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TEST KITCHEN

**Everyday Diabetic Recipes**

# Diabetic Christmas Dinner Ideas

**20 Festive & Healthy Holiday Recipes**



**"OOH IT'S SO GOOD!!<sup>®</sup>"**

**A Free eCookbook from the Mr. Food Test Kitchen**



# Everyday Diabetic Recipes



## Diabetic Christmas Dinner Ideas: 20 Festive & Healthy Holiday Recipes

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### Diabetic Christmas Dinner Ideas: 20 Festive & Healthy Holiday Recipes

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# Everyday Diabetic Recipes



Dear Friend,

When you hear those sleigh bells ringing and jingling, you know Christmas is right around the corner! We love getting into the spirit of the holiday season, whether we're helping to trim the tree or caroling with friends and family. One of our favorite parts about the holiday, however, is how there are so many tasty dishes to try! From holiday parties to Christmas dinner, our latest free eCookbook, *Diabetic Christmas Dinner Ideas: 20 Festive & Healthy Holiday Recipes* will show you that it's easier than ever to celebrate the season while eating healthy.

Start off Christmas dinner with one of our savory main dishes. Let your slow cooker do the work with our simple recipe for **Slow-and-Easy Roast** (page 2). It'll give you even more room to make sides and desserts! And if you're looking to entertain a large group of people, our **Party Tenderloin** (page 3) will go a long way.

It's important to make a great contribution to Christmas dinner, and when you're trying to eat healthy, it can be tricky to find just the right dish that'll make everyone happy. We bet we've got a few winners though between our **Guiltless Green Bean Casserole** (page 7) and **Potatoes Au Gratin** (page 8) — your family won't even know they're diabetic friendly!

When it comes to dessert, you really want to make sure you get the good stuff. Lucky for us, we don't have to skimp with these festive sweets! If you're a chocolate fan, you've got to give our **Really Good Chocolate Cake** (page 11) a try. It's soft, decadent, and... really good! Or give those holiday flavors a whirl with our **Peppermint Cheesecake** (page 13). They only come around once a season, so you wouldn't want to miss out! And if you're looking for sweets that you can give away as inexpensive gifts for family and friends, they'll have smiles on their faces when they open up a container of **Christmas Butter Cookies** (page 16) or **Rich & Creamy Fudge** (page 19). Who knew there were so many ways of saying...

"OOH IT'S SO GOOD!!"<sup>®</sup>

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 20 must-make holiday recipes. Remember, the *Diabetic Christmas Dinner Ideas* eCookbook is available FREE, with many others also available on [www.EverydayDiabeticRecipes.com](http://www.EverydayDiabeticRecipes.com). Go on, tell your friends to visit [EverydayDiabeticRecipes.com](http://EverydayDiabeticRecipes.com), so they too can get their very own FREE copies!

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# Table of Contents



## Dinners

Dijon Horseradish Prime Rib.....	1
Slow-and-Easy Roast.....	2
Party Tenderloin.....	3
Lemon Dijon Lamb Chops.....	4
Apple Butter Glazed Ham.....	5

## Desserts

Really Good Chocolate Cake.....	11
Vanilla Custard Cups.....	12
Peppermint Cheesecake.....	13
Chocolate-Kissed Pears.....	14
Mini Apple Pie Tarts.....	15

## Side Dishes

Herb-Roasted Potatoes.....	6
Guiltless Green Bean Casserole.....	7
Potatoes Au Gratin.....	8
Cheesy Stuffed Mushrooms.....	9
Orange-Glazed Carrots.....	10

## Edible Gifts

Christmas Butter Cookies.....	16
Chocolate Almond Clusters.....	17
Mint Chip Meringues.....	18
Rich & Creamy Fudge.....	19
Coconut Peanut Butter Bites.....	20



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# Dijon Horseradish Prime Rib



Put a spin on your traditional holiday roast by adding a couple of zesty flavors. Our Dijon Horseradish Prime Rib will please the whole family and is easy peasy! A simple rub does all the work in one of our easiest Christmas dinner recipes ever!

**Serves:** 8

**Preparation Time:** 24 min



**Cooking Time:** 1 hr

## What You'll Need:

- 1 (4 to 6 pound) boneless beef prime rib
- 3 tablespoons all-purpose flour
- 2 tablespoons vegetable oil
- 1 tablespoon Dijon-style mustard
- 2 tablespoons white grated horseradish
- 1 teaspoon salt
- 1 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F.
2. Coat roasting pan with cooking spray. Place beef fat side up in roasting pan.
3. In small bowl, combine remaining ingredients; mix well. Rub mixture evenly over beef.
4. Roast beef 1 to 1-1/2 hours, or 15 minutes per pound until a meat thermometer reaches 140 degrees F for medium-rare or until desired doneness beyond that.
5. Remove beef to cutting board and let stand 15 minutes before carving across grain.



