



**Everyday
Diabetic Recipes**

Fabulous Finger Foods

35 Amazing Recipes for Low-Carb Appetizers & Healthy Snack Recipes



"OOH IT'S SO GOOD!!®"

A Free eCookbook from the Mr. Food Test Kitchen



Everyday Diabetic Recipes

Fabulous Finger Foods:

35 Amazing Recipes for Low-Carb Appetizers & Healthy Snack Recipes

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Fabulous Finger Foods: 35 Amazing Recipes for Low-Carb Appetizers & Healthy Snack Recipes!

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Everyday Diabetic Recipes

Dear Friend,

One of the simple pleasures in life is sharing food and laughter with friends and family, which is why we're big fans of potlucks and dinner parties. As you can imagine, we like to offer quite a spread at our get-togethers and part of that spread always includes a wide variety of appetizers. After all, who doesn't love a quick bite (or two... or three...) before getting to chow down on the main dishes? We thought you might agree with us, which is why we came up with this free eCookbook, *Fabulous Finger Foods: 35 Amazing Recipes for Low-Carb Appetizers & Healthy Snack Recipes*. This cookbook is full of easy appetizers and snacks that everyone will enjoy and that no one will guess meet the needs of a diabetic diet!

Get your fresh cut veggies and whole-grain chips at the ready folks, 'cause our chapter on Chips, Dips & Spreads will have you wanting to start dunkin' right away! With a selection that includes everything from a restaurant-style favorite, like **Parmesan Spinach Dip** (page 3), to an amazing **Italian-Style Caponata** (page 5) it'll be hard to decide which one to start with! We've even included recipes for making your own chips, which means you can get to healthier sharing (or snacking!) sooner than you thought.

We know that everyone's got their own favorites; some folks prefer beefy appetizers, while others are all about the veggies. Don't worry, we thought ahead and included something for everyone! In our cookbook you'll find some crispy chicken recipes, like our **Crunchy Chicken Nibblers** (page 8); beefy bites, like our **Stuffed Mini Peppers** (page 9); sensational seafood, like our **Speedy Salmon Croquettes** (page 20); and vegetarian delights, like our **Hot 'n' Crispy Zucchini Bites** (page 27). And if you're not excited enough already, we've got even better news to share with you...most of the recipes are low-carb!

Before you start digging into all the variety that this cookbook has to offer, we've got just one more thing to share, and we left it for last 'cause we think it's real sweet. We're talking sweet treats! For those folks that need a little sweet treat to get through the day, or who plan parties full of bite-sized foods (including dessert!) this chapter is all for you. We think you and your guests will love the **Mini Tiramisu Cups** (page 32) and **Almond Bars** (page 33) just as much as we do!

Whether you're setting out appetizers for a party or special occasion, or you just need some healthier snack ideas that are diabetic-friendly, we know you and your gang will love all the recipes in this eCookbook. Go on, dig in, and enjoy all the...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 35 fabulous finger food recipes. Remember our *Fabulous Finger Foods* eCookbook is available FREE, with many others also available on www.EverydayDiabeticRecipes.com. Go on, tell your friends to visit EverydayDiabeticRecipes.com, so they too can get their very own FREE copies!

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Table of Contents

Chips, Dips, & Spreads

- Cheesy Artichoke Dip – 1
- Mediterranean Roasted Pepper Dip – 2
- Parmesan Spinach Dip – 3
- South-of-the-Border Bean Dip – 4
- Italian-Style Caponata – 5
- Roasted Carrot Chips – 6
- Tortilla Lime Chips – 7

Beef, Pork, & Poultry

- Crunchy Chicken Nibblers – 8
- Stuffed Mini Peppers – 9
- Easy Cucumber Cups – 10
- BBQ Meatballs – 11
- Bacon Cheddar Deviled Eggs – 12
- Zesty Sausage Meatballs – 13
- Crispy BBQ Chicken Tenders – 14

Seafood

- Mini Crab Cakes – 15
- Tropical Shrimp – 16
- Smoked Salmon Rounds – 17
- Oven-Baked Egg Rolls – 18
- Baked Sesame Shrimp – 19
- Speedy Salmon Croquettes – 20
- Taco Shrimp Bites – 21

Vegetarian

- Bistro Bruschetta – 22
- Baked Jalapeno Poppers – 23
- Cheesy Stuffed Mushrooms – 24
- Creamy Fiesta Bites – 25
- Crunchy Blue Cheese Stuffers – 26
- Hot 'n' Crispy Zucchini Bites – 27
- Eggplant Pizza Chips – 28

Sweet Treats

- Cannoli-Stuffed Strawberries – 29
- Mini Apple Pie Tarts – 30
- Raspberry Lemon Mini Cheesecakes – 31
- Mini Tiramisu Cups – 32
- Almond Bars – 33
- Easy Mini Cinnis – 34
- Apple-Caramel Crunch Balls – 35

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Cheesy Artichoke Dip

It's one of the most popular dips for entertaining. We're talking a creamy artichoke dip. Our lighter Cheesy Artichoke Dip is high in flavor and low in fat and calories so you can enjoy it anytime!

Serves: 20 | **Serving Size:** 2 Tablespoons

Cooking Time: 15 Min

What You'll Need:

- 2 (13.75-ounce) cans artichoke hearts in water, drained and chopped
- 1 (4-ounce) can mild diced green chilies, drained
- 6 tablespoons reduced-fat mayonnaise
- 1-1/2 cup reduced-fat finely shredded Cheddar cheese, divided



What To Do:

1. Preheat oven to 350 degrees F. Coat a 2-cup baking dish with cooking spray.
2. In a bowl, combine all the ingredients, except 1/2-cup of Cheddar cheese. Spoon into baking dish. Sprinkle with remaining cheese.
3. Bake 15 minutes, or until mixture bubbles and is heated through.

Nutrition Facts

Amount Per Serving

Calories 45 Calories from Fat 19

% Daily Value*

Total Fat 2.1g	3 %
Saturated Fat 0.6g	3 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.1g	6 %
Cholesterol 3.4mg	1 %
Sodium 222mg	9 %
Total Carbohydrate 3.7g	1 %
Dietary Fiber 0.6g	2 %
Sugars 0.7g	0 %

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



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Mediterranean Roasted Pepper Dip

Made with non-fat Greek yogurt instead of sour cream, our Mediterranean Roasted Pepper Dip is a great snack day or night. Keep it low-fat and low-carb by dipping assorted fresh veggies!

What You'll Need:

- 1 (7-ounce) jar roasted red peppers, drained and patted dry
- 1 (15-ounce) can chickpeas, rinsed and drained
- 1 (16-ounce) non-fat Greek yogurt
- 2 tablespoons chopped fresh basil
- 1 garlic clove
- 1/8 teaspoon black pepper

Serves: 12 | Serving Size: 2 Tablespoons



What To Do:

1. Place all the ingredients in a blender jar and process until thoroughly blended. Serve immediately, or store in the refrigerator in an airtight container until ready to use.



