some of the olive oil in a non-stick frying pan over a medium heat.

Cook the pancakes for about 2 minutes on each side. Put the pancakes to one side in a covered oven proof dish.

For the Scrambled Eggs:

Whisk the eggs in a large bowl and season with salt and pepper to taste.

Heat the butter in a pan on a gentle heat. Once the butter is foaming, add in the eggs and stir thoroughly.

They will begin to cook immediately, but continue stirring so that they scramble and don't form a solid mass.

Once the eggs are cooked, place on the pea pancakes, which can be reheated in a preheated oven at Gas Mark 1 or 140°C for 1 minute or so if necessary.

Garnish with some chives and tuck in!

Nutritional Value (per serving)

Calories 481 | Total Fat 39.2g | Saturated Fat 14.4g | Carbohydrates 18.8g | Fibre 5.5g | Protein 16.2g



Prep Time | 15 mins
Cooking Time | 15 mins

Minestrone Soup

Serves 4

Ingredients

- 200g broad beans, shelled
- 110g mange tout, cut into juliennes
- ½ a celery stick, finely chopped
- 1 large onion finely chopped
- 3 garlic cloves, finely chopped
- 1.5 tbsp. olive oil
- 1 medium carrot, finely chopped
- 1 tomato, peeled and finely chopped
- 1 tsp. tomato puree
- 1.2 L water
- 30g spaghetti, broken into 1 inch lengths
- Salt and freshly ground pepper to taste
- Basil leaves for garnishing

Preparation Method

Fry the onion and garlic over a medium heat for around 4 minutes, or until softened.

Nutritional Value (per serving)

Calories 267.5 | Total Fat 5.9g | Saturated Fat 0.7g | Carbohydrates 42.2g | Fibre 11.7g | Protein 9.3g





Preparation Method (cont.)

Add in the carrot and celery. Cook for 2 more minutes.

Place the onion mixture in a medium saucepan and pour in the water. Bring to boil, then simmer for 10 minutes.

Cook the broad beans in boiling water for 3 minutes, or until softened, then take them out and drain in a colander.

Place the mange tout in the hot water and boil for 1 minute. Drain and put to one side.

Add in the tomato and tomato purée and cook for 1 minute. Purée a quarter of the soup mixture and a quarter of the bean mixture in a blender and put that to one side, too.

Add the spaghetti to the remainder of the soup and cook for 7 minutes.

Stir in the purée and cook for 2 minutes. Add in the remaining broad beans, mange touts, parsley, and season.

When you want to serve, ladle it into bowls and decorate with sprigs of basil.

Nutritional Value (per serving)

Calories 267.5 | Total Fat 5.9g | Saturated Fat 0.7g | Carbohydrates 42.2g | Fibre 11.7g | Protein 9.3g



Prep Time | 15 mins
Cooking Time | 15 mins

Asparagus & Ham Soup

Serves 4

Ingredients

- 300g asparagus spears, sliced into 1-inch long pieces
- 2 tbsp. butter
- 3 medium onions, finely chopped
- 2 tbsp. plain flour
- 200ml semi skimmed milk
- 200ml chicken stock (made from a stock cube)
- 200g cooked ham, diced
- 200g mushrooms, chopped
- 300ml low fat single cream
- Salt and pepper to season
- Basil to garnish

Preparation Method

Fill a saucepan a third full with water and bring to the boil.

Blanch the asparagus by placing it in the boiling water for 2 minutes.

Drain the asparagus spears and drop them into cold water and put them aside.

Nutritional Value (per serving)

Calories 345 | Total Fat 21.2g | Saturated Fat 12.3g | Carbohydrates 25g | Fibre 3.3g | Protein 13.6g



Preparation Method (cont.)

Melt the butter in a frying pan on a medium heat and, when it's hot sauté the onions in it for 2 minutes.

Add in the milk and then gradually sift in the flour, whisking thoroughly to create a smooth mixture. Then, transfer it into a saucepan.

Bring this mixture to the boil for 1-2 minutes, stirring throughout.

Then drop in the chicken stock, cooked ham, chopped mushrooms and the asparagus.

Lower the heat and add the cream, along with the salt and pepper. Leave to simmer for 10 minutes.

Blend in a food processor and re-heat for serving.

Serve with a garnish of basil.

Nutritional Value (per serving)

Calories 345 | Total Fat 21.2g | Saturated Fat 12.3g | Carbohydrates 25g | Fibre 3.3g | Protein 13.6g



Prep Time | 10 mins

Tuna & Bean Salad

Serves 4

Ingredients

- 1 red onion
- 200g can of tuna, drained
- 400g can butter beans, drained and rinsed
- 200g cherry tomatoes, halved
- 2.5 tbsp. olive oil
- Juice of a lemon
- 2 tsp. Dijon mustard
- 30g pack flat-leaf parsley, roughly chopped
- Salt and pepper to taste

Preparation Method

Slice the onion as thinly as you can. Place it in a salad bowl and add the tuna, flaking it so there are no large chunks.

Mix in the butterbeans and cherry tomatoes.

Combine the olive oil, lemon juice and mustard together and season with salt and pepper.

Nutritional Value (per serving)

Calories 218.7 | Total Fat 8.9g | Saturated Fat 0.6g | Carbohydrates 18.7g | Fibre 7.4g | Protein 16.1g





Preparation Method (cont.)

Drizzle the dressing onto the salad and serve with a garnish of parsley. Serve immediately and enjoy!