To give the roast a crispier crust, broil it for the last few minutes of cooking.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 8	% Daily Value*
<b>Calories</b> 806		<b>Protein</b> 39g	77%	<b>Total Carbohydrates</b> 2.9g		1%
Calories from Fat 627		<b>Cholesterol</b> 159mg	53%	<b>Dietary Fiber</b> 0.2g		1%
Total Fat 70g	107%	<b>Sodium</b> 456mg	19%	<b>Sugars</b> 0.3g		0%
Saturated Fat 28g	139%					
Trans Fat 0.0g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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# Slow-and-Easy Roast



If you've never made a roast before, don't worry! It doesn't get much easier than this Slow-and-Easy Roast. With lots of flavorful additions, this recipe is foolproof!

**Serves:** 8

**Serving Size:** 4 ounces



**Cooking Time:** 1 hr 45 min

## What You'll Need:

- 1 tablespoon canola oil
- 1 (2-pound) beef bottom round roast
- 2 onions, chopped
- 1 carrot, chopped
- 3 cloves garlic, chopped
- 1/2 pound mushrooms, sliced
- 2 (14-ounce) cans diced tomatoes
- 1 bay leaf\*
- 1 teaspoon dried oregano\*
- 1/2 teaspoon salt
- 12 teaspoons black pepper



## What To Do:

1. In a soup pot, heat the oil over medium-high heat. Add the roast; cook 5 to 6 minutes, until brown on all sides. Remove the roast; set aside.
2. Add the onions, carrot, and garlic to the pot; sauté 4 minutes.
3. Add the mushrooms; cook 2 to 3 more minutes, or until the vegetables are tender.
4. Return the roast to the pot. Add the remaining ingredients, cover, and reduce the heat to low. Cook 1-1/2 hours, or until the beef is tender, stirring occasionally. Remove the bay leaf, slice, and serve the roast topped with sauce and vegetables.



\*To make this a gluten-free recipe, use seasonings with no added starch from a gluten-containing source.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 8	% Daily Value*
<b>Calories</b> 207		<b>Protein</b> 28g	55%	<b>Total Carbohydrates</b> 11g		4%
Calories from Fat 62		<b>Cholesterol</b> 69mg	23%	<b>Dietary Fiber</b> 3.3g		13%
Total Fat 6.9g	11%	<b>Sodium</b> 260mg	11%	<b>Sugars</b> 4.9g		0%
Saturated Fat 1.9g	9%					
Trans Fat 0.0g	0%					

\*Percent Daily Values are based on a 2,000 calorie diet.

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# Party Tenderloin



If you're looking for easy Christmas dinner recipes, stop right here! Nothing beats the simple elegance of a tender, juicy Party Tenderloin. With just a few pantry staples, you'll have an impressive tenderloin to wow friends and family alike!

**Serves:** 8

**Serving Size:** 4 ounces



**Cooking Time:** 35 min

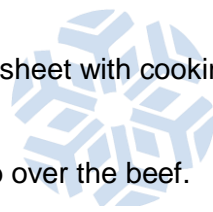
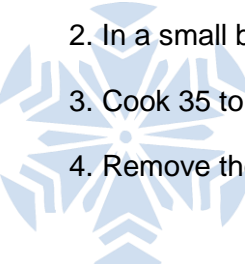
## What You'll Need:

- 2 pounds beef tenderloin, trimmed
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon coarse black pepper
- 1/2 teaspoon kosher salt



## What To Do:

1. Preheat oven to 350 degrees. Coat a large rimmed baking sheet with cooking spray and place the tenderloin on the baking sheet.
2. In a small bowl, combine the remaining ingredients and rub over the beef.
3. Cook 35 to 40 minutes for medium-rare, or until desired doneness beyond that.
4. Remove the beef to a cutting board and slice across the grain into 3/4-inch slices.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 8	% Daily Value*
<b>Calories</b> 283		<b>Protein</b> 22g	45%	<b>Total Carbohydrates</b> 0.6g		0%
Calories from Fat 185		<b>Cholesterol</b> 96mg	32%	<b>Dietary Fiber</b> 0.1g		0%
Total Fat 21g	32%	<b>Sodium</b> 203mg	8%	<b>Sugars</b> 0.0g		0%
Saturated Fat 8.3g	42%					
Trans Fat 0.0g	0%					

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# Lemon Dijon Lamb Chops



Our easy, breezy recipe for Lemon Dijon Lamb Chops will leave you wondering why you don't make them more often. The lemon and Dijon flavor combination works perfectly, and the garlic adds a nice kick, too!