Nutrition Facts

Amount Per Serving

Calories 57 Calories from Fat 6.3

% Daily Value*

Total Fat 0.7g	1 %
Saturated Fat 0.1g	0 %
<i>Trans</i> Fat 0.0g	0 %
Protein 5.8g	12 %
Cholesterol 0mg	0 %
Sodium 148mg	6 %
Total Carbohydrate 7.6g	3 %
Dietary Fiber 1.6g	6 %
Sugars 1.6g	0 %

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Parmesan Spinach Dip

What a combo...this dip and almost anything! Parmesan Spinach Dip goes really well with pita chips, toasted thin bagel slices, and fresh cut vegetables.

Serves: 14 | **Serving Size:** 1/4 Cup
Cooking Time: 30 Min

What You'll Need:

- 2 (10-ounce) packages frozen chopped spinach, thawed and squeezed dry
- 1 (8-ounce) package reduced-fat cream cheese, softened
- 1/2 cup freshly grated Parmesan cheese (1 tablespoon reserved for topping)
- 1/3 cup fat-free mayonnaise
- 2 tablespoons fresh lemon juice
- 1 teaspoon garlic powder
- 1 (8-ounce) can sliced water chestnuts, drained and chopped



What To Do:

1. Preheat oven to 350 degrees F. Coat a 2-quart casserole dish or 9-inch pie plate with cooking spray.
2. In a medium bowl, beat spinach, cream cheese, all but the reserved 1 tablespoon Parmesan cheese, mayonnaise, lemon juice, and garlic powder until well blended. Stir in water chestnuts then spoon mixture into prepared pie plate. Sprinkle with reserved 1 tablespoon Parmesan cheese then cover with aluminum foil.
3. Bake 15 minutes; remove foil and cook an additional 15 to 20 minutes, or until heated through. Serve immediately.

Note:

- If you have leftovers, store remaining dip in an airtight container in the fridge. When you're ready to finish it off, re-heat in the oven or microwave.

Nutrition Facts

Amount Per Serving

Calories 73 **Calories from Fat** 35

% Daily Value*

Total Fat 3.9g	6 %
Saturated Fat 2.1g	11 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.3g	9 %
Cholesterol 12mg	4 %
Sodium 207mg	9 %
Total Carbohydrate 6.2g	2 %
Dietary Fiber 1.7g	7 %
Sugars 2.1g	0 %

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South-of-the-Border Bean Dip

Turn those cans of beans into a crowd-pleasing dip with the zest of fresh veggies that any party-goer is sure to be a fan of! This South-of-the-Border Bean Dip will become one of your new favorite appetizer recipes!

What You'll Need:

Serves: 14 | **Serving Size:** 1/4 Cup

Cooking Time: 10 Min

- 2 (15-1/2-ounce) cans pinto beans, rinsed and drained, divided
- 1 cup salsa, divided
- 1 teaspoon canola oil
- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon dried cilantro
- 2 teaspoons ground cumin
- 3/4 teaspoon salt
- 1/2 cup (2 ounces) shredded Cheddar cheese
- 1 tomato, chopped



What To Do:

1. In a blender or food processor, combine 1 can of beans and 1/4 cup salsa; blend or process until smooth.
2. In a large nonstick skillet, heat the oil over medium heat and sauté the onion, bell pepper, and garlic for 5 to 7 minutes, or until tender. Add the bean mixture, cilantro, cumin, salt, and the remaining can of beans and 3/4 cup salsa; mix well. Bring to a boil, reduce the heat to low, and simmer for 5 minutes, stirring frequently.
3. Pour the mixture into a shallow serving dish, top with Cheddar cheese and tomato, and serve warm.

Nutrition Facts

Amount Per Serving

Calories 76

Calories from Fat 16

% Daily Value*

Total Fat 1.8g	3 %
Saturated Fat 0.9g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.6g	9 %
Cholesterol 4.2mg	1 %
Sodium 480mg	20 %
Total Carbohydrate 11g	4 %
Dietary Fiber 3.1g	13 %
Sugars 1.6g	0 %

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Italian-Style Caponata

This year-round Italian-Style Caponata is especially perfect for big get-togethers. Chock-full of goodness, this is really festive served over toasted bread triangles or on crackers.

Serves: 16 | **Serving Size:** 1/4 Cup
Cooking Time: 30 Min

What You'll Need:

- 2 tablespoons vegetable oil
- 1 large unpeeled eggplant (about 1-1/2 pounds), coarsely chopped
- 1 medium onion, chopped
- 2 tablespoons garlic powder
- 1/2 cup chopped pimiento-stuffed green olives
- 3 ribs celery, chopped
- 1 (8-ounce) can tomato sauce
- 1/4 cup white vinegar
- 1/3 cup packed light brown sugar
- 2 dashes hot pepper sauce (optional)



What To Do:

1. In a large saucepan, heat the oil over medium-high heat. Add the eggplant, onion, and garlic powder and sauté for about 5 minutes, or until the eggplant begins to soften, stirring occasionally.
2. Stir in the remaining ingredients and cook over medium heat for 25 minutes to allow the flavors to marry.
3. Serve immediately or allow to cool, then cover and chill until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 55 Calories from Fat 20

% Daily Value*

Total Fat 2.2g	3 %
Saturated Fat 0.3g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.8g	2 %
Cholesterol 0.0mg	0 %
Sodium 116mg	5 %
Total Carbohydrate 8.7g	3 %
Dietary Fiber 1.7g	7 %
Sugars 6.2g	0 %

Not included: hot pepper sauce

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Roasted Carrot Chips

You don't have to be a bunny to enjoy snackin' on carrots. We think you'll enjoy snackin' on our Roasted Carrot Chips as much as our floppy-eared friends. They're loaded with nutrition and have a kicked-up flavor!

Serves: 8 | Serving Size: 20 Chips
Cooking Time: 20 Min

What You'll Need:

- 1 tablespoon olive oil
- 1/2 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper (optional)
- 3 carrots, peeled and cut into thin slices



What To Do:

1. Preheat oven to 400 degrees F.
2. In a large bowl, combine oil, onion powder, salt, and cayenne pepper, if desired. Add carrot slices and toss until evenly coated. Place on rimmed baking sheet.
3. Bake 20 to 25 minutes, or until crispy.

Nutrition Facts

Amount Per Serving

Calories 25 Calories from Fat 16

% Daily Value*

Total Fat 1.7g	3 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.2g	0 %
Cholesterol 0.0mg	0 %
Sodium 52mg	2 %
Total Carbohydrate 2.3g	1 %
Dietary Fiber 0.7g	3 %
Sugars 1.1g	0 %

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Tortilla Lime Chips

Get ready for some tangy crunching from our delicious Tortilla Lime Chips. These "can't get enough of 'em" chips are made with lots of healthy ingredients, which are perfect for a party or for every day snacking.