Nutritional Value (per serving)

Calories 218.7 | Total Fat 8.9g | Saturated Fat 0.6g | Carbohydrates 18.7g | Fibre 7.4g | Protein 16.1g



Goat's Cheese, Walnut & Avocado Salad

Serves 4

Ingredients

For the Salad:

- 600g spinach, roughly chopped
- 200g cherry tomatoes
- 200g sweetcorn
- 2 large avocados, sliced
- 50g walnuts
- 100g hard goat's cheese, finely grated

For the Dressing:

- 2.5 tbsp. white wine vinegar
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. Dijon mustard
- Salt and freshly ground black pepper, to taste

Preparation Method

Put the spinach in a big salad bowl. Add the tomatoes, sweetcorn, slices of avocado, walnuts and toasted pine nuts.

Nutritional Value (per serving)

Calories 545.5 | Total Fat 44.2g | Saturated Fat 10.3g | Carbohydrates 25.2g | Fibre 12.2g | Protein 18.1g





Preparation Method (cont.)


Whisk together the white wine vinegar, the olive oil, mustard and season it with the salt and pepper. Drizzle this over the salad.

Toss the salad a little at a time so that the dressing evenly covers the salad.

Grate some hard goat's cheese onto the salad and tuck in!

Nutritional Value (per serving)

Calories 545.5 | Total Fat 44.2g | Saturated Fat 10.3g | Carbohydrates 25.2g | Fibre 12.2g | Protein 18.1g



Prep Time | 15 mins
Chilling Time | 30 mins
Cooking Time | 5 mins

Chorizo & Chicken Salad

Serves 4

Ingredients

800g cooked chicken, cut into chunks
100g chorizo
100g rocket
200g cherry tomatoes
4 tbsp. olive oil (used separately)
2 tbsp. tarragon
2 garlic cloves, crushed
2 tbsp. white wine vinegar
Freshly ground black pepper

Preparation Method

Combine 2 tablespoons of olive oil, crushed garlic and tarragon in a bowl.

Add the chicken breast chunks to this olive oil mixture, ensuring that the chicken is covered and soaked.

Leave it to marinade in the fridge for 35 minutes, or overnight if possible.

Nutritional Value (per serving)

Calories 482 | Total Fat 26.4g | Saturated Fat 6.5g | Carbohydrates 3.1g | Fibre 1.6g | Protein 56.9g



Preparation Method (cont.)

In a frying pan, fry the marinated chicken and chorizo slices in a tablespoon of olive oil for around 3 minutes.

Combine the rocket and tomatoes to make a salad. Add in the white wine vinegar, a tablespoon of olive oil and pepper and stir through the salad.

Mix in the chicken and chorizo, or arrange it on top, and your salad is ready to serve!

Nutritional Value (per serving)

Calories 482 | Total Fat 26.4g | Saturated Fat 6.5g | Carbohydrates 3.1g | Fibre 1.6g | Protein 56.9g



Prep Time | 10 mins

Tomato, Onion & Parsley Salad

Serves 4

Ingredients

- 200g baby vine tomatoes, halved
- 200g flat leaf parsley, roughly chopped
- 2 medium red onions, finely sliced
- 60g sesame seeds
- 4 tbsp. olive oil
- Juice of 3 lemons
- 1 tbsp. agave nectar

Preparation Method

Put the tomato halves in a bowl. Mix with the finely sliced onions.

Stir in the parsley and the sesame seeds.

Whisk together the olive oil, lemon juice and agave nectar in a separate bowl.

Drizzle on the tomato and onion salad for a great tasting dressing and tuck in.

Nutritional Value (per serving)

Calories 305.7 | Total Fat 21.9g | Saturated Fat 3g | Carbohydrates 18g | Fibre 5.5g | Protein 5.8g



Prep Time | 10 mins

Italian Salad

Serves 4

Ingredients

2 tbsp. olive oil

A bunch of spring onions, chopped into 1cm pieces

250g cherry tomatoes, halved

150g mozzarella, chopped into bitesize pieces

150g olives, sliced into thirds

Juice of a lemon

50g fresh basil, chopped roughly

Preparation Method

In a mixing bowl, combine the spring onions, mozzarella, tomatoes, olives and basil.

In a separate bowl, mix together the lemon juice and olive oil to create a light dressing.

Add the dressing slowly to the salad and mix thoroughly.

The salad is now ready to serve and enjoy!

Nutritional Value (per serving)

Calories 251 | Total Fat 19.3g | Saturated Fat 6.3g | Carbohydrates 11g | Fibre 2.7g | Protein 10.6g



Prep Time | 20 mins

Parma Ham & Melon Balls

Serves 4

Ingredients

- 200g Parma ham
- 1 melon
- Cocktail sticks

Preparation Method

Cut the melon in half and scrape out the seeds.

Discard the seeds and cut out pieces of the melon using a melon baller.

Skewer the melon balls on the cocktail sticks and place small rolled-up slices of Parma ham onto the sticks, followed by more melon balls and slices of ham until the cocktail stick is full.

This dish is now ready to serve! Quick and easy to make and mouth-wateringly good!

Nutritional Value (per serving)

Calories 106.7 | Total Fat 2.2g | Saturated Fat 1g | Carbohydrates 22.7g | Fibre 1.7g | Protein 2.1g



Prep Time | 10 mins
Cooking Time | 20 mins

Mushroom & Leek Risotto

Serves 4

Ingredients

- 30g butter
- 1 tbsp. olive oil
- 1 leek, sliced finely
- 3 garlic cloves, minced
- 300g cooked brown rice
- 800ml boiling water
- 1 vegetable stock cube
- 300g chestnut mushrooms, chopped
- 50g vegetarian hard cheese

Preparation Method

Place the rice in a saucepan and cover it with boiling water.