**Serves:** 4

**Serving Size:** 1 lamb chop



**Cooking Time:** 12 min

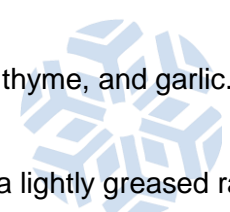
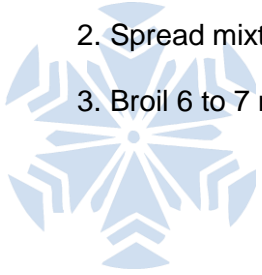
## What You'll Need:

- 1/8 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 2 cloves garlic, minced
- 2 teaspoons Dijon mustard
- 2 teaspoons lemon juice
- 1 teaspoon olive oil
- 4 (5-ounce) lean lamb loin chops, well-trimmed



## What To Do:

1. Preheat the broiler. In a small bowl, combine salt, pepper, thyme, and garlic. Stir in mustard, lemon juice, and olive oil.
2. Spread mixture over both sides of chops. Place chops on a lightly greased rack in a broiler pan.
3. Broil 6 to 7 minutes on each side or to desired degree of doneness.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 4	% Daily Value*
<b>Calories</b> 203		<b>Protein</b> 29g	58%	<b>Total Carbohydrates</b> 0.9g		0%
Calories from Fat 73		<b>Cholesterol</b> 91mg	30%	<b>Dietary Fiber</b> 0.1g		1%
Total Fat 8.1g	12%	<b>Sodium</b> 224mg	9%	<b>Sugars</b> 0.1g		0%
Saturated Fat 2.9g	15%					
Trans Fat 0.0g	0%					

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# Apple Butter Glazed Ham



Nothing says "holidays" like a glazed ham, so it's no surprise this is one of our most popular Christmas dinner recipes. Your friends and family will be wowed with this recipe for Apple Butter Glazed Ham, and better yet, they'll never know it's fit for a diabetes diet!

**Serves:** 12

**Preparation Time:** 1 hr 30 min

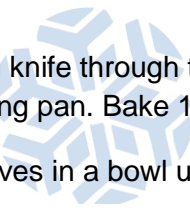
## What You'll Need:

- 1 6-10 lb. bone in smoked ham
- 3/4 cup apple butter
- 1/4 cup Dijon mustard
- 1/4 cup packed light brown sugar
- 1/4 cup sugar-free maple syrup
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt



## What To Do:

1. Preheat oven to 325 degrees F. Score the ham with a paring knife through the skin and fat in a tight crosshatch pattern. Place the ham, fat side up, in a large roasting pan. Bake 1 hour.
2. Whisk the apple butter, mustard, brown sugar, syrup and cloves in a bowl until smooth. Brush the ham with half the glaze and bake an additional 15 minutes.
3. Brush remaining glaze over ham and bake an additional 15 minutes or until ham is heated through.
4. Let rest 15 minutes before carving.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 12	% Daily Value*
<b>Calories</b> 330		<b>Protein</b> 41g	82%	<b>Total Carbohydrates</b> 29g		10%
Calories from Fat 49		<b>Cholesterol</b> 50mg	17%	<b>Dietary Fiber</b> 0.3g		1%
Total Fat 5.4g	8%	<b>Sodium</b> 2,214mg	92%	<b>Sugars</b> 11g		0%
Saturated Fat 2.7g	13%					
Trans Fat 0.0g	0%					

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# Herb-Roasted Potatoes



The wonderful mix of spices makes our Herb-Roasted Potatoes a surefire hit to go along with pretty much any main dish you've cooked up for the family tonight! But remember, if you are following a diabetes diet, keep your main dish light to offset the carbs from the potatoes.

**Serves:** 12

**Serving Size:** 3.5 ounces



**Cooking Time:** 50 min

## What You'll Need:

- 2 teaspoons paprika\*
- 1 teaspoon garlic powder\*
- 1 teaspoon onion powder\*
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 8 red-skinned potatoes (about 2-1/2 pounds), washed and cut into 1-inch chunks
- 1 tablespoon vegetable oil



## What To Do:

1. Preheat oven to 400 degrees. Coat a large rimmed baking sheet with nonstick cooking spray.
2. In a small bowl, combine the paprika, garlic powder, onion powder, salt, and pepper; mix well.
3. In a large bowl, toss the potatoes with oil. Add the spice mixture; toss until the potatoes are well coated. Spread the potatoes in a single layer on the baking sheet.
4. Bake 45 to 50 minutes, or until fork-tender, turning the potatoes occasionally and coating them with nonstick cooking spray halfway through baking. Serve immediately.



To make this a gluten-free recipe, use nonstick cooking spray with no flour added and seasonings with no added starch from a gluten-containing source.

Want to speed things up? The night before serving these, chunk up the potatoes and place them in a bowl of water; cover them with plastic wrap and store in the refrigerator. This will help keep the potatoes from browning, and they'll be ready and waiting for you to mix up and bake the next day!

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 12	% Daily Value*
<b>Calories</b> 112		<b>Protein</b> 2.8g	6%	<b>Total Carbohydrates</b> 23g		8%
Calories from Fat 12		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 2.6g		10%
Total Fat 1.4g	2%	<b>Sodium</b> 220mg	9%	<b>Sugars</b> 1.9g		0%
Saturated Fat 0.2g	1%					
Trans Fat 0.0g	0%					

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# Guiltless Green Bean Casserole



Many holiday food memories include stories about Grandma's green bean casserole. We know we can never recreate Grandma's, but our lightened-up version of Guiltless Green Bean Casserole comes pretty close! Be sure to include it among your Christmas side dish recipes!