What You'll Need:

Serves: 4 | **Serving Size:** 4 Wedges

Cooking Time: 15 min

- 4 (6-inch) low-carb whole wheat tortillas
- 1/2 teaspoon grated lime peel
- 2 tablespoons fresh lime juice
- 2 teaspoons canola oil
- 2 teaspoons granulated Splenda



What To Do:

1. Preheat oven to 350 degrees F.
2. Cut each tortilla into 4 wedges for a total of 16 wedges. Spray both sides of each wedge with cooking spray and place on baking sheet.
3. In a small bowl, combine lime peel, lime juice, oil and Splenda. Brush on wedges.
4. Bake 15 to 18 minutes or until crisp and golden.

Nutrition Facts

Amount Per Serving

Calories 102 **Calories from Fat** 47

% Daily Value*

Total Fat 5.3g	8 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 8.0g	16 %
Cholesterol 0.0mg	0 %
Sodium 300mg	13 %
Total Carbohydrate 19g	6 %
Dietary Fiber 12g	48 %
Sugars 1.2g	0 %

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Crunchy Chicken Nibblers

These moist and crispy Crunchy Chicken Nibblers are sure to be crowd-pleasers! They taste great and they are much better for you than the typical deep-fried popcorn chicken.

Serves: 4 | **Serving Size:** 10 Nibblers

Cooking Time: 12 Min

What You'll Need:

- 1 cup cornflake crumbs
- 1/2 cup reduced-fat baking mix
- 1/2 teaspoon paprika
- 3/4 pound boneless, skinless chicken breast halves, cut into 1-inch pieces
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray



What To Do:

1. Preheat oven to 400 degrees F. Line a baking sheet with foil and coat with cooking spray.
2. In a large resealable plastic bag, mix together cornflake crumbs, baking mix, garlic powder, salt, pepper, and paprika. Add chicken pieces and shake to coat. Place on prepared baking sheet. Spray chicken with cooking spray.
3. Bake 12 to 15 minutes, or until chicken is no longer pink. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 143 Calories from Fat 23

% Daily Value*

Total Fat 2.6g	4 %
Saturated Fat 0.5g	3 %
<i>Trans</i> Fat 0.0g	0 %
Protein 19g	38 %
Cholesterol 54mg	18 %
Sodium 503mg	21 %
Total Carbohydrate 10.0g	3 %
Dietary Fiber 0.5g	2 %
Sugars 1.2g	0 %

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Stuffed Mini Peppers

If you're a fan of those full-sized peppers stuffed with beef and rice, then you're going to love this bite-sized version. They're perfect for a snack or get-together 'cause they can be picked up and eaten in just one bite!

Serves: 10 | **Serving Size:** 2 Halves
Cooking Time: 30 Min

What You'll Need:

- 1/2 pound extra lean ground beef
- 1/2 cup cooked white rice
- 1/2 cup salsa
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 pound (about 10) mini sweet peppers, cut in half and seeds removed
- 1/4 cup reduced fat, shredded, Cheddar cheese



What To Do:

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. In a medium bowl, combine beef, rice, salsa, onion powder, garlic powder, and black pepper; mix well.
3. Evenly spoon meat mixture into mini peppers. Place on baking sheet and cover with foil.
4. Bake 25 to 30 minutes, or until meat is no longer pink. Sprinkle with cheese and bake 3 more minutes, or until cheese is melted.

Nutrition Facts

Amount Per Serving

Calories 58 Calories from Fat 15

% Daily Value*

Total Fat 1.7g	3 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.1g	0 %
Protein 6.2g	12 %
Cholesterol 15mg	5 %
Sodium 108mg	4 %
Total Carbohydrate 4.7g	2 %
Dietary Fiber 0.6g	2 %
Sugars 0.4g	0 %

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Low-Carb!

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Easy Cucumber Cups

Give your guests a healthier option by setting out a platter of these Easy Cucumber Cups. These bite-sized cups look company-fancy and taste anytime-amazing. They're easy to make, too!

Serves: 8 | Serving Size: 2 Cups
Cooking Time: 10 Min

What You'll Need:

- 2 large cucumbers, cut into 1-inch slices
- 1 cup cubed cooked ham
- 3 hard-boiled eggs
- 1/2 cup fat-free plain yogurt
- 1/4 cup light mayonnaise
- 2 tablespoons Dijon mustard
- 1/4 cup dill pickle relish, drained
- 1/2 cup chopped scallion (with 1 tablespoon reserved for garnish)
- 1/4 teaspoon black pepper



What To Do:

1. Partially scoop out the center of the cucumber slices, making sure to leave the bottom of each slice intact.
2. Place ham and eggs in a food processor and process until finely chopped; place in a medium bowl.
3. Place remaining ingredients in food processor and pulse until smooth. Add to ham and egg mixture and mix until well combined.
4. Fill cucumber cups with ham mixture and top with reserved scallions. Serve immediately or refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 118 **Calories from Fat** 46

% Daily Value*

Total Fat 5.1g	8 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 8.3g	17 %
Cholesterol 86mg	29 %
Sodium 537mg	22 %
Total Carbohydrate 8.8g	3 %
Dietary Fiber 0.6g	3 %
Sugars 6.1g	0 %

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BBQ Meatballs

Meatballs are a party time favorite, 'cause they're portable and easy to eat. We think our recipe for BBQ Meatballs is pretty extraordinary 'cause it's got a sweet-meets-savory flavor that's irresistibly delicious!

Serves: 5 | Serving Size: 5 Meatballs
Cooking Time: 20 Min

What You'll Need:

- 1 (20-ounce) package lean ground turkey
- 1 egg
- 1/2 cup old-fashioned rolled oats
- 2 tablespoons Dijon mustard
- 1 teaspoon hot sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/3 cup barbecue sauce
- 1/3 cup reduced-sugar grape jelly



What To Do:

1. Preheat oven to 400 degrees F. Coat a baking sheet with cooking spray.
2. In a large bowl, combine turkey, egg, oats, mustard, hot sauce, garlic powder, and black pepper; mix well.
3. Form the meat mixture into 25 meatballs and place on baking sheet. Bake for 20-25 minutes, or until no longer pink in center.
4. Meanwhile, combine the barbecue sauce and jelly in a medium saucepan over low heat and simmer until hot. Add meatballs to sauce and toss until evenly coated.

Nutrition Facts

Amount Per Serving

Calories 271 Calories from Fat 93

% Daily Value*

Total Fat 10g	16 %
Saturated Fat 2.7g	14 %
<i>Trans</i> Fat 0.1g	0 %
Protein 25g	49 %
Cholesterol 115mg	38 %
Sodium 389mg	16 %
Total Carbohydrate 18g	6 %
Dietary Fiber 1.0g	4 %
Sugars 9.8g	0 %

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Bacon Cheddar Deviled Eggs

Is there anything that a bit of bacon won't make a little better? Our recipe for Bacon Cheddar Deviled Eggs has just enough bacon and Cheddar cheese to make your taste buds happy without giving you any guilt!