At this point, crumble a vegetable stock cube in to the saucepan and give the rice a thorough stir.

Turn up the heat and boil the rice until it softens. This should take around 10 minutes.

Nutritional Value (per serving)

Calories 278 | Total Fat 15.1g | Saturated Fat 6.9g | Carbohydrates 21.3g | Fibre 2.3g | Protein 10.7g





Preparation Method (cont.)

Put the olive oil in a frying pan over medium heat and fry the leek with the garlic until it softens.

Add in the mushrooms to the leek and garlic, then cook for a further 3 minutes.

Add the cooked rice to the frying pan and continue to cook for another 3 minutes, stirring throughout.

Mix in about half of the cheese and transfer the risotto to a serving bowl. Let it stand for 5 minutes.

Scatter with the remaining cheese, serve with a side of green salad, and enjoy.

Nutritional Value (per serving)

Calories 278 | Total Fat 15.1g | Saturated Fat 6.9g | Carbohydrates 21.3g | Fibre 2.3g | Protein 10.7g



Prep Time | 10 mins
Cooking Time | 35 mins

Aubergine & Cashew Bake

Serves 4

Ingredients

- 2 aubergines
- 6 tbsp. olive oil
- 100g raw cashews
- 50g fresh coriander, finely chopped
- 2 cloves of garlic, minced

Preparation Method

Preheat the oven to Gas Mark 3 or 170°C.

Cut the aubergines in half and place them, with the sliced side facing up, on a baking tray.

Then drizzle with a tablespoon of olive oil and bake until tender. This should take around 25 minutes.

Using a food processor, blend the cashews, coriander, garlic, and 5 tablespoons of olive oil, until you have a chunky paste. Add a little water to thin the mixture out if necessary.

Spread the cashew paste generously on top of the aubergines and cook under a grill for a further 10 minutes.

Nutritional Value (per serving)

Calories 344.3 | Total Fat 33.5g | Saturated Fat 5.5g | Carbohydrates 6.3g | Fibre 1.2g | Protein 6.3g





Preparation Method (cont.)

Serve with a tomato, onion, and parsley salad (see page 33), or another salad of your choice.

Nutritional Value (per serving)

Calories 344.3 | Total Fat 33.5g | Saturated Fat 5.5g | Carbohydrates 6.3g | Fibre 1.2g | Protein 6.3g



Prep Time | 10 mins

Peperonata

Serves 4

Ingredients

- 2 red peppers, cored and sliced thinly
- 2 yellow peppers, cored and sliced thinly
- Half a courgette, chopped roughly
- 400g tinned tomatoes
- 2 red onions, peeled and sliced thinly
- 4 cloves of garlic peeled and crushed
- 2 tbsp. olive oil
- Salt and pepper to taste

Preparation Method

Heat up the olive oil over a medium heat in a medium sized saucepan.

Add the red onions and garlic to the oil and cook until softened. This should take 3-4 minutes. Place the peppers and courgette in the pan. Season to taste.

Add in the tomatoes and cook, without the lid on, for approximately 15 minutes. Your dish is ready to be served!

Nutritional Value (per serving)

Calories 147 | Total Fat 7.5g | Saturated Fat 1.1g | Carbohydrates 19.1g | Fibre 5g | Protein 3.8g



Prep Time | 10 mins
Cooking Time | 50 mins

Meatballs & 'Spaghetti'

Serves 4

Ingredients

For the Meatballs:

- 300g lamb, minced
- 2 small onions, finely chopped
- 2 tsp. garlic, finely chopped
- 2 tsp. ginger, finely chopped
- 1 tbsp. fresh parsley, finely chopped
- ¼ tsp. ground black pepper
- Salt to season

For the Sauce:

- 60ml olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 60ml tomato sauce
- 400g tinned tomatoes, finely chopped
- 1 handful of basil leaves, chopped
- Salt and pepper to season

Nutritional Value (per serving)

Calories 376 | Total Fat 27.5g | Saturated Fat 8.6g | Carbohydrates 17.1g | Fibre 18.9g | Protein 66.8g





Ingredients (cont.)

For the Courgette Spaghetti:

2 large courgettes

Preparation Method

For the Meatballs:

Mix the mince, onions, garlic, ginger, fresh parsley, salt, and pepper in a bowl until they are thoroughly combined.

Place the mixture in the fridge for at least an hour. The longer you leave it, the better.

Remove the mixture from the fridge and mould it into 16 ball shapes.

Put a little oil in a pan over a medium heat and lightly brown off the outsides of the meatballs.

Move the meatballs from the pan to a baking tray lined with foil and place in a preheated oven at Gas Mark 6 or 200°C. Cook the meatballs for 20 minutes, ensuring they are golden brown.

For the Sauce:

Using a small saucepan over a medium heat, cook the garlic in the olive oil until soft. This should take about 2 minutes.



Nutritional Value (per serving)

Calories 376 | Total Fat 27.5g | Saturated Fat 8.6g | Carbohydrates 17.1g | Fibre 18.9g | Protein 66.8g



Preparation Method (cont.)

Pour the oil into the same pan you used to make the meatballs and place over a medium heat, gently scraping the bottom with a wooden spoon to remove any remnants of the meatballs and add them to the sauce.

Add the onion and cook for 10 minutes, stirring occasionally. Add the tomato paste and cook for 30 seconds.

Stir in the chopped tomatoes and basil leaves and cook for a further 5 minutes. Season with sea salt and pepper.

Add in the meatballs and cook for 10 minutes over low heat, stirring.