**Serves:** 10

**Serving Size:** ½ cup

**Preparation Time:** 35 min

**Cooking Time:** 30 min



## What You'll Need:

- 1-1/2 pounds fresh green beans, trimmed
- 2 tablespoons margarine
- 3 tablespoons all-purpose flour
- 1 tablespoon dry ranch-style dressing mix
- 1/4 teaspoon white pepper
- 1-1/2 cups skim milk
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1-1/2 cups fresh mushrooms, sliced
- 1 cup soft whole wheat bread crumbs



## What To Do:

1. Preheat oven to 375 degrees F. In a covered saucepan, cook green beans in a small amount of boiling water 8–10 minutes or until crisp-tender; drain and set aside.
2. Meanwhile, for white sauce, in a medium saucepan over medium heat, melt butter. Stir in flour, dry dressing mix, and white pepper until combined. Stir in milk. Cook and stir until thickened and bubbly; remove from heat.
3. Coat a nonstick skillet with cooking spray. Preheat over medium heat. Add onion and garlic; cook 2–3 minutes or until tender. Remove half of the onion mixture; set aside.
4. Add mushrooms to skillet and cook about 5 minutes or until tender.
5. In a 1-1/2 qt. casserole, combine mushrooms, green beans, and white sauce. In a small bowl, stir together reserved onion mixture and bread crumbs. Sprinkle bread crumb mixture over green bean mixture in casserole.
6. Bake, uncovered, 25 to 30 minutes, or until heated through.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 10	% Daily Value*
<b>Calories</b> 119		<b>Protein</b> 6.3g	13%	<b>Total Carbohydrates</b> 19g		6%
Calories from Fat 26		<b>Cholesterol</b> 0.7mg	0%	<b>Dietary Fiber</b> 3.4g		13%
Total Fat 2.9g	4%	<b>Sodium</b> 184mg	8%	<b>Sugars</b> 6.2g		0%
Saturated Fat 0.5g	2%					
Trans Fat 0.6g	0%					

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# Potatoes Au Gratin



Potatoes Au Gratin is a classic dish and one you may remember eating throughout your childhood. That's probably why it's one of our most requested Christmas side dish recipes. Those creamy, classic flavors are just unbeatable, and now they are fit for your diabetes diet, too!

**Serves:** 10

**Cooking Time:** 45 min

## What You'll Need:

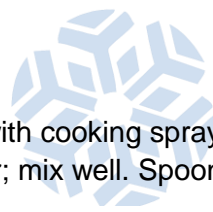


- 1 (28-ounce) package frozen O'Brien-style potatoes (with peppers and onions)
- 1 (10-3/4-ounce) can condensed cream of celery soup
- 1 cup reduced-fat sour cream
- 1 cup reduced-fat shredded Cheddar cheese, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons scallions, thinly sliced



## What To Do:

1. Preheat oven to 375 degrees F. Coat a 9x13 baking dish with cooking spray. In a large bowl, combine potatoes, soup, sour cream, 1/2 cup cheese, salt, and pepper; mix well. Spoon into baking dish. Bake 35-40 minutes, or until bubbly and heated through.
2. Sprinkle with remaining 1/2 cup cheese and scallions and bake an additional 5 minutes or until the cheese is melted. Let stand 5 minutes before serving.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 10	% Daily Value*
<b>Calories</b> 143		<b>Protein</b> 6.2g	12%	<b>Total Carbohydrates</b> 18g		6%
Calories from Fat 49		<b>Cholesterol</b> 14mg	5%	<b>Dietary Fiber</b> 1.7g		7%
Total Fat 5.5g	8%	<b>Sodium</b> 385mg	16%	<b>Sugars</b> 0.6g		0%
Saturated Fat 2.8g	14%					
Trans Fat 0.0g	0%					

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# Cheesy Stuffed Mushrooms



Stuffed mushrooms are not only a popular side dish, they're also often enjoyed as party appetizers. Our rich-tasting stuffing will surprise anyone with diabetes because "yes, you can" eat these Cheesy Stuffed Mushrooms because we made them lighter and healthier.

**Serves:** 4

**Serving Size:** 3 mushrooms



**Cooking Time:** 25 min

## What You'll Need:

- 12 large mushrooms
- 2 tablespoons finely chopped red bell pepper
- 1 tablespoon finely chopped scallions
- 1 tablespoon reduced-fat cream cheese
- 1 tablespoon finely chopped fresh parsley
- 2 tablespoons plain or seasoned bread crumbs
- 1/2 teaspoon garlic powder
- 1/8 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. Remove stems from mushrooms; chop stems finely. Place mushrooms caps on prepared baking sheet.
3. Coat a medium skillet with cooking spray. Over medium heat, cook chopped mushroom stems, red bell pepper, and scallions 2 to 3 minutes. Stir in cream cheese, parsley, bread crumbs, garlic powder and black pepper and cook 1 to 2 minutes, stirring occasionally.
4. Spoon mixture evenly into mushroom caps and spray tops with cooking spray.
5. Cover and bake about 15 minutes, or until caps are tender. Uncover and bake an additional 5 to 6 minutes, or until tops are brown.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 4	% Daily Value*
<b>Calories</b> 40		<b>Protein</b> 3.1g	6%	<b>Total Carbohydrates</b> 5.7g		2%
Calories from Fat 9.0		<b>Cholesterol</b> 2.0mg	1%	<b>Dietary Fiber</b> 1.1g		4%
Total Fat 1.0g	2%	<b>Sodium</b> 47mg	2%	<b>Sugars</b> 2.1g		0%
Saturated Fat 0.4g	2%					
Trans Fat 0.0g	0%					

