

Diabetic Recipes

In western culture, diabetes has become a rampant problem. The fifth leading killer of Americans, with 73,000 deaths a year, diabetes is a disease in which the body's failure to regulate glucose, or blood sugar, can lead to serious and even fatal complications.

Historically, type II diabetes has generally shown up in unhealthy people around 40 years of age. However, with the wide array of garbage foods on the market and sugar consumption at an all time high, type II diabetes (also known as adult-onset diabetes) is now being diagnosed in kids as young as 10 years old!

Type II diabetes is commonly referred to as “non-insulin dependent diabetes mellitus” because it is NOT dependent on insulin whereas in type I insulin is required because the pancreas no longer produces insulin.

The most important thing to remember about exercise is that it has the exact same effect as insulin on glucose metabolism – it enhances the cell's ability to uptake glucose from the blood!

Morning Glory Omelette

Ingredients

- 1 tbsp coconut oil
- 1 small red bell peppers, diced
- 1 tomato, chopped
- 1 tsp hot pepper sauce (or harissa)
- 3 large eggs
- 2 tbsp chopped parsley (or chives)

Directions:

1. In a large frying pan over low heat, heat the oil and gently cook the peppers until they are soft, about 10 minutes or so.
2. Next, add the tomatoes and stir to combine well.
3. Having beaten the eggs together in a separate bowl, add the eggs to the pan spread evenly. Flip half the omelette over on itself.
4. Sprinkle with the chives or parsley and serve immediately.

Peanut Butter Apple Balls

Ingredients

1/2 cup natural creamy peanut butter
1/2 cup sunflower seeds
3/4 cup chopped apples (about 1 large apple)
1 tbsp honey, raw organic
1 tbsp ground flax seed
1 tbsp sesame seeds
1/2 tsp vanilla extract
1/2 cup old fashioned rolled oats

Directions:

1. In medium mixing bowl, blend peanut butter, oatmeal, sunflower seeds, apples, flax, sesame seeds, and vanilla.
2. Roll mixture into 1" balls. Place on balls on cookie sheet.
3. Bake and chill at least 30 minutes.

Additional Information

You can use any combination of nut butters, nuts or seeds, and dried fruit, just keep the ratios the same.

Mediterranean Quinoa Salad

Ingredients

1 cup red quinoa or regular quinoa
1 1/2 cups water
1 cup peas
1/2 cucumber, chopped
1/2 of a small red onion, halved and thinly sliced
3/4 cup halved grape tomatoes, halved cherry tomatoes, or chopped tomatoes
2 tbsp olive oil
Juice of 1/2 lemon

Directions:

1. In a fine-mesh strainer, rinse quinoa under cold running water; drain.
2. In a small saucepan, combine the 1-1/2 cups water and quinoa. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Drain quinoa, if necessary.
3. Meanwhile, in a large bowl, combine peas, cucumber, onion, olive oil, and lemon juice. Lightly toss to combine. Add hot cooked quinoa to slightly soften the vegetables. Cool to room temperature.
4. Stir in tomatoes just before serving. To serve, if desired, spoon salad mixture

Avocado Salsa

Ingredients

- 1 avocado, diced
- 1 tbsp minced red onion
- 4 tbsp chopped fresh herbs (parsley, cilantro, marjoram)
- 1 tbsp lemon or lime juice
- ½ clove minced garlic
- 1 tsp cayenne powder
- 1-2 pinch Celtic sea salt

Directions

1. Combine everything together and put the avocado pit in the mixture to prevent oxidation.

Floppy Kale Salad

Ingredients

- 1 head kale
- 2 tsp sea salt
- 2 tomatoes, chopped
- 1 tbsp sesame seeds
- 1 tbsp hemp seeds
- ½ of an avocado
- 1 lemon, juiced
- 1 tbsp Braggs liquid aminos
- 1 tbsp olive oil or flax oil
- 1 clove garlic
- 1 tsp cumin
- ½ tsp ground red pepper flakes (or to taste)

Directions

1. Wash kale, remove leaves from stems, and chop finely.
2. Sprinkle kale with sea salt and work salt into the leaves until they appear to be “cooked.” You will know when it’s ready because you will be able to squeeze liquid out of the mixture. Squeeze the salty liquid out and discard.
3. Add tomatoes, hemp seeds, and sesame seeds to the kale and mix.
4. For the dressing: smash up avocado with a knife or fork and place it in a food processor with the lemon juice, Braggs, oil, garlic clove, cumin, and red pepper flakes. Process until it resembles mayonnaise, and mix into the

kale mixture.