For the Courgette Spaghetti:

Using a spiralizer, spiralize 2 courgettes. Lay the spaghetti down on 2 sheets of kitchen roll spread on a flat surface.

Cover them with another 2 sheets of kitchen roll and pat them dry.

Divide the spaghetti onto 4 plates and top each with a quarter of the meatballs and some sauce.

Enjoy!

Nutritional Value (per serving)

Calories 376 | Total Fat 27.5g | Saturated Fat 8.6g | Carbohydrates 17.1g | Fibre 18.9g | Protein 66.8g



Prep Time | 10 mins
Cooking Time | 50 mins

Pasta Free Lasagne

Serves 4

Ingredients

- Handful of fresh basil, chopped
- 1 ball of mozzarella, chopped (250g)

For the Courgette Pasta:

- 4 medium courgettes, washed and cut lengthwise into thin, wide strips
- 1 tbsp. Himalayan salt
- 1 tbsp. olive oil
- 1 tbsp. melted butter
- ¼ tbsp. black pepper

For the Meat Sauce:

- 500g minced lamb
- 1 tbsp. water
- 1 onion, diced
- 3 garlic cloves, minced
- 1 tsp. dried oregano
- 1 tsp. basil
- 1 tsp. black pepper



Nutritional Value (per serving)

Calories 647.2 | Total Fat 46.6g | Saturated Fat 20.8g | Carbohydrates 15.8g | Fibre 39.7g | Protein 39.7g



Ingredients (cont.)

- ½ tbsp. Himalayan sea salt
- ½ tbsp. paprika
- 3 tsp. rosemary
- 4 tsp. thyme
- 675g tinned tomatoes, finely chopped
- 2 tbsp. olive oil

Preparation Method

For the Courgette Pasta:

Place all of the ingredients for the courgette pasta in a zip lock or sandwich bag. Ensure they are thoroughly mixed together, and place it in the fridge to let it marinate.

Leave it in there while you prepare the sauce.

For the Meat Sauce:

Brown the lamb mince in a saucepan with the olive oil for around 5 minutes, adding the water as you go.

Add in the diced onion, garlic, oregano, basil, salt, pepper, paprika, rosemary and thyme. Cook for a further 5 minutes, stirring to make sure the spices cover the meat and vegetables.

Nutritional Value (per serving)

Calories 647.2 | Total Fat 46.6g | Saturated Fat 20.8g | Carbohydrates 15.8g | Fibre 39.7g | Protein 39.7g





Preparation Method (cont.)

Mix in the drained tomatoes. Then lower the heat and simmer for about 15 minutes. Once cooked, set aside.

To Finish:

Preheat the oven to Gas Mark 5 or 190°C.

Spread a few tablespoons of the sauce on the bottom of a 9 x 13inch (23 x 33cm) oven proof dish, or in four individual pot pie dishes.

Layer the lasagne starting with a courgette pasta base, then add 1/3 of the meat sauce, add a sprinkling of basil, and put 1/3 of the mozzarella on top.

Repeat this process until you run out of ingredients.

Bake the lasagne in the pre-heated oven for 30 minutes.

Serve up and relish!

Nutritional Value (per serving)

Calories 647.2 | Total Fat 46.6g | Saturated Fat 20.8g | Carbohydrates 15.8g | Fibre 39.7g | Protein 39.7g



Prep Time | 10 mins
Cooking Time | 10 mins

Chicken with Rice

Serves 4

Ingredients

- 600g cooked chicken breasts, chopped
- 1 small onion, diced
- 10 button mushrooms, sliced
- 2 medium tomatoes, diced
- 2 tbsp. Butter (used separately)
- 3 garlic cloves, minced
- Himalayan salt and pepper to taste
- 1 tbsp. olive oil
- 10 to 12 fresh basil leaves, chopped
- 1 large cauliflower, finely grated
- 1 tbsp. tomato puree

Preparation Method

Melt 1 tablespoon of butter in a frying pan and sauté the garlic and the onion until they both begin to soften and turn golden brown. This should take 3-4 minutes.



Nutritional Value (per serving)

Calories 329 | Total Fat 11.5g | Saturated Fat 4.6g | Carbohydrates 17.9g | Fibre 6.8g | Protein 37.8g



Preparation Method (cont.)

Add the mushrooms to the frying pan and continue to cook for 1 minute. Transfer the sautéed vegetables into a bowl and place aside.

Put the tomatoes in the same pan used to cook the other vegetables, reusing the left over butter, and fry for about 3 minutes, ensuring that they are softened.

Add the water and seasoning to the pan.

Mix in the chicken, cook for a further 5 minutes and remove from the heat. At this point, if the dish looks a little too thick, add a little bit of water to even it out.

Sauté the grated cauliflower in the olive oil.

Add in a tablespoon of tomato puree to the rice.

Serve the chicken on a bed of low carb cauliflower rice, with a garnish of basil leaves!

Yum!

Nutritional Value (per serving)

Calories 329 | Total Fat 11.5g | Saturated Fat 4.6g | Carbohydrates 17.9g | Fibre 6.8g | Protein 37.8g



Prep Time | 10 mins
Cooking Time | 35 mins

Creamy Chicken & Veg

Serves 4

Ingredients

For the Chicken:

- 600g cooked chicken breasts, diced
- 30g butter
- 2 small onions, diced
- 100g button mushrooms, chopped
- 50g almond flour
- 500ml almond milk
- 100g grated mozzarella cheese
- 500ml water
- 240ml vegetable stock
- Dash of Himalayan sea salt and black pepper

For the Mediterranean Veg:

- 2 courgettes
- 2 aubergines
- 2 medium red onions
- 4 large tomatoes

Nutritional Value (per serving)

Calories 481 | Total Fat 20g | Saturated Fat 7.9g | Carbohydrates 26.6g | Fibre 9.8g | Protein 46g





Ingredients (cont.)