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# Orange-Glazed Carrots



Our Orange-Glazed Carrots are sure to cause a commotion at your table. We used sugar-free marmalade and a hint of warming spices like cinnamon and cloves to make these baby carrots melt-in-your-mouth delicious and diabetes-friendly, to boot!

**Serves:** 6

**Cooking Time:** 15 min

## What You'll Need:

- 1 pound baby carrots
- 2 tablespoons light soft tub margarine
- 1/2 cup sugar-free orange marmalade
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 2 teaspoons Splenda brown sugar blend
- 1/4 teaspoon salt



## What To Do:

1. Place the carrots in a medium saucepan. Add enough water to cover and bring to a boil over high heat. Reduce the heat to medium-high, cover, and cook 10–15 minutes, or until desired tenderness; drain well and set aside.
2. In the saucepan, melt the margarine over medium heat. Add the remaining ingredients; mix well.
3. Return the carrots to the saucepan and toss until mixed well and heated through. Serve immediately.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 6	% Daily Value*
<b>Calories</b> 107		<b>Protein</b> 0.8g	2%	<b>Total Carbohydrates</b> 25g		8%
Calories from Fat 11		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 2.5g		1%0
Total Fat 1.2g	2%	<b>Sodium</b> 201mg	8%	<b>Sugars</b> 20g		0%
Saturated Fat 0.2g	1%					
Trans Fat 0.0g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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# Really Good Chocolate Cake



Every once in a while, you just need a piece of Really Good Chocolate Cake. Well, have no fear because the Test Kitchen has come up with a diabetes-friendly recipe that will let you indulge your sweet tooth every once in a while.

**Serves:** 12

**Serving Size:** 1 slice



**Cooking Time:** 35 min

## What You'll Need:

- 1-3/4 cups all-purpose flour
- 1/2 cup granulated Splenda
- 1/2 cup Splenda brown sugar blend
- 1-1/2 teaspoons baking powder
- 1-1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 3/4 cup unsweetened cocoa powder
- 1-1/4 cups low-fat buttermilk
- 1/4 cup vegetable oil
- 1/4 cup liquid egg substitute
- 2 teaspoons vanilla extract
- 1 cup hot strong brewed coffee



## What To Do:

1. Preheat oven to 350 degrees F. Coat a Bundt pan with cooking spray and set aside.
2. In a large bowl, mix flour, both kinds of Splenda, baking powder, baking soda, salt and cocoa powder.
3. In a small bowl, combine buttermilk, oil, egg substitute, vanilla and coffee. Add to flour mixture, and with an electric mixer on medium speed, mix about 2 minutes or until smooth. Pour into prepared pan.
4. Bake 35 minutes or until a toothpick inserted comes out clean. Cool in pan 5 minutes, then in. Let cool completely before serving.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 12	% Daily Value*
<b>Calories</b> 139		<b>Protein</b> 4.3g	9%	<b>Total Carbohydrates</b> 20g		7%
Calories from Fat 651		<b>Cholesterol</b> 1.0mg	0%	<b>Dietary Fiber</b> 3.2g		13%
Total Fat 5.7g	9%	<b>Sodium</b> 354mg	15%	<b>Sugars</b> 1.6g		0%
Saturated Fat 1.2g	6%					
Trans Fat 0.0g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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# Vanilla Custard Cups



This creamy dessert is always a winner, and despite its simplicity, is company-fancy, making it one of our favorite easy Christmas dessert recipes! Best of all, you probably have most of the ingredients on hand already.

**Makes:** 8

**Serving Size:** 1 custard cup



**Cooking Time:** 1 hr

## What You'll Need:

- 4 cups low-fat milk
- 6 eggs
- 1 cup granulated Splenda
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- Sliced fresh fruit, for garnish



## What To Do:

1. Preheat oven to 325 degrees F. Heat milk just to boiling in a medium saucepan. Let cool 5 minutes.
2. Beat eggs, sugar, vanilla and salt in a large bowl until smooth. Gradually beat in hot milk.
3. Pour mixture into 10 6-oz. custard cups or a 1-1/2 qt. casserole dish. Place custard cups or casserole dish in roasting pan. Pour 1 inch of hot water into roasting pan.
4. Bake, uncovered, 55-60 minutes or until sharp knife inserted in center of custard comes out clean. Remove custard cups or casserole from roasting pan; cool completely on wire rack.
5. Cover and refrigerate several hours or overnight. Serve garnished with sliced fresh fruit.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 10	% Daily Value*
<b>Calories</b> 86		<b>Protein</b> 7.1g	14%	<b>Total Carbohydrates</b> 5.2g		2%
Calories from Fat 34		<b>Cholesterol</b> 116mg	39%	<b>Dietary Fiber</b> 0.0g		0%
Total Fat 3.8g	6%	<b>Sodium</b> 144mg	6%	<b>Sugars</b> 5.3g		0%
Saturated Fat 1.6g	8%					
Trans Fat 0.0g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

*\*Does not include sliced fruit, for garnish*

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# Peppermint Cheesecake



You'll be feeling "in the pink" with this one 'cause this colorful dessert is a refreshing change from traditional cheesecake. Plus, our low-fat ingredients make our Peppermint Cheesecake the perfect answer for a small indulgence within a healthy diabetes diet.

