

# Time To Cheat The Devil



# Deserts For Diabetics

CHEF POUL WOODWORTH

# Introduction

Welcome to Time To Cheat The Devil, Deserts For Diabetics, to those who always had an opinion that diabetics can't eat anything fun, I'd like to share my argument, and share a few recipes and views that might change your mind, please keep an open mind and have fun with what my team and I are sharing!

# Who This Book Is For

This book is for that diabetic who just took their first step into their new diet, who may be afraid and unsure of what their world is going to look like.

That one who has been fed lies about how bland and boring the diabetic diet is.

That person who has made a choice to reduce their sugar content, to loose weight, to feel better.

That person who has decided to go on a diet and is ready to take charge of their meals and eat better.

This book goes out to the person who has family with a lot of restrictions and needs help.

This book is for you, this is a guide to a better life, and a demonstration of how you can eat better, and feel more confident and better about your choices!

# Blood Sugars And Calories

When it comes to Diabetes and well anyone trying to loose weight there is a trap, you worry about your blood sugars, and you worry about what the sugar content is in the item you are about to buy, but neglect to look at the carbohydrate level.

This is a trap, lets look at Soda for the best example.

Diet Coke vs Coke Zero, Diet has 0 sugar, but has carbs, which is going to turn into sugar, Coke Zero has none.

So it's always best to pay attention to the labels for each and everything you buy.

It is also wise to keep an eye between no name and the name brand, on one item there may be more sugar than the other and visa versa on the other.

Sugar Free and No Sugar Added can be a bit of a trap some times so its a great ide ato pay attention to the carbohydrates, both can raise your sugars.

# Dedication

Quo-Fan and Suntop

Being an orphan family just not something I've been afforded in life, not in the same way it is for most, over the past decade you both have meant a lot to me, your endless support your always being there always lifting me up, always encouraging me, and keeping me grounded, and knowing when to set me off.

One of my deepest regrets in life that we all live so far away, before I die I do wish that I can meet both of you in real life.

I can't really explain how much you both mean to me, and with out the both of you Poul's Kitchen wouldn't be where are now.

Thank you.

Bon

I've known you as long as, if not longer than Aimee, you've been there, you've supported me, you've followed me, you've helped me grow, you've helped me laugh, you've helped me cry, your real family, your a real friend, your a real .. everything.

Thank you so much for your dedication, thank you for being you, and thank you for being there.

Between Quo-Fan, Suntop and Bon this book is for you 3 thank you so much!

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# Pineapple Orange Jam



This is a delicious and amazing jam to use on toast, or anything else you want. It is all natural and has no need for sugar.

## Ingredients

3 Oranges  
2 cups water  
1/2 cup of Sugar Free Maple Syrup  
2 TBS Tajin  
2 TBS Nutmeg  
2 TBS Cinnamon  
2 TBS Allspice  
2 TBS Cloves  
1 Pineapple  
A Package of pectin  
1 TBS Lemon juice

## Instructions

### Phase 1 - Orange Rind

Peel your oranges. Take the peels and slice them up into small chunks the kind you would want to see in a good marmalade, Save the rest of the oranges because we are going to use these later.

Take a pot and boil your water. When the water is at a boiling point boil your rind for 10 minutes. Remove it and then rinse it out.

Dump your water from the pot and boil new water. When it is at a boiling point boil the rind yet again for 10 minutes. Remove and rinse. Repeat this one more time.

In a large frying pan put in 2 cups of water, your orange rind, and bring this to a boil.

Add in your maple syrup and mix and cook for 5 minutes. Set aside.

#### Phase 2 - Prep work

Core and peel your pineapple. Make sure you get rid of all the eyes and core.

Take the remainder of your oranges that you've already peeled and cut them down. DE-seed and get rid of the white stuff as much as you can.

#### Phase 3 - Making A Sauce

In a large blender add your pineapple, oranges, spices, and pectin, and lemon juice. Blend it up really good until its almost like a sauce.

#### Phase 4 - Jam Making Time

Pour your mix into a pan and boil low and slow until it starts to come into the consistency that you want. Slowly add your rind mix with the syrup.

When your jam has the consistency that you want take it off the heat and start pouring into your containers!

This tastes great! While yes fruit has sugar its a different type of sugar and this shouldn't affect your sugars. If you are someone who likes to have your toast in the morning this is a great solution and won't be a major contribution towards higher blood sugar.



# Date and Nut Bar



This is a healthy, no bake, no sugar super healthy recipe. It also provide a lot of energy!

## Ingredients

- 1 and 1/2 cups of Pitted Dates
- 2 TBS of Cocoa Powder
- 1/3 cup of coconut powder
- 1/3 cup of Flax Seed Meal
- A sprinkle of No-Salt
- 1/2 cups of roasted Walnuts
- 1/2 cup of roasted Almonds
- 1/2 cup of roasted Cashews
- 1/4 cup of Chickpeas
- 1 TSP Sesame Seeds
- 1 TSP Pumpkin Seeds

## Instructions

Microwave your dates for 30 seconds to make them nice and soft and easier to work with.