2 bell peppers

Preparation Method

For the Chicken:

Preheat the oven to Gas Mark 5 or 190°C.

Heat the butter in a frying pan over medium-high heat.

Once hot, add the onions and mushrooms and sauté for 3-5 minutes.

Stir in the flour, whisking constantly, for about 1 minute to make a thin paste.

Slowly add the milk, water and broth, still whisking constantly, until the paste is thickened for around 5 minutes.

Add the cheese and cook for 2 minutes or so then remove from the heat.

Add the chicken to the pan and cook lightly until all of the chicken is consistent in colour.

Give everything a stir and transfer to an ovenproof dish. Bake for 15 minutes.

Nutritional Value (per serving)

Calories 481 | Total Fat 20g | Saturated Fat 7.9g | Carbohydrates 26.6g | Fibre 9.8g | Protein 46g





Preparation Method (cont.)

For the Mediterranean Veg:

Cut the courgettes, aubergines, red onions, tomatoes and bell peppers into bite-size chunks. Place the vegetables on a baking tray and give a generous coat of olive oil.

Cook in the pre-heated oven for 15-20 minutes or until the vegetables are tender and beginning to brown.

Serve the creamy chicken alongside the Mediterranean vegetables and relish!

Nutritional Value (per serving)

Calories 481 | Total Fat 20g | Saturated Fat 7.9g | Carbohydrates 26.6g | Fibre 9.8g | Protein 46g



Prep Time | 10 mins
Cooking Time | 20 mins

Salmon & Broccoli Bake

Serves 4

Ingredients

- 4 salmon fillets weighing 460g
- 1 head of broccoli
- 1 red chilli, finely chopped
- 400ml half fat single cream
- 1 tbsp. tomato puree
- 100g red pesto
- Freshly ground pepper to taste

Preparation Method

Preheat the oven to Gas Mark 5 or 190°C.

Mix the cream, tomato puree and red pesto together. Then add in the chopped red chilli.

Place the broccoli and the salmon in the red pesto sauce in 4 individual pot pie dishes, ensuring the fish is fully coated, and bake in the preheated oven for 20 minutes.

Remove from the oven and allow to cool for 5 minutes or so and serve.
Delicious!

Nutritional Value (per serving)

Calories 433 | Total Fat 28.2g | Saturated Fat 4.9g | Carbohydrates 14g | Fibre 12.2g | Protein 32.3g



Prep Time | 10 mins
Cooking Time | 35 mins

Cod with Sautéed Kale

Serves 4

Ingredients

For the Fish:

- 4 x 170g cod fillets
- 400g tinned tomatoes, finely chopped
- ½ red bell pepper, chopped
- 1 tsp. lemon zest
- 2 tsp. chopped thyme leaves
- Himalayan sea salt and black pepper, to taste
- 1 tbsp. fresh lemon juice

For the Kale:

- 450g kale, tough stems and ribs removed and cut into 1 inch strips
- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- Dash of sea salt

Preparation Method

For the Fish:

Preheat the oven to Gas Mark 7 or 210°C.



Nutritional Value (per serving)

Calories 380 | Total Fat 8.1g | Saturated Fat 1.2g | Carbohydrates 19g | Fibre 5.3g | Protein 33g



Preparation Method (cont.)

Lightly spray or coat a 13 x 9inch (33 x 23cm) ovenproof dish with coconut oil.

Combine the tomatoes, peppers, lemon zest, thyme, salt and pepper in a saucepan and cook for 5-8 minutes until soft. Place the cod in the prepared baking dish and season with a pinch of salt and pepper.

Bake in the preheated oven for around 15 minutes.

Drizzle with a tablespoon of lemon juice.

For the Kale:

Boil half a saucepan of water and drop in the kale. Boil the kale for around 10 minutes.

Remove the kale from the heat, drain it, and set it to one side.

Heat some oil on a medium-high temperature. Add the garlic and cook for about 1 minute, until it softens.

Reduce the heat to low and add the kale. Simmer gently until everything in the pan is warmed through.

Remove from the heat and stir in the vinegar and sea salt.

Serve the cod on a bed of kale with the vegetable mixture on the side.

Nutritional Value (per serving)

Calories 380 | Total Fat 8.1g | Saturated Fat 1.2g | Carbohydrates 19g | Fibre 5.3g | Protein 33g



Prep Time | 10 mins
Cooking Time | 20 mins

Carbonara

Serves 4

Ingredients

- 400g spaghetti (you can use no carb spaghetti, from health food shops)
Ensure you limit your intake to 100g per person)
- 275g cubed pancetta
- 2 tsp. olive oil
- 60ml dry white wine
- 60ml double cream
- 50g parmesan cheese (freshly grated)
- Freshly ground salt and pepper to season

Preparation Method

Cut the pancetta into 1.5 cm cubes.

Put the olive oil in a frying pan, and then add the pancetta cubes. Cook on a high heat until crispy. This should take around 5 minutes.

Once the pancetta is cooked, pour the dry white wine into the frying pan and allow the mixture to simmer.

Stir for 5 minutes to mix the saltiness of the pancetta with the dryness of the white wine.



Nutritional Value (per serving)
Calories 530.9 | Total Fat 34.6g | Saturated Fat 9.1g | Carbohydrates 31.6g | Fibre 2.1g | Protein 21.3g



Preparation Method (cont.)