What You'll Need:

Serves: 6 | Serving Size: 2 Halves

- 6 hard-boiled eggs, peeled and cut in half lengthwise
- 3 tablespoons light mayonnaise
- 1 teaspoon Dijon mustard
- 2 tablespoons reduced-fat finely shredded Cheddar cheese
- 2 teaspoons bacon bits
- 1 scallion, thinly sliced



What To Do:

1. In a small bowl, combine egg yolks, mayonnaise, mustard, Cheddar cheese, bacon bits, and scallion; mix well.
2. Fill egg white halves with yolk mixture and place on platter. Cover with plastic wrap and refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 108 Calories from Fat 72

% Daily Value*

Total Fat 8.0g	12 %
Saturated Fat 2.1g	11 %
Trans Fat 0.0g	0 %
Protein 7.0g	14 %
Cholesterol 190mg	63 %
Sodium 148mg	6 %
Total Carbohydrate 1.4g	0 %
Dietary Fiber 0.1g	0 %
Sugars 1.0g	0 %

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Zesty Sausage Meatballs

These full-flavored meatballs cook up in 15 quick minutes and they're low-carb, with less than 5 grams per serving. We suggest serving out Zesty Sausage Meatballs with warmed spaghetti sauce for dipping.

Serves: 12 | Serving Size: 3 Meatballs

Cooking Time: 15 Min

What You'll Need:

- 1 pound ground pork
- 1/2 cup plain bread crumbs
- 1/4 cup water
- 1 small onion, chopped
- 1/4 cup chopped fresh parsley
- 1 teaspoon crushed fennel seed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



What To Do:

1. Preheat the oven to 350 degrees. Coat a rimmed baking sheet with cooking spray. In a large bowl, combine all the ingredients; mix well. Form the mixture into 36 one-inch balls.
2. Place on the baking sheet and bake for 15 to 18 minutes, or until no pink remains, turning the meatballs over halfway through baking.

Nutrition Facts

Amount Per Serving

Calories 124 **Calories from Fat** 75

% Daily Value*

Total Fat 8.3g	13 %
Saturated Fat 3.0g	15 %
<i>Trans</i> Fat 0.0g	0 %
Protein 7.2g	14 %
Cholesterol 27mg	9 %
Sodium 153mg	6 %
Total Carbohydrate 4.8g	2 %
Dietary Fiber 0.6g	2 %
Sugars 0.9g	0 %

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Crispy BBQ Chicken Tenders

We've made our recipe for Crispy BBQ Chicken Tenders diabetes-friendly, so you can enjoy this popular party appetizer, too! Your guests will love you for providing these crunchy chicken bites!

Serves: 4 | **Serving Size:** 4 Tenders

Cooking Time: 15 min

What You'll Need:

- 4 (2-ounce) chicken tenders, each cut into 3 pieces
- 1/3 fat-free Italian dressing
- 1 cup whole wheat bread crumbs
- 4 tablespoons low-carb barbecue sauce



What To Do:

1. Place chicken pieces in a large resealable plastic bag. Add dressing and rotate bag gently to coat chicken completely.
2. Refrigerate 2 to 3 hours. Remove tenders from bag; discard excess dressing.
3. Preheat oven to 375 degrees F. Coat a baking sheet with cooking spray.
4. Place bread crumbs in a shallow dish; coat chicken with crumbs. Let stand 1 minute, then transfer to baking sheet.
5. Bake 10 to 15 minutes, or until chicken is no longer pink. Serve with barbecue sauce.

Nutrition Facts

Amount Per Serving

Calories 163 **Calories from Fat** 25

% Daily Value*

Total Fat 2.8g	4 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 15g	30 %
Cholesterol 37mg	12 %
Sodium 558mg	23 %
Total Carbohydrate 17g	6 %
Dietary Fiber 2.4g	9 %
Sugars 3.9g	0 %

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

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Mini Crab Cakes

Mini Crab Cakes are the perfect two-bite appetizer for your next gathering. Loaded with crab meat, plenty of vegetables, and spices, you might have to make another batch if you want leftovers!

Serves: 18 | **Serving Size:** 2 Crab Cakes

Cooking Time: 20 Min

What You'll Need:

- 1/2 cup Italian-flavored bread crumbs
- 1/2 cup egg substitute
- 1/2 red bell pepper, finely chopped
- 1/2 red onion, finely chopped
- 1 rib celery, finely chopped
- 3 tablespoons light mayonnaise
- 2 teaspoons fresh lemon juice
- 3/4 teaspoon black pepper
- 1 teaspoon crushed dried tarragon
- 3 (6.5-ounce) cans lump crabmeat, drained
- 2 tablespoons vegetable oil



Nutrition Facts

Amount Per Serving

Calories 57 Calories from Fat 24

% Daily Value*

Total Fat 2.7g	4 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 5.0g	10 %
Cholesterol 21mg	7 %
Sodium 173mg	7 %
Total Carbohydrate 3.1g	1 %
Dietary Fiber 0.3g	1 %
Sugars 0.6g	0 %

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

Low-Carb!

What To Do:

1. In a medium bowl, combine all the ingredients except the crabmeat and oil; mix well. Fold in the crabmeat, being careful not to break up the crabmeat chunks.
2. Form the mixture into 36 equal-sized patties. Heat the oil in a large skillet over medium heat.
3. Add the patties and cook in batches for 2 to 3 minutes per side, or until golden brown. Serve warm.

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Tropical Shrimp

This recipe for Tropical Shrimp makes us feel like we are on a beach in the Caribbean! The sweet and savory flavor combination is a huge hit on weeknights, or whenever you entertain.

Serves: 7 | Serving Size: 4 Shrimp
Cooking Time: 15 Min

What You'll Need:

- 1 tablespoon peanut oil
- 2 teaspoons curry powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (13.5-ounce) can light coconut milk
- 1 tablespoon fresh lime juice
- 1 teaspoon sugar
- 1 pound large shrimp, peeled and deveined, with tails left on (about 28)
- 3 scallions, thinly sliced



What To Do:

1. In a large skillet, heat the oil over medium heat. Add the curry powder, ginger, chili powder, salt, and pepper. Stir in the shrimp and cook 2-3 minutes or until pink. Remove to a platter and cover to keep warm.
2. Add the coconut milk, lime juice, and sugar to the skillet; bring to a boil. Reduce the heat to medium and simmer until the sauce reduces and thickens, about 5-7 minutes.
3. Add the shrimp and scallions to the sauce and heat for 2 to 3 minutes or until heated through. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 116 Calories from Fat 57

% Daily Value*

Total Fat 6.4g	10 %
Saturated Fat 4.0g	20 %
<i>Trans</i> Fat 0.0g	0 %
Protein 9.1g	18 %
Cholesterol 82mg	27 %
Sodium 500mg	21 %
Total Carbohydrate 4.2g	1 %
Dietary Fiber 0.5g	2 %
Sugars 0.8g	0 %

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

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Smoked Salmon Rounds

Salmon is one of the healthiest foods. From improving your cardiovascular health to keeping your hair and nails strong, your gang'll get more benefits from these Smoked Salmon Rounds than just great taste!