**Serves:** 10

**Serving Size:** 1 slice

## What You'll Need:

- 2 (8-ounce) packages low-fat cream cheese, softened
- 1/2 cup sugar
- 2 eggs
- 3/4 cup low-fat sour cream
- 1 teaspoon vanilla extract
- 1 teaspoon peppermint extract
- 6 drops red food color
- 1 (9-inch) reduced-fat graham cracker pie crust
- Whipped cream and peppermint hard candies for garnish (optional)



## What To Do:

1. Preheat oven to 350 degrees F. In a large bowl, beat the cream cheese and sugar until light and fluffy. Add the eggs and beat well. Add the sour cream and vanilla; mix well.
2. Place 1/2 cup of the mixture in a small bowl and stir in the peppermint extract and food color; mix well. Pour the remaining cream cheese mixture into the pie crust; smooth the top.
3. Drop the peppermint mixture by spoonfuls into the mixture in the crust and swirl with a knife to create a marbled effect.
4. Bake 30 to 35 minutes, or until the edges are set. (The center will be slightly loose.) Allow to cool for 1 hour, then cover and chill at least 6 hours before serving.
5. Top each slice with a dollop of whipped cream and crushed peppermint candies, if desired.



During Christmas time, use candy canes in place of peppermint candies for a festive twist!

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Calories</b> 256		<b>Protein</b> 6.8g	14%	<b>Total Carbohydrates</b> 27g	9%
Calories from Fat 118		<b>Cholesterol</b> 68mg	23%	<b>Dietary Fiber</b> 0.8g	3%
Total Fat 13g	20%	<b>Sodium</b> 319mg	13%	<b>Sugars</b> 18g	0%
Saturated Fat 6.7g	34%				
Trans Fat 0.0g	0%				

\*Percent Daily Values are based on a 2,000 calorie diet.

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# Chocolate-Kissed Pears



These company-fancy Chocolate-Kissed Pears will knock the socks off your guests. They'll never guess they're enjoying one of our healthy Christmas dessert recipes. And when they taste them, they'll never believe they are part of a diabetes diet either!

**Serves:** 4

**Cooking Time:** 35 min



## What You'll Need:

- 4 firm pears, peeled
- 4 cups water
- 1 cinnamon stick
- 1 1/4 teaspoons vanilla extract, divided
- 1/4 cup sugar
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons cornstarch
- 3/4 cup fat-free (skim) milk



## What To Do:

1. Cut a thin slice off the bottom of each pear and stand the pears in a medium saucepan. Add the water, cinnamon stick, and 1 teaspoon vanilla. Bring to a boil over high heat. Reduce the heat to low, cover, and simmer about 30 minutes, or until the pears are tender; drain.
2. Meanwhile, in a small saucepan, combine the sugar, cocoa powder, cornstarch, and the remaining 1/4 teaspoon vanilla. Slowly whisk in the milk until smooth then bring the mixture to a boil over medium-high heat, whisking constantly. Cook about 2 minutes, or until thickened. Allow to cool slightly.
3. Spoon a tablespoonful of warm chocolate sauce onto each of 4 dessert plates. Place the pears on the sauce and spoon more sauce over each, allowing the chocolate to drip down the sides of the pears. Serve immediately.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 4	% Daily Value*
<b>Calories</b> 160		<b>Protein</b> 2.6g	5%	<b>Total Carbohydrates</b> 39g		13%
Calories from Fat 5.2		<b>Cholesterol</b> 0.9mg	0%	<b>Dietary Fiber</b> 5.2g		21%
Total Fat 0.6g	1%	<b>Sodium</b> 29mg	1%	<b>Sugars</b> 29g		0%
Saturated Fat 0.3g	1%					
Trans Fat 0.0g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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# Mini Apple Pie Tarts



Apple pie is a classic dessert, but not always the best choice for someone with diabetes. Our Mini Apple Pie Tarts put a unique spin on a dish that is always counted among the most traditional Christmas dessert recipes, so you can enjoy this favorite treat, too!

