

Diabetic : 930 Diabetic Recipies Staying Healthy

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✓ Verified Book of Diabetic : 930 Diabetic Recipies Staying Healthy

## Summary:

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This ebook contains 930 Recipes for Diabetics or those who just want to stay healthy. Below is a sample of 2 recipes:

Title: Lemon-Oatmeal Crispies

Yield: 36 cookies

### -----INGREDIENTES-----

2/3 c Vegetable Oil; 1 ts Lemon flavoring;  
 2/3 c Brown Sugar; 1 c All-purpose flour;  
 1/2 c Egg Whites; 1 c Rolled oats;  
 2 tb Lemon Juice; 1/2 ts Baking powder;  
 2 tb Grated fresh or finley chop- 1/2 ts Baking soda;  
 Ped dried lemon rind; 1 1/2 c Crispy rice cereal;

Place oil and brown sugar in a mixer bowl in a mixer bowl and mix at medium speed until creamy. Add egg whites, lemon juice, rind and flavoring, and mix at medium speed to blend well. Stir flour, oatmeal, baking powder, and baking soda together to blend well; add to creamy mixture while beating a medium speed. Stir in cereal. Drop by the tablespoonfuls(level no.duooer) onto cookie ssheets left ungreased or lined with aluminum foil. Bake at 350 for 8 to 10 minutes, or until cookies are lightly browned. Remove them to a wire rack and cool to room temperature. Yield: 36 servings (36 cookies)  
 Food Exchanges per serving: 2/3 STARCH/BREAD EXCHANGE + 1 FAT EXCHANGE  
 Calories: 87, CHO: 11g, PRO: 1g, Fat: 4g, Na: 66mg, Cholesterol: 0

Yield: 24 cookies

### -----INGREDIENTS-----

1/2 c Margarine; (1 Stick) 1/2 ts Black walnut flavoring;  
 1/4 c Sugar; 1/4 c Water;at room temperature  
 1/4 c Brown sugar; 1 1/2 c All-purpose flour;  
 Dry sugar substitute equal; 1 ts Baking soda;  
 To 1/4 cup of sugar 1/4 ts Salt;  
 1/4 c Egg; whites 1/2 c Black or English Walnuts;  
 1 ts Vanilla; -chopped

Cream margarine, sugars and dry sugar substitute together at medium

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speed until light and fluffy. Add egg whites, flavorings, and water, and mix at medium speed for 30 seconds, scraping down the bowl before and after adding egg whites, flavorings, and water. Stir flour, baking powder, salt, oatmeal and walnuts together to blend, and add to creamy mixture. Mix to blend. Drop dough by 1 1/2 T onto cookie sheets that have been sprayed with pan spray or lined with aluminum foil. Press each cookie down lightly with the back of a tablespoon dipped in color water. Bake at 350 for 12 to 14 minutes, or until cookies are lightly browned. Remove them to a wire rack and cool to room to temperture. Yield: 24 Food exchanges per serving: 1 STARCH/BREAD EXCHANGE + 1 FAT EXCHANGE Calories: 122 Fat: 6g, CHO: 15g, PRO: 3g, NA 120 mg, Cholesterol: 0 Source:

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