What You'll Need:

- 1 (8-ounce) container whipped light cream cheese
- 1 scallion, thinly sliced
- 30 Melba Toast rounds (about 2/3 of a 5-1/4 ounce box)
- 1 (3-ounce) package smoked salmon, cut into 30 pieces
- 1 tablespoon minced red onion

Serves: 10 | Serving Size: 3 Rounds



What To Do:

1. In a small bowl, combine the cream cheese and scallion; mix well.
2. Spread the cream cheese mixture evenly over the Melba toast rounds. Place 1 piece of smoked salmon on top of each, and sprinkle with minced onion.

Nutrition Facts

Amount Per Serving

Calories 92 Calories from Fat 37

% Daily Value*

Total Fat 4.1g	6 %
Saturated Fat 2.2g	11 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.7g	9 %
Cholesterol 16mg	5 %
Sodium 167mg	7 %
Total Carbohydrate 8.9g	3 %
Dietary Fiber 0.6g	2 %
Sugars 1.5g	0 %

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



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Oven-Baked Egg Rolls

These are so good, you'll want to make sure you put "egg roll wrappers" on your next grocery list! They're just as good as the ones you've had from your favorite take-out place, but cooked up in a much lighter way!

Serves: 10 | **Serving Size:** 1 Egg Roll

Cooking Time: 15 Min

What You'll Need:

- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons light brown sugar
- 1 teaspoon ginger
- 1 teaspoon garlic powder
- 5 cups coleslaw mix
- 2 scallions, thinly sliced
- 3 tablespoons chopped cilantro
- 1 cup salad shrimp, chopped
- 10 egg roll wrappers
- 1 egg, lightly beaten
- Cooking spray



What To Do:

1. Preheat oven to 425 degrees F. Coat a baking sheet with cooking spray.
2. In a small bowl, combine soy sauce, brown sugar, ginger, and garlic powder; mix well. In a large bowl, combine coleslaw, scallions, cilantro, and shrimp; mix well. Pour soy sauce mixture over coleslaw mixture, toss to evenly coat, and let stand 15 minutes. Place coleslaw mixture in a colander and squeeze to drain well.
3. Spoon about 1/3 cup coleslaw mixture evenly onto center of each egg roll wrapper. Lightly brush edges of egg roll with beaten egg. Fold one corner of each egg roll wrapper up over coleslaw mixture, then fold both sides over envelope fashion; roll up tightly. Place seam side down on prepared baking sheet; lightly coat with cooking spray.
4. Bake 8 to 10 minutes, or until lightly browned on bottom. Turn over and bake 4 to 5 additional minutes, or until golden brown.

Nutrition Facts

Amount Per Serving

Calories 138 **Calories from Fat** 11

% Daily Value*

Total Fat 1.2g	2 %
Saturated Fat 0.3g	2 %
Trans Fat 0.0g	0 %
Protein 7.5g	15 %
Cholesterol 48mg	16 %
Sodium 532mg	22 %
Total Carbohydrate 24g	8 %
Dietary Fiber 1.5g	6 %
Sugars 2.9g	0 %

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

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Baked Sesame Shrimp

Club soda is the secret to making these Baked Sesame Shrimp light and crunchy. In fact, they're so good, nobody will believe you when you tell 'em it's not fried!

Serves: 10 | **Serving Size:** 3-4 Shrimp
Cooking Time: 12 min

What You'll Need:

- 1 cup self-rising flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper
- 3/4 cup club soda
- 1 pound medium shrimp (36 to 40 count), peeled and deveined with tails left on
- 2 teaspoons sesame seeds



What To Do:

1. Preheat the oven to 400 degrees. Coat rimmed baking sheets with cooking spray.
2. In a medium bowl, combine the flour, salt, and pepper. Pour the club soda into the flour mixture and whisk until combined.
3. Holding the shrimp by the tails, dip them into the batter, coating completely. Place the shrimp about 3 inches apart on the baking sheets. The batter will puddle around each shrimp.
4. Sprinkle each shrimp with sesame seeds then coat lightly with cooking spray. Bake for 12 to 13 minutes, or until coating is golden.

Note:

- For an added bonus, you can make your own dipping sauce by mixing 1/4 cup plum jelly with 2 tablespoons light soy sauce.

Nutrition Facts

Amount Per Serving

Calories 87 Calories from Fat 8.3

% Daily Value*

Total Fat 0.9g	1 %
Saturated Fat 0.1g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 7.6g	15 %
Cholesterol 57mg	19 %
Sodium 318mg	13 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0.4g	2 %
Sugars 1.6g	0 %

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

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Speedy Salmon Croquettes

Here's an appetizer that'll really impress company, so get ready for the compliments! Our Speedy Salmon Croquettes taste like something you'd order from a restaurant, but they're hardly any work at all!

Serves: 7 | Serving Size: 2 Croquettes

Cooking Time: 28 Min

What You'll Need:

- 1 (14-3/4-ounce) can pink salmon, drained, bones removed, and flaked
- 1 egg
- 2 tablespoons yellow mustard
- 2 teaspoons fresh parsley, chopped
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 3/4 cup herb-seasoned stuffing mix
- 1/2 cup all-purpose flour
- 1/4 cup vegetable oil



What To Do:

1. In a large bowl, combine the salmon, egg, mustard, parsley, onion powder, and pepper; mix well. Stir in the stuffing mix, and form into 14 small patties.
2. Place the flour in a shallow dish. Add the salmon patties, turning to coat completely.
3. Heat the oil in a large skillet over medium-high heat. Add the patties and cook in batches for 2 to 3 minutes per side, or until golden. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 209 **Calories from Fat** 106

% Daily Value*

Total Fat 12g	18 %
Saturated Fat 1.8g	9 %
<i>Trans</i> Fat 0.0g	0 %
Protein 16g	32 %
Cholesterol 76mg	25 %
Sodium 329mg	14 %
Total Carbohydrate 9.6g	3 %
Dietary Fiber 0.5g	2 %
Sugars 0.4g	0 %

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



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Taco Shrimp Bites

For a company-fancy appetizer that won't take you more than 10 minutes to make, try our Taco Shrimp Bites. Every bite is full of flavor, thanks to zesty seasoned shrimp and creamy avocado and sour cream.

Serves: 8 | Serving Size: 3 Bites
Cooking Time: 5 Min

What You'll Need:

- 3 teaspoons chili powder
- 1/4 teaspoon salt, divided
- 24 medium raw shrimp, peeled and deveined with tails removed
- juice of 1 lime, divided
- 1 avocado, peeled and diced
- 1/3 cup fat-free sour cream
- 1 teaspoon cumin
- 2 tablespoons chopped fresh cilantro, divided
- 24 multigrain tortilla chip scoops



What To Do:

1. Preheat oven to 375 degrees F. Coat a baking sheet with cooking spray.
2. In a large resealable plastic bag, combine chili powder, and 1/8 teaspoon salt. Add shrimp and toss until evenly coated. Place shrimp on baking sheet. Drizzle with one-half of lime juice. Bake for 5-8 minutes, or until shrimp turns pink on both sides.
3. In a small bowl, combine avocado, remaining salt, and remaining lime juice; mix well.
4. In another small bowl, mix sour cream, cumin, and 1 tablespoon cilantro.
5. In each tortilla chip, place 1 teaspoon of avocado mixture and 1/2 teaspoon of sour cream mixture, then top with shrimp. Sprinkle with remaining cilantro and serve.