Once the mixture is lightly bubbling, remove the pan from the heat.

Add the cream to the pan and stir, adding the Parmesan gradually to fit personal taste.

Cook the pasta according to the packet instructions. If you like your pasta al dente (that is, slightly undercooked), start checking it 2 minutes before the packet says it's done.

Set aside a cup of the water you used to cook the pasta, in case you need to thin the sauce later.

Combine the pasta with the sauce, warm it on the stove, and serve.

Grind over some salt and black pepper and grate some extra Parmesan on top to finish.

Enjoy!

Nutritional Value (per serving)

Calories 530.9 | Total Fat 34.6g | Saturated Fat 9.1g | Carbohydrates 31.6g | Fibre 2.1g | Protein 21.3g



Prep Time | 10 mins
Cooking Time | 30 mins

Cauliflower Pizza

Serves 4

Ingredients

For the Pizza Base:

Grated whole cauliflower

75g almond flour

3 tsp. dried oregano

3 free range eggs, beaten

Himalayan sea salt and freshly ground black pepper to season

For the Pizza Topping:

1 courgette, shaved with a potato peeler

50g grated mozzarella

For the Tomato Sauce:

2 tbsp. olive oil

1 small onion, finely chopped

3 garlic cloves, minced

400g tinned tomatoes, finely chopped

5 sprigs of basil, leaves picked

Freshly ground salt and pepper to season

Nutritional Value (per serving)

Calories 294 | Total Fat 17.7g | Saturated Fat 4.3g | Carbohydrates 17.3g | Fibre 6.3g | Protein 14.2g





Preparation Method

For the Tomato Sauce:

Place the oil in a pan, then place the pan over a medium heat. Add in the onion and garlic and sauté for 3-4 minutes.

Mix in the basil, tomatoes, salt and pepper.

Turn the heat down, cover and simmer for approximately 20 minutes.

For the Base & Topping:

Preheat the oven to Gas Mark 6 or 200°C.

Line a baking tray with greaseproof paper.

Finely grate the cauliflower and mix it together with the almond flour, oregano, salt and pepper.

Move the mix all into one volcano shaped pile, hollow out the centre, and crack the eggs in. Fold this mix together with your hands until it creates a dough.

Transfer to the greaseproof paper and form into a pizza base by flattening the dough by hand. Ensure you make the base as even as possible edges slightly higher so that the topping does not just fall off.

Bake for 25 minutes in the preheated oven.



Nutritional Value (per serving)

Calories 294 | Total Fat 17.7g | Saturated Fat 4.3g | Carbohydrates 17.3g | Fibre 6.3g | Protein 14.2g



Preparation Method (cont.)

Remove from the oven and cover with the tomato sauce, shaved courgette, and grated mozzarella, then return to the oven for a further 5 minutes.

Your meal is now ready to enjoy!

Nutritional Value (per serving)

Calories 294 | Total Fat 17.7g | Saturated Fat 4.3g | Carbohydrates 17.3g | Fibre 6.3g | Protein 14.2g



Prep Time | 15 mins
Cooking Time | 10 mins
Resting Time | 1 hour

Coconut Panacotta

Serves 2

Ingredients

- 1 tin of coconut milk
- 1 vanilla pod
- 1 tbsp. agar agar flakes or 1 tsp. agar agar powder (vegetarian gelatine substitute, available at health food shops)
- 4 tbsp. pomegranate seeds

Preparation Method

Put the coconut milk in a pan along with the agar agar and place to one side.

Add the vanilla to the coconut milk mixture by slicing open the vanilla bean lengthways, and using the tip of a knife to remove the dark contents of the vanilla bean.

Gently heat the mixture over a medium heat, whisking thoroughly at the same time.

Continue whisking until the agar agar has totally dissolved. If you are using agar agar flakes you will need to simmer the mixture for 10-15 minutes.

Nutritional Value (per serving)

Calories 250 | Total Fat 38g | Saturated Fat 33g | Carbohydrates 26g | Fibre 6g | Protein 2.5g





Preparation Method (cont.)

If you are using the agar agar powder you will need to simmer it for up to 5 minutes.

Remove the mixture from the heat and pour the mixture into 4 serving bowls. Place them in the fridge to set, this will take approximately 1 hour.

Top your dish with pomegranate seeds and tuck in!

Nutritional Value (per serving)

Calories 250 | Total Fat 38g | Saturated Fat 33g | Carbohydrates 26g | Fibre 6g | Protein 2.5g



Prep Time | 4 hours

Pistachio Gelato

Serves 4

Ingredients

- 400ml half-fat coconut milk
- 200ml unsweetened almond milk
- 30ml agave nectar
- ¼ tsp. Xanthan gum
- 150g unsalted pistachios (shelled & finely chopped)

Preparation Method

Whizz the half-fat coconut milk, unsweetened almond milk, agave nectar, Xanthan gum and 100g of the shelled pistachios in a blender.

Blend the mixture for a couple of minutes until totally smooth. Place the mixture in the fridge for 2 hours.

Freeze the ice cream for 2 hours. When it is set add the rest of the chopped pistachios and allow the ice cream to freeze completely.

The finished item will keep in the freezer for up to 3 weeks.

Nutritional Value (per serving)

Calories 300 | Total Fat 18g | Saturated Fat 2g | Carbohydrates 30g | Fibre 11g | Protein 9.2g



Prep Time | 20 mins
Cooking Time | 20 mins

Plum & Peach Tart

Serves 6

Ingredients

For the Tart Base:

- 150g almond flour
- 150g plain flour
- 2 eggs
- 3 tbsp. olive oil

For the Filling:

- 200g canned peach halves
- 200g plums, pitted and sliced
- 2 tbsp. homemade jam, warmed in 20ml of water in a saucepan

Preparation Method

Preheat oven to 180°C/Gas Mark 4.