**Serves:** 15

**Serving Size:** 1 tart



**Cooking Time:** 20 min

## What You'll Need:

- 1 cup finely chopped apples, peeled
- 1 tablespoon chopped dried cranberries
- 1/4 cup lemon curd
- 1 package frozen miniature phyllo tart shells
- 1/4 cup all-purpose flour
- 1 tablespoon sugar
- 1/4 teaspoon cinnamon
- 2 tablespoons cold butter



## What To Do:

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine apple, cranberries, and lemon curd. Spoon into tart shells.
3. In another bowl, combine flour, sugar and cinnamon; cut in butter until mixture resembles fine crumbs. Spoon over apple mixture.
4. Place filled tarts on ungreased baking sheet. Bake 15–20 minutes or until golden brown. Cool on wire racks 5 minutes. Serve warm or at room temperature.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 15	% Daily Value*
<b>Calories</b> 59		<b>Protein</b> 0.3g	1%	<b>Total Carbohydrates</b> 8.1g		3%
Calories from Fat 25		<b>Cholesterol</b> 7.1mg	2%	<b>Dietary Fiber</b> 0.3g		1%
Total Fat 2.8g	4%	<b>Sodium</b> 28mg	1%	<b>Sugars</b> 4.1g		0%
Saturated Fat 1.1g	5%					
Trans Fat 0.1g	0%					

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# Christmas Butter Cookies



Our Christmas Butter Cookies are the perfect treat to box up and deliver to friends and family before the big day. They'll love these homemade food gifts and be extra thankful when you tell them they're on the lighter side!

**Makes:** 72

**Serving Size:** 1 cookie



**Cooking Time:** 10 min

## What You'll Need:

- 1 stick butter, softened
- 1/4 cup canola oil
- 1/2 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2-1/4 cups flour
- 1/2 teaspoon salt
- 12 drops red food color
- 12 drops green food color



## What To Do:

1. Line a 9 x 5-inch loaf pan with plastic wrap, hanging over sides of pan.
2. In a large bowl, beat butter, oil, sugar, egg and vanilla with an electric mixer until well blended. Beat in flour and salt just until dough forms.
3. Divide dough into 3 parts. In a medium bowl, mix 1 part dough with red food color until thoroughly blended. Press red dough into bottom of prepared pan. Gently press plain colored dough on top of red dough.
4. In another medium bowl, mix the remaining dough with green food color. Gently press the green dough on top of plain dough. Cover, refrigerate at least one hour until chilled.
5. Heat oven to 375 degrees F. Using plastic wrap, lift dough from pan. Cut dough lengthwise in half. Cut crosswise into 1/4-inch thick slices.
6. Place on ungreased baking sheets. Bake 10 to 12 minutes or until light brown around edges.



Although the recipe calls for 12 drops each of red and green food coloring, you can add more to achieve the colors you like. Go slow, a little food coloring makes a big difference!

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Calories</b> 39		<b>Protein</b> 0.5g	1%	<b>Total Carbohydrates</b> 4.4g	1%
Calories from Fat 19		<b>Cholesterol</b> 6.0mg	2%	<b>Dietary Fiber</b> 0.1g	0%
Total Fat 2.2g	3%	<b>Sodium</b> 28mg	1%	<b>Sugars</b> 1.4g	0%
Saturated Fat 0.9g	5%				
Trans Fat 0.1g	0%				

*\*Percent Daily Values are based on a 2,000 calorie diet.*

*\*Does not include red food color, green food color*

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# Chocolate Almond Clusters



These two-ingredient treats will kick your craving for something salty and sweet. Because we use sugar-free chocolate bars, you can be sure that these snacks are a welcome addition to your diabetes diet.

**Makes:** 24

**Serving Size:** 1 cluster



**Chilling Time:** 20 min

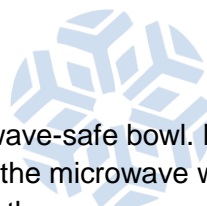
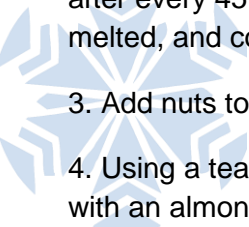
## What You'll Need:

- 2 (2.8-oz.) sugar-free chocolate bars
- 1 cup almonds, coarsely chopped
- 1/3 cup almond halves, optional for garnish



## What To Do:

1. Line a baking sheet with aluminum foil.
2. Chop the chocolate into small pieces and place in a microwave-safe bowl. Microwave until melted, stirring after every 45 seconds to prevent overheating. Remove from the microwave when the chocolate is mostly melted, and continue stirring until its entirely melted and smooth.
3. Add nuts to melted chocolate, and stir until well mixed and all the pieces are coated.
4. Using a teaspoon, drop small spoonfuls of candy onto the prepared baking sheet. If desired, top each cluster with an almond half before the chocolate sets.
5. Place the candy in the refrigerator 20 minutes to set the chocolate.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Calories</b> 35		<b>Protein</b> 1.0g	2%	<b>Total Carbohydrates</b> 2.1g	1%
Calories from Fat 27		<b>Cholesterol</b> 0.7mg	0%	<b>Dietary Fiber</b> 0.5g	2%
Total Fat 3.0g	5%	<b>Sodium</b> 0.0mg	0%	<b>Sugars</b> 0.2g	0%
Saturated Fat 0.8g	4%				
Trans Fat 0.0g	0%				

*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*Does not include almond halves, optional for garnish*

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# Mint Chip Meringues



These Mint Chip Meringues will please any palate with their perfect combination of chocolate and mint. Make sure to bake an extra batch for your neighbors, so they won't be green with envy!