Nutrition Facts

Amount Per Serving

Calories 97 Calories from Fat 52

% Daily Value*

Total Fat 5.7g	9 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.9g	8 %
Cholesterol 24mg	8 %
Sodium 233mg	10 %
Total Carbohydrate 8.4g	3 %
Dietary Fiber 2.5g	10 %
Sugars 0.3g	0 %

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



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Bistro Bruschetta

Many Italian restaurants include bruschetta on their appetizer menus, 'cause it's fresh, tasty, and a great way to start a meal. Our recipe for Bistro Bruschetta is just as good as any restaurant-kind and looks pretty too!

Serves: 12 | Serving Size: 2 Slices

Cooking Time: 10 Min

What You'll Need:

- 1/3 cup olive oil
- 1-1/4 teaspoon garlic powder
- 1 loaf (16 ounces) French bread, cut into 1-inch slices
- 8 plum tomatoes, seeded and chopped
- 1/4 cup chopped fresh basil
- 1/2 a small red onion, finely chopped
- Salt to taste
- 1/4 teaspoon black pepper



What To Do:

1. Preheat the oven to 400 degree F.
2. In a large bowl, combine the oil and garlic powder; mix well and set aside 2 tablespoons of the mixture.
3. Brush the tops of the bread slices with the remaining oil mixture and place on a baking sheet. Bake for 8 to 10 minutes, or until golden.
4. Meanwhile, in the same large bowl, combine the remaining ingredients with the reserved oil mixture. Spoon the tomato-onion mixture over the toasted bread slices and serve.

Nutrition Facts

Amount Per Serving

Calories 167 **Calories from Fat** 56

% Daily Value*

Total Fat 6.2g	10 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 5.0g	10 %
Cholesterol 0.0mg	0 %
Sodium 196mg	8 %
Total Carbohydrate 24g	8 %
Dietary Fiber 1.5g	6 %
Sugars 2.2g	0 %

Not included: salt

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

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Baked Jalapeno Poppers

Our diabetic-friendly Baked Jalapeno Poppers are a healthier alternative to the fried variety. This deliciously cheesy appetizer is perfect for any party or occasion.

Serves: 12 | **Serving Size:** 2 Halves
Cooking Time: 30 Min

What You'll Need:

- 8 ounces reduced-fat cream cheese, softened
- 1 cup shredded reduced-fat Cheddar cheese
- 1 teaspoon garlic powder
- 2 large eggs
- 2 tablespoons reduced-fat milk
- 1 cup Panko bread crumbs
- 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 12 fresh jalapeno peppers, halved lengthwise, stems, seeds, and membranes removed



What To Do:

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. In a medium bowl, cream together cream cheese, Cheddar cheese, and garlic powder. In a small bowl, beat together eggs and milk. In a shallow dish, combine bread crumbs, paprika, chili powder, salt, and pepper.
3. Spread 1 tablespoon of cheese mixture into middle of each jalapeno half. One at a time, dip in egg mixture, then dredge in bread crumbs, pressing to coat. Place peppers on prepared baking sheet.
4. Bake 30 to 35 minutes, or until golden.

Nutrition Facts

Amount Per Serving

Calories 82 Calories from Fat 40

% Daily Value*

Total Fat 4.4g	7 %
Saturated Fat 2.4g	12 %
<i>Trans</i> Fat 0.0g	0 %
Protein 5.4g	11 %
Cholesterol 43mg	14 %
Sodium 262mg	11 %
Total Carbohydrate 5.1g	2 %
Dietary Fiber 0.5g	2 %
Sugars 2.1g	0 %

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

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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, because everyone can enjoy these healthier, Cheesy Stuffed Mushrooms!

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 mushroom 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.

Nutrition Facts

Amount Per Serving

Calories 40 Calories from Fat 9.0

% Daily Value*

Total Fat 1.0g	2 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.1g	6 %
Cholesterol 2.0mg	1 %
Sodium 47mg	2 %
Total Carbohydrate 5.7g	2 %
Dietary Fiber 1.1g	4 %
Sugars 2.1g	0 %

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Creamy Fiesta Bites

Packed with zesty Mexican-style flavor, these easy tortilla rollups slice up to be awesome, good-for-you party appetizers. They're so good, no one will guess these Creamy Fiesta Bites are healthier for them!

Serves: 16 | **Serving Size:** 2 Bites
Chilling Time: 30 Min

What You'll Need:

- 1 (8-ounce) tub reduced-fat whipped cream cheese spread
- 2 tablespoons thick non-chunky salsa
- 2-1/2 teaspoons chili powder, divided
- 1/2 teaspoon cumin
- 3 tablespoons finely chopped green onions with tops, divided
- 8 (8-inch) low carb whole wheat tortillas, warmed
- 2 tablespoons fresh cilantro, chopped



What To Do:

1. Beat cream cheese, salsa, 2 teaspoons chili powder and 2 tablespoons green onions and cilantro. Spread 1/4 cup on each warmed tortilla, covering to edges.
2. Roll filled tortillas tightly and slice each tortilla into 4 bites. Secure bites with toothpicks.
3. Cover and refrigerate for at least 30 minutes for flavors to blend. Arrange on serving plate and garnish with 1/2 teaspoon chili powder and 1 tablespoon chopped green onions.

Note:

- To make rolling easier, use regular 8-inch flour tortillas.
- You can serve these delicious bites with extra salsa!

Nutrition Facts

Amount Per Serving

Calories 71 **Calories from Fat** 34

% Daily Value*

Total Fat 3.7g	6 %
Saturated Fat 1.3g	7 %
<i>Trans</i> Fat 0.0g	0 %
Protein 5.2g	10 %
Cholesterol 7.7mg	3 %
Sodium 236mg	10 %
Total Carbohydrate 11g	4 %
Dietary Fiber 6.2g	25 %
Sugars 1.4g	0 %

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Crunchy Blue Cheese Stuffers

We've stuffed crunchy celery sticks with an irresistible creamy blue cheese mixture that'll make this old-time party treat one to reach for. Of course, everything's been lightened up, so go ahead and have a taste!