Put the almond flour, plain flour, 2 eggs and 3 tablespoons of olive oil in a large bowl and mix thoroughly.

Using a rolling pin, roll the pastry into a circular shape on a lightly-floured surface.

Nutritional Value (per serving)

Calories 361 | Total Fat 22g | Saturated Fat 3g | Carbohydrates 22g | Fibre 4g | Protein 10g





Preparation Method (cont.)

Press the flattened pastry evenly onto the bottom of a 7-inch-wide, loose-bottomed tart tin.

Bake in the preheated oven for approximately 15 minutes until the tart base turns slightly brown in colour. Place aside to cool. Then lower the oven temperature to 170°C.

Arrange the fruit (peach halves and plums) in a circular fashion around the tart base. Place the tart in the oven for another 15 minutes.

Keep an eye on the tart from 10 minutes on in order to ensure that it does not overcook.

Brush the tart border and the fruit with the warm homemade jam glaze and allow let cool to room temperature, which will take around 20 minutes.

Cut into pieces and tuck in!

Nutritional Value (per serving)

Calories 361 | Total Fat 22g | Saturated Fat 3g | Carbohydrates 22g | Fibre 4g | Protein 10g



Prep Time | 20 mins
Cooking Time | 10 mins

Homemade Jam

Serves 4

Ingredients

- 400g raspberries
- 30g Triple Zero sweetener
- 40 drops of liquid vanilla Stevia
- ½ tsp. Xanthan Gum

Preparation Method

Mix together the raspberries, Triple Zero Sweetener and vanilla Stevia in a saucepan and place over a low heat. Stirring constantly, gradually increase the heat.

As soon as the mixture is boiling lower the heat again and simmer for 20 minutes, stirring constantly.

When mixing, crush the raspberries with the back of a wooden spoon against the side of the pan.

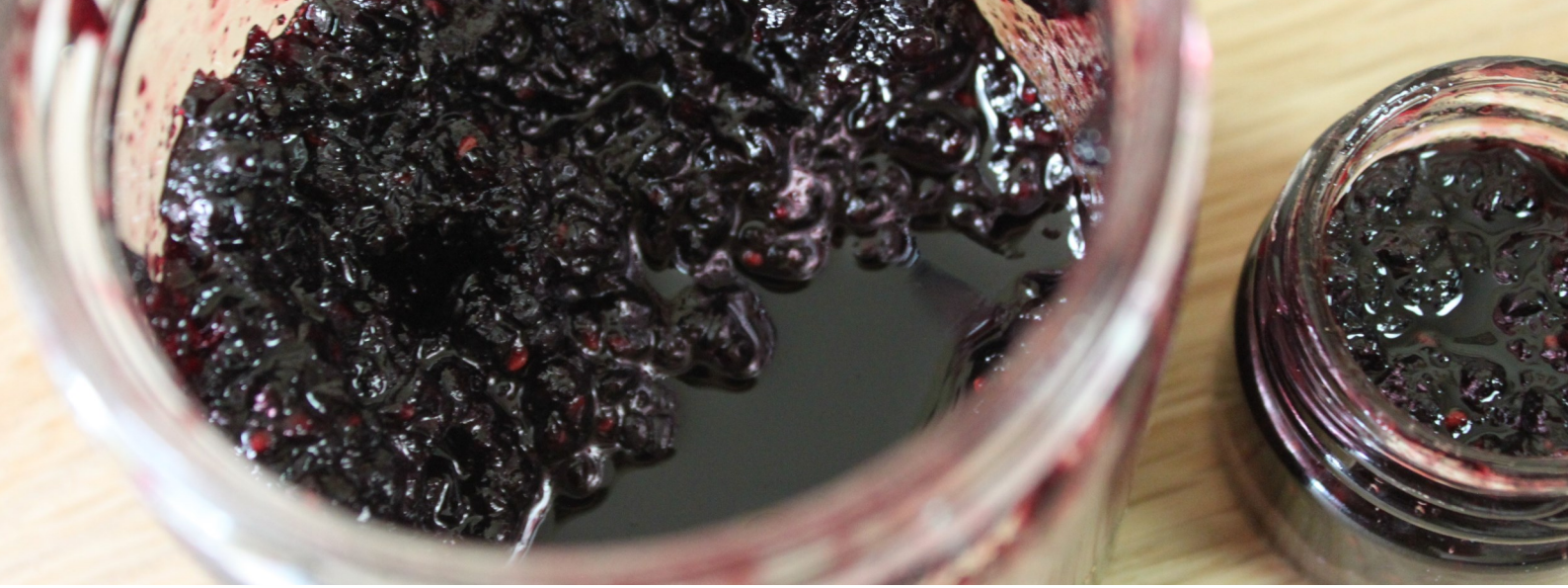
Add the Xanthan gum on top of the mixture, mixing thoroughly.

Continue mixing and allow to simmer for 3 minutes.

Nutritional Value (per serving)

Calories 6 | Total Fat 0g | Saturated Fat 0g | Carbohydrates 1.4g | Fibre 0g | Protein 0.1g





Preparation Method (cont.)

Turn the heat off and place the saucepan to one side, cover, and let the jam cool down completely.

You can store the jam in an airtight container in the fridge. Once chilled, the jam is ready to use.