**Makes:** 12

**Serving Size:** 1 meringue



**Cooking Time:** 10 min

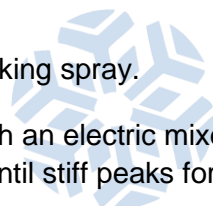
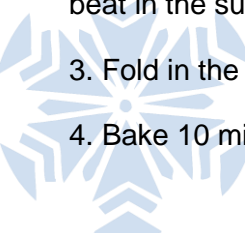
## What You'll Need:

- 2 egg whites (at room temperature)
- 1/4 teaspoon cream of tartar
- 2 drops green food color
- 1/8 teaspoon vanilla extract
- 1/8 teaspoon mint extract
- 1/3 cup sugar
- 1/3 cup mini semisweet chocolate chips



## What To Do:

1. Preheat oven to 325 degrees. Coat baking sheets with cooking spray.
2. In a large bowl, beat the egg whites and cream of tartar with an electric mixer until soft peaks form. Gradually beat in the sugar, food color, vanilla and mint extracts; beat until stiff peaks form.
3. Fold in the chocolate chips, then drop by tablespoonfuls onto the baking sheets.
4. Bake 10 minutes. Turn off the oven but leave the cookies in the oven until cool.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 12	% Daily Value*
<b>Calories</b> 42		<b>Protein</b> 0.8g	2%	<b>Total Carbohydrates</b> 8.0g		3%
Calories from Fat 7.5		<b>Cholesterol</b> 0.5mg	0%	<b>Dietary Fiber</b> 0.1g		0%
Total Fat 0.8g	1%	<b>Sodium</b> 12mg	0%	<b>Sugars</b> 7.7g		0%
Saturated Fat 0.5g	3%					
Trans Fat 0.0g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

*\*Does not include green food color*

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# Rich & Creamy Fudge



Yes, you can have your fudge and eat it too! This recipe for Rich & Creamy Fudge is indulgent, but a small piece goes a long way in satisfying your sweet tooth.

**Serves:** 25

**Cooking Time:** 15 min

**Serving Size:** 1 piece

**Chilling Time:** 1 hr

## What You'll Need:



- 1/4 cup margarine
- 2 ounces unsweetened chocolate (2 squares)
- 1 cup granulated Splenda
- 1 teaspoon vanilla extract
- 8 ounces reduced-fat cream cheese
- 1/2 cup chopped nuts (optional)



## What To Do:

1. Coat an 8-inch square baking dish with cooking spray.
2. In a saucepan, melt margarine over low heat. Add chocolate and stir until melted.
3. Remove from heat and add Splenda and vanilla; stir until well mixed. Pour into a large bowl. Add cream cheese and beat until smooth.
4. Stir in nuts, if desired, and spread into prepared baking dish.
5. Refrigerate 1 hour or until firm.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 25	% Daily Value*
<b>Calories</b> 46		<b>Protein</b> 1.0g	2%	<b>Total Carbohydrates</b> 1.4g		0%
Calories from Fat 39		<b>Cholesterol</b> 4.9mg	2%	<b>Dietary Fiber</b> 0.4g		2%
Total Fat 4.3g	7%	<b>Sodium</b> 60mg	2%	<b>Sugars</b> 0.6g		0%
Saturated Fat 1.9g	9%					
Trans Fat 0.5g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

*\*Does not include chopped nuts (optional)*

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# Coconut Peanut Butter Bites



Homemade Christmas candy is one of the best Christmas gifts around. If you've got friends and family that love peanut butter, they'll go crazy for these Coconut Peanut Butter Bites. Crunchy rice cereal and sweet coconut make them even more irresistible!

**Serves:** 40

**Serving Size:** 1 piece



**Chilling Time:** 1 hr

## What You'll Need:

- 1-1/2 cups crispy rice cereal
- 1-2/3 cups reduced fat peanut butter
- 1/2 cup granulated Splenda
- 3/4 cup unsweetened coconut



## What To Do:

1. Line a baking sheet with wax paper.
2. In a large bowl, combine rice cereal, peanut butter, and Splenda until well mixed.
3. Pour coconut into a shallow bowl.
4. Using about a teaspoon at a time, form mixture into balls and roll in coconut to coat.
5. Place on prepared baking sheet and refrigerate at least 1 hour. Store in an airtight container in refrigerator.



## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Calories</b> 77		<b>Protein</b> 3.3g	7%	<b>Total Carbohydrates</b> 5.5g	3%
Calories from Fat 46		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 0.9g	1%
Total Fat 5.1g	8%	<b>Sodium</b> 71mg	3%	<b>Sugars</b> 1.3g	0%
Saturated Fat 1.6g	8%				
Trans Fat 0.0g	0%				

**Servings Per Recipe:** 40

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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