What You'll Need:

- 4 celery stalks, washed and trimmed
- 1/4 cup blue cheese
- 1 (8-ounce) package reduced-fat cream cheese
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1-1/2 teaspoon fat-free milk
- Paprika for sprinkling

Serves: 6 | Serving Size: 2 Pieces



What To Do:

1. Cut celery into 3-inch pieces.
2. Combine blue cheese, cream cheese, cayenne pepper, onion powder, and salt. Stir in milk until creamy. Lightly spoon onto celery pieces and sprinkle with paprika. Serve or refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 99 Calories from Fat 67

% Daily Value*

Total Fat 7.4g	11 %
Saturated Fat 4.5g	22 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.3g	9 %
Cholesterol 25mg	8 %
Sodium 363mg	15 %
Total Carbohydrate 3.8g	1 %
Dietary Fiber 0.2g	1 %
Sugars 2.5g	0 %

Not included: paprika

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



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Hot 'n' Crispy Zucchini Bites

Between the contrast of the texture from the Panko bread crumbs and the full-flavored Parmesan cheese, these will be hard to stay away from! Don't worry, this appetizer is diabetic-friendly, so feel free to indulge!

Serves: 6 | Serving Size: 4 Bites
Cooking Time: 10 Min

What You'll Need:

- 2 zucchini, cut on the diagonal into 3/4-inch thick slices
- 1/2 cup Panko (Japanese-style) bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon reduced-fat mayonnaise
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon black pepper



What To Do:

1. Preheat broiler. Line a baking sheet with aluminum foil.
2. In a medium saucepan over high heat, bring 1 inch water to boil. Add zucchini slices, reduce heat to low, and simmer 3 to 5 minutes, or until just tender. Drain and pat dry with paper towels.
3. In a small bowl, mix bread crumbs, cheese, garlic powder, onion powder, seasoning salt, and black pepper. Spread mayonnaise on one side of each zucchini slice. Coat that side with bread crumb mixture and arrange on prepared baking sheet.
4. Broil 4 to 5 inches from heat 2 to 3 minutes, or until golden brown. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 29 Calories from Fat 11

% Daily Value*

Total Fat 1.2g	2 %
Saturated Fat 0.3g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.2g	2 %
Cholesterol 1.6mg	1 %
Sodium 53mg	2 %
Total Carbohydrate 3.9g	1 %
Dietary Fiber 0.5g	2 %
Sugars 1.3g	0 %

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Low-Carb!

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Eggplant Pizza Chips

Instead of reaching for a snack that's full of fat and empty calories, reach for a nutritious and delicious option, like our Eggplant Pizza Chips. They'll satisfy your pizza cravings, but in a much healthier way!

Serves: 8 | Serving Size: 2 Pizza Chips

Cooking Time: 40 Min

What You'll Need:

- 2 eggs
- 1 tablespoon water
- 1/4 teaspoon black pepper
- 1-1/4 cup Italian-flavored bread crumbs
- 1 large eggplant, peeled and cut into 1/2-inch rounds
- Nonstick cooking spray
- 2 cups light spaghetti sauce
- 1/2 cup (2 ounces) shredded reduced-fat mozzarella cheese



What To Do:

1. Preheat the oven to 350 degree F. In a shallow dish, beat the eggs with the water and the pepper. Place the bread crumbs in another shallow dish. Line 2 large baking sheets with aluminum foil and coat generously with nonstick cooking spray; set aside.
2. Dip each eggplant round in the egg mixture, then in the bread crumbs, coating completely. Place on the baking sheets in a single layer, then spray the tops with nonstick cooking spray. Bake for 15 minutes, then turn the slices over and spray the other side with the nonstick cooking spray; bake for 15 more minutes.
3. Remove from the oven and place about 1 tablespoon spaghetti sauce on each. Sprinkle evenly with mozzarella cheese and return to the oven for 4 to 5 more minutes, or until the sauce is bubbly and the cheese is melted.

Note:

- Is there another kind of cheese you love? Feel free to substitute! You can even serve these "naked" by leaving off the spaghetti sauce.

Nutrition Facts

Amount Per Serving

Calories 140 **Calories from Fat** 34

% Daily Value*

Total Fat 3.7g	6 %
Saturated Fat 1.4g	7 %
<i>Trans</i> Fat 0.0g	0 %
Protein 7.1g	14 %
Cholesterol 51mg	17 %
Sodium 477mg	20 %
Total Carbohydrate 20g	7 %
Dietary Fiber 3.4g	14 %
Sugars 4.8g	0 %

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

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Cannoli-Stuffed Strawberries

You're going to love these Cannoli-Stuffed Strawberries! We took the creamy insides of a cannoli and stuffed it into large strawberries to create a low-carb, sweet treat that you're gonna find irresistible!

What You'll Need:

- 6 large strawberries, cut in half
- 2 tablespoons low-fat ricotta cheese
- 1 teaspoon sugar
- 1/4 teaspoon vanilla extract
- 1 teaspoon mini semi-sweet chocolate chips

Serves: 3 | Serving Size: 4 Halves



What To Do:

1. Slice stem ends off strawberries and remove half of flesh inside each berry half.
2. In a small bowl, mix ricotta cheese, sugar, and vanilla. Spoon mixture into a small resealable plastic bag, snip off a corner of the bag, and squeeze mixture evenly into strawberry halves.
3. Top with chocolate chips and serve, or refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 40 Calories from Fat 12

% Daily Value*

Total Fat 1.4g	2 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.4g	3 %
Cholesterol 3.2mg	1 %
Sodium 13mg	1 %
Total Carbohydrate 5.7g	2 %
Dietary Fiber 0.7g	3 %
Sugars 4.1g	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 puts a healthier spin on a traditional favorite, 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 for 5 minutes. Serve warm or at room temperature.

Nutrition Facts

Amount Per Serving

Calories 59 **Calories from Fat** 25

% Daily Value*

Total Fat 2.8g	4 %
Saturated Fat 1.1g	5 %
<i>Trans</i> Fat 0.1g	0 %
Protein 0.3g	1 %
Cholesterol 7.1mg	2 %
Sodium 28mg	1 %
Total Carbohydrate 8.1g	3 %
Dietary Fiber 0.3g	1 %
Sugars 4.1g	0 %

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



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Raspberry Lemon Mini Cheesecakes

Bake up our Raspberry Lemon Mini Cheesecakes and find yourself immersed in tart citrusy flavor! These light cheesecakes are perfectly portioned and low-carb, so you don't have to feel guilty about treating yourself!

Makes: 11 | **Serving Size:** 1 Cheesecake
Cooking Time: 18 Min | **Chilling Time:** 3 Hr

What You'll Need:

- 1 (8-ounce) package low-fat cream cheese, softened
- 1/3 cup sugar
- 1/2 teaspoon lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla extract
- 1/2 cup low-fat plain Greek yogurt
- 2 large eggs, at room temperature
- 2 tablespoons white whole wheat flour
- Fresh raspberries for garnish
- Confectioners' sugar for sprinkling



What To Do:

1. Preheat oven to 350 degrees F. Coat a muffin tin with cooking spray or line with paper liners.
2. In a large bowl, combine cream cheese, sugar, lemon juice, lemon zest, and vanilla; with an electric mixer, beat until smooth. Add yogurt, eggs, and flour and continue to mix until well-blended. Spoon batter into prepared tin, filling each muffin cup 3/4 full.
3. Bake 18 to 20 minutes, or until a toothpick inserted in center comes out clean. Cool 10 minutes, then transfer to a wire rack to cool 30 additional minutes.
4. Refrigerate 2 to 3 hours, or until ready to serve. Top with fresh raspberries and a sprinkle of confectioners' sugar.