Nutritional Value (per serving)

Calories 6 | Total Fat 0g | Saturated Fat 0g | Carbohydrates 1.4g | Fibre 0g | Protein 0.1g



Prep Time | 20 mins
Cooking Time | 30 mins

Tiramisu

Serves 4

Ingredients

For the Base:

- 110g butter
- 110g cream cheese
- 5 eggs
- 2 tbsp. agave nectar
- 150g almond flour
- 1 tsp. baking powder
- 1 tsp. vanilla extract

For the Topping:

- 3 large egg yolks
- 1.5 tbsp Stevia
- 250g mascarpone
- 2 large eggs whites
- 150ml strong espresso coffee
- 3 tbsp. dark rum
- 50g unsweetened dark chocolate, melted in a bowl over boiling water



Nutritional Value (per serving)

Calories 296 | Total Fat 27g | Saturated Fat 16g | Carbohydrates 7.1g | Fibre 1.1g | Protein 6.4g



Preparation Method

For the Base:

Soften the butter with a wooden spoon. Mix the butter with the cream cheese and agave nectar, then add the eggs one by one.

Place all dry ingredients (flour, baking powder, vanilla extract) in a bowl and combine. Add the dry ingredients to the egg mixture.

Whisk the mixture until smooth, add the vanilla extract, and mix once more. Divide the mixture equally between 12 muffin cases.

Place the cases on a baking tray and bake the muffins for around 20 minutes. To find out if the cupcakes are done, poke a skewer (or something similarly long and thin) in the cake, then withdraw it. If there is cake mix stuck to the skewer, the ingredients haven't set, and the cakes need more time.

For the Topping:

Separate the yolks from the egg whites by cracking the egg and slowly tipping the contents from one half of the shell to the other, ensuring not to drop the yolk. The egg whites should separate and dribble through the gap (so make sure you do this over a bowl!)

Place the yolks in a large mixing bowl. You only need 2 egg whites, but 3 yolks.

Nutritional Value (per serving)

Calories 296 | Total Fat 27g | Saturated Fat 16g | Carbohydrates 7.1g | Fibre 1.1g | Protein 6.4g





Preparation Method (cont.)

Using an electric whisk, beat the egg yolks in a mixing bowl at high speed for approximately 4 minutes, until the mixture looks like a light and fluffy mousse.

In another bowl, soften the mascarpone by squashing and spreading it with the back of a wooden spoon, then gradually mix it into the egg yolk mixture, and add the Stevia.

Wash and dry the beaters of the whisk. In a third bowl whisk the egg whites until they can form peaks.

Using a spatula, gently fold the egg whites into the mascarpone mixture, scooping the mixture and folding it on top of itself until the ingredients are mixed. This preserves the air trapped in the egg whites. Place the bowl to one side.

Cut the muffins into flat slices, about half an inch thick. Pour the rum and coffee into a shallow dish, and soak the muffin slices in the rum and coffee.

Line the bottom of a glass bowl with about half of the soaked slices, and layer half the mascarpone mixture and the melted chocolate on top.

Place the rest of the muffin slices on top, and again layer on top the chocolate and the mascarpone mixture so that, in effect, it is a 2 layer dessert.

Nutritional Value (per serving)

Calories 296 | Total Fat 27g | Saturated Fat 16g | Carbohydrates 7.1g | Fibre 1.1g | Protein 6.4g





Preparation Method (cont.)

Alternatively, you can pipe the second layer of mascarpone mixture into peaks on top for decoration, rather than just layering.

Use some cling film to cover the bowl, and chill in the fridge for at least 3 hours prior to serving.

Nutritional Value (per serving)

Calories 296 | Total Fat 27g | Saturated Fat 16g | Carbohydrates 7.1g | Fibre 1.1g | Protein 6.4g



Prep Time | 1 hour 50 mins
Chilling Time | Overnight

Raspberry & Limoncella Semifreddo

Serves 6

Ingredients

For the Semifreddo:

- 150g fresh raspberries
- 4 tbsp. Stevia
- 300ml carton double cream
- 5 tbsp. Limoncella
- 400ml crème fraiche

For the Coulis:

- 300g fresh or frozen (thawed) raspberries
- 2 tbsp. agave nectar
- Extra raspberries for serving

Preparation Method

Using cling film line the base of a 1kg loaf tin. Using a fork, for the semifreddo, mash the raspberries and 2 tablespoons of Stevia in a bowl.

Whisk the cream, the Stevia and the Limoncella into soft peaks.

Nutritional Value (per serving)

Calories 367 | Total Fat 25g | Saturated Fat 15g | Carbohydrates 19.5g | Fibre 5.5g | Protein 1g





Preparation Method (cont.)

Beat the crème fraiche so it forms a similar consistency to the double cream mixture. Then carefully fold the cream mixture in with the crème fraiche.

Swirl the mashed raspberries through the creamy mixture. Pour the mixture into the loaf tin.

Mash the raspberries using a fork and mix with 2 tablespoons of agave nectar for a coulis. For a finer coulis you can sieve this mixture.

Cover the semifreddo with cling film and freeze overnight. You can freeze the semifreddo and the coulis for up to a month.

The frozen semifreddo will need to be de-frosted for an hour prior to serving and the coulis will need to be thawed overnight before serving.

Peel the cling film from the semifreddo. Drizzle a bit of the coulis on to it and place some raspberries over the top.

Slice the semifreddo and serve with the coulis.

Nutritional Value (per serving)

Calories 367 | Total Fat 25g | Saturated Fat 15g | Carbohydrates 19.5g | Fibre 5.5g | Protein 1g



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