

# PERFECT EASTER TREATS

A diabetes friendly twist  
on Easter favourites



A DELICIOUS **DIABETES.CO.UK** COOKBOOK



# Easter Holiday 2013

It is Easter, for some of us it may mark a hard earned four days off work, for others it celebrates the most important event in the Christian calendar.

However you see Easter, here at Diabetes.co.uk we have put together a collection of recipes to get you through the weekend as well as a lovely way to spend some quality time with the children making eggs that won't send the blood sugar levels through the roof!

We have got a diabetes friendly Hot Cross Bun recipe for Friday, a raw chocolate mousse recipe and a lovely Sunday roast with a difference that is perfect for all the Spring lamb that is available this time of year.

Have you got any plans for this Easter weekend? We would love to hear them, find us on Facebook at [www.facebook.co.uk/diabetes.co.uk](http://www.facebook.co.uk/diabetes.co.uk).

What will you be eating this weekend?

Share your recipes on the Diabetes.co.uk Forum.

Charlotte x

Don't forget to share a picture of your Easter Egg hunts on our [Facebook page](#) and on the [Diabetes Forum](#).



## Friendly Hot Cross Buns

Makes 10 buns

- 150g almond flour
- 150g light spelt flour
- 1 tsp. bicarbonate of Soda
- 60ml macadamia nut oil (use lightly flavoured olive oil if you can't get macadamia)
- 2 medium eggs, beaten
- Zest from one orange
- 6 drops liquid stevia
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground cloves or all spice
- 50g currents or raisins
- Pinch of sea salt

There are a number of traditions surrounding hot cross buns on Good Friday.

One old superstition states that if you bake hot cross buns on Good Friday they will have magical powers.

And according to another superstition, the hot cross buns you make on Good Friday will keep for a year without going mouldy!!

### Preparation Method

Preheat the oven to 180°C/250°F/Gas Mark 4.

Measure and sift the almond and spelt flour into a large bowl and add the salt.



## Preparation Method (Cont)

In a jug, combine the beaten eggs with the oil and liquid stevia.

Make a well in the middle of the dry ingredients in the large bowl and pour in the wet ingredients.

Mix in the ingredients in the centre slowly in order to avoid getting a lumpy mixture.

Add the orange zest and currents.

Finish combining the mixture with your hands to form a dough. Knead the dough so that it is smooth and elastic. This should take approximately 6 minutes.

Transfer the dough onto a floured surface.

Divide the dough into 10 equally sized portions.

Mould into a round bun and place on a baking tray.

Ensure you leave enough space in between each bun for it to expand during the cooking process.

Using a knife score a cross in the top of each bun.

Cook for 15 to 20 minutes until golden brown.

Place on a wire cooling rack.

Glaze with a drop of liquid stevia mixed with water before they are cool.

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Nutritional value per pancake

Calories: 153 · Total fat: 8.6g · Saturated fat: 0.9g · Carbohydrate: 14.8g · Protein: 2.4g · Fibre: 2.2g



# Raw Chocolate Pudding

Serves 1

- 1 medium ripe avocado
- 1 tbsp. hemp nuts
- 2 tbsp. raw cocoa powder
- 1/4 tsp. pure vanilla
- 3 drops liquid stevia
- Small pinch of sea salt
- 8 tbsp. unsweetened almond milk

If you can't get through the long Easter weekend without chocolate, this is an amazing recipe to get a chocolate fix without compromising your low carb diet.

The avocado is an excellent source of a carotenoid called lutein, it works as an antioxidant and helps maintain eye health.

## Preparation Method

Place all of the ingredients into a blender or food processor and combine until the mixture has a creamy and smooth consistency.

Add a little more almond milk if the consistency is a bit too thick.

Serve in a bowl or share it with a friend if you want to half the fat.

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Nutritional value per serving

Calories: 397 · Total fat: 35.7g · Saturated fat: 1.3g · Carbohydrate: 10.2g · Protein: 8.8g · Fibre: 8.1g



## Roast Easter Lamb

Serves 4

- 4 lamb shanks
- 100ml olive oil
- Juice and zest of one lemon
- Chopped fresh parsley
- 3 sprigs of rosemary
- 8 cloves of garlic
- 50ml dry white wine
- Pinch of ground cumin
- 1 tsp. dried oregano

This is a delicious recipe to make for the whole family on Easter Sunday.

It doesn't require a lot of effort but is wonderful with some seasonal vegetables.

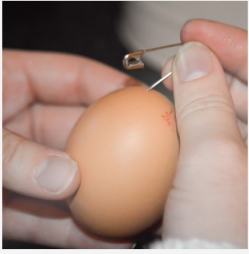
### Preparation Method

Heat the oven to Gas Mark 1/275°F/140°C.

Mix the olive oil, zest and lemon juice together and coat the lamb shanks. Cut slits in each of the shanks and place a piece of garlic into each slit. Cover with the ground cumin, oregano and chopped rosemary. Place the lamb shanks into a large baking tray covering with white wine. Cook for 3 hours until the meat is falling off the bone.

Nutritional value per serving

Calories: 740 · Total fat: 60g · Saturated fat: 18g · Carbohydrate: 0g · Protein: 42g · Fibre: 0g



# Homemade Easter eggs

## You will need:

6–12 raw eggs (depending on how many you want to make)

A needle or pin

Cocktail stick

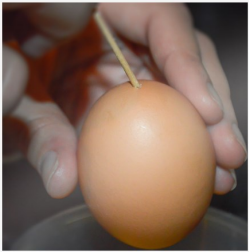
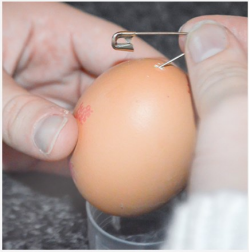
A small bowl

An egg cup

An assortment of acrylic paint colours

Glitter if you are feeling adventurous...!

Having Diabetes doesn't mean you have to miss out on the fun of Easter egg hunts in the garden this weekend you can have double the fun making the eggs before you hide them for all of the children to find.



## How to make your Easter eggs:

Place the raw egg into the egg cup if you have one or hold firmly.

Using the pin push it straight down into the top of the egg.

Make the hole bigger using a cocktail stick.

Turn the egg over and do the same on the bottom of the egg.

This hole can be slightly bigger.

With the bowl under the egg blow the contents into the bowl and discard.

Wash out the egg and leave to dry.

Using the egg cup to steady the egg, paint the top half, wait for it to dry then flip it over and paint the other half.

Hide the eggs around the garden.

Happy hunting!