Nutrition Facts

Amount Per Serving

Calories 90 Calories from Fat 36

% Daily Value*

Total Fat 4.0g	6 %
Saturated Fat 2.2g	11 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.1g	8 %
Cholesterol 45mg	15 %
Sodium 114mg	5 %
Total Carbohydrate 9.4g	3 %
Dietary Fiber 0.1g	0 %
Sugars 7.7g	0 %

*Not included: raspberries,
confectioner's sugar*

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



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Mini Tiramisu Cups

Tiramisu is one of our favorite desserts, but not always the best choice for our diet. By creating a mini version of this classic Italian treat, you can indulge without having to worry! Not to mention, they're portable too!

Serves: 15 | Serving Size: 2 Cups
Chilling Time: 2 Hr

What You'll Need:

- 1 (12-ounce) container reduced-fat whipped cream cheese
- 1/4 cup strong brewed coffee, cold
- 1/2 teaspoon vanilla extract
- 3 tablespoons Splenda
- 1 cup frozen, sugar-free whipped topping, thawed
- 30 frozen mini phyllo tart shells
- cocoa powder for sprinkling



What To Do:

1. In a bowl, combine cream cheese, coffee, vanilla, and Splenda; mix until smooth. Cover and chill 2 hours.
2. Remove from refrigerator and fold in whipped topping.
3. Place cream cheese mixture into a large resealable plastic bag and seal. Snip one corner off the bag and fill tart shells evenly. Sprinkle with cocoa powder. Serve or refrigerate until ready to use.



Nutrition Facts

Amount Per Serving

Calories 92 Calories from Fat 59

% Daily Value*

Total Fat 6.5g	10 %
Saturated Fat 2.6g	13 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.8g	4 %
Cholesterol 15mg	5 %
Sodium 132mg	5 %
Total Carbohydrate 5.9g	2 %
Dietary Fiber 0.0g	0 %
Sugars 1.3g	0 %

Not included: cocoa powder

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

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Almond Bars

Almond lovers, you're about to experience something known as almond joy! Our Almond Bars are simply delicious. They're great to take along to a potluck or to enjoy with your family at home.

Makes: 20 | **Serving Size:** 1 Bar
Cooking Time: 30 Min

What You'll Need:

- 2 cups almond flour
- 1-1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 10 tablespoons light margarine, softened
- 1 cup granulated sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 tablespoon confectioners' sugar



What To Do:

1. Preheat oven to 325 degrees F. Line an 8-inch square baking dish with parchment paper.
2. In a medium bowl, whisk together almond flour, all-purpose flour, baking powder, and salt.
3. In a large bowl, beat margarine and granulated sugar until creamy. Beat in eggs and vanilla extract, then beat in flour mixture until dough comes together. Press firmly into baking dish.
4. Bake 30 to 35 minutes, or until just golden brown around edges and toothpick inserted in center comes out clean. Let cool, then sprinkle evenly with confectioners' sugar.

Nutrition Facts

Amount Per Serving

Calories 198 **Calories from Fat**
107

% Daily Value*

Total Fat 12g	18 %
Saturated Fat 1.7g	8 %
<i>Trans</i> Fat 1.1g	0 %
Protein 4.0g	8 %
Cholesterol 19mg	6 %
Sodium 90mg	4 %
Total Carbohydrate 18g	6 %
Dietary Fiber 1.5g	6 %
Sugars 11g	0 %

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

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Easy Mini Cinnis

Whether you like cinnamon rolls with your morning coffee, or you like to treat yourself to one after dinner...you're gonna love our perfectly portioned Easy Mini Cinnis. They're great for satisfying sweet cravings!

Makes: 20 | Serving Size: 1 Roll
Cooking Time: 15 Min

What You'll Need:

- 1 tablespoon chopped walnuts
- 2 tablespoons light brown sugar
- 1/2 teaspoon ground cinnamon
- 1 (8-ounce) refrigerated, reduced-fat, crescent rolls
- 2 tablespoons light margarine, melted



What To Do:

1. Preheat oven to 350 degrees F. In a small bowl, combine walnuts, brown sugar, and cinnamon.
2. Unroll crescent rolls onto flat surface and pinch seams together to form a large rectangle. Brush margarine evenly over dough, then sprinkle with sugar mixture. Roll up dough jelly-roll style, starting from long side. Cut into 12 equal slices.
3. Place slices cut side down into muffin tin. Bake 15 to 17 minutes, or until golden. Remove from oven and onto serving plate. Serve warm.

Nutrition Facts

Amount Per Serving

Calories 78 Calories from Fat 32

% Daily Value*

Total Fat 3.6g	6 %
Saturated Fat 1.1g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.4g	3 %
Cholesterol 0.0mg	0 %
Sodium 167mg	7 %
Total Carbohydrate 11g	4 %
Dietary Fiber 0.1g	0 %
Sugars 4.3g	0 %

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

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Apple-Caramel Crunch Balls

When you're looking for a way to get a quick burst of energy, reach for one of our Apple-Caramel Crunch Balls. They're loaded with protein-packed nuts and fruits that'll satisfy your sweet tooth and keep you moving!

Yields: 18 | **Serving Size:** 1 Ball
Chilling Time: 30 Min

What You'll Need:

- 1/3 cup reduced fat peanut butter
- 1/4 cup light margarine
- 1/4 cup honey
- 2 cups wheat flakes cereal, coarsely crushed
- 1/3 cup dried apples, finely chopped
- 2 tablespoons walnuts, finely chopped
- 1/8 teaspoon apple pie spice
- 1 tablespoon sugar-free caramel syrup



What To Do:

1. In a medium saucepan, combine peanut butter, margarine, and honey. Cook and stir over medium heat until mixture comes to a boil. Remove from heat. Stir in cereal, apples, walnuts, and apple pie spice, until well mixed. Transfer to a small bowl; cover and chill 30 minutes. Divide mixture into 18 portions.
2. Using slightly wet hands, firmly press mixture into balls. Place on a waxed paper-lined baking sheet and refrigerate 15 minutes, or until firm.
3. Drizzle balls with caramel sauce. Chill at least 15 minutes, and serve, or store covered in refrigerator.

Nutrition Facts

Amount Per Serving

Calories 75 **Calories from Fat** 32

% Daily Value*

Total Fat 3.5g	5 %
Saturated Fat 0.7g	3 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.8g	4 %
Cholesterol 0.0mg	0 %
Sodium 75mg	3 %
Total Carbohydrate 10g	3 %
Dietary Fiber 1.0g	4 %
Sugars 5.8g	0 %

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

Low-Carb!

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