Put your dates into a food processor and blend it. This should take no more than 15 seconds.

Add in your cocoa powder, coconut powder, flax seed meal, and salt. Blend as you want this to be fully mixed together.

Put it back into the food processor. Add in nuts and chickpeas and blend again. This should be chunky

It should be a consistency in which you can form it into 2 balls.

If you have an issue pressing them into balls

you can microwave them for 30 seconds.

Roll them with a small rolling pin. You want 1/4 inch width.

Sprinkle with your sesame seeds and pumpkin seeds.

With the rolling pin roll it again to make the seeds stay on easier.

Cut them into the shape you want. We choose the bar, and there is no need to bake these. It is good as is. Wrap them and now you have a healthy snack.

This is a great snack. Its super easy, and there is no need to bake or cook anything. Blend through your food processor. You get a great snack that helps with your blood sugar. It is also a great snack that you can feed your children and feel good about it!

# Greek Yogourt Chocolate Mousse



This is Aimee's favourite!! She can eat this guilt free, and it has amazing taste! Its also super healthy!

## Ingredients

3/4 Cup of Coconut Milk  
2 Cups of plain Greek Yogourt  
4 TBS of Honey  
2 TBS Vanilla Extract  
1/2 cup of Coconut Oil  
1/2 cup of Cocoa Powder

## Instructions

Simply melt your coconut oil into a sauce pan over medium-low heat. Stir in your cocoa powder, 3 TBS of your honey, 1 TBS of vanilla extract and stir and blend well, Pour it into another mixing bowl.

In cleaned sauce pan, pour in your milk, and chocolate and mix well. Add the rest of your honey and vanilla extract.

In a large bowl place your Greek Yogourt, and then pour in your mixture. Stir it up. Put it into your serving bowls and place it into the fridge for 2 hours. You are now ready to serve.

Who says diabetics can't have anything? We sure can. There is no sugar in this and yet it tastes so amazing. Everyone around you will be jealous!

# Whole Wheat Gingerbread Pancakes



This is a very filling recipe that tastes amazing and is also very healthy.

## Ingredients

### Ingredients 1

- 1 1/2 Whole Wheat Flour
- 1/4 Ground Flax Seed
- 1 TSP Baking Powder
- 1/2 TSP Baking Soda
- 1 TSP Cinnamon
- 1 TSP Ground Ginger
- 1 TSP Nutmeg
- 1 TSP Cloves

### Ingredients 2

- 1 and 1/4 Cup of Coconut Milk
- 1/4 Cup Honey
- 2 TSP Sugar Free Maple Syrup
- 1 TBS Coconut Oil
- 1 Egg
- 1 TSP Vanilla

## Instructions

Mix ingredients 1 in a bowl.

Mix ingredients 2 in a bowl.

Combine both bowls together and mix well.

Scoop a small scoop into a frying pan and fry it up!

Top with butter and a sugar free maple syrup. Add some berries of your choice!

The only thing you have to worry about here is how you top this. Its great and can be an

amazing breakfast, filling and was absolutely delicious!



# Dark Chocolate Fudge Brownies



This is a great desert, and great treat. It is tasty and super easy to make!

## Ingredients

Half cup of Toasted Nuts  
1/2 Cup Coconut oil  
1/2 Cup Coca powder  
3 TBS Honey  
1/2 TSP Vanilla Extract  
1 Cup of all purpose Flour  
1/4 Cup Cocoa powder  
1/4 TSP Baking powder  
A sprinkle of Salt  
1/4 Cup Of Stevia  
1 TSP Vanilla  
2 Eggs

## Instructions

Line up an 8x8 baking pan with tin foil.  
Use a little bit of butter or oil to grease the bottom.

In a pan melt 1/2 cup of coconut oil, 1/2 cup of cocoa powder, 3 TBS of honey, and finally 1/2 TSP of vanilla extract. Mix this until completely blended. Cook until its all melted and then take it off of the heat.

In a mixing bowl pour in 1 cup of all purpose flour, 1/4 TSP baking powder, 1/4 cup of Coca powder, and a sprinkle of salt. Mix it all together and make sure that is all incorporated and mixed.

Take your pot that has the chocolate in it. Add 1/4 cup of Stevia. Mix it. Add 1 TSP of vanilla and keep mixing. Mix in 2 eggs and make sure you mix right away. Lastly add

the flour mixture and mix again.

Add in your toasted nuts. If you can't find them in the store simply fry them up in a pan prior.

Mix it up really well.

Take your pre-lined pan and put the mixture all in it. Make sure its spread and pushed down into the pan.

Preheat your pan to 350 degrees and bake for 20 minutes. When the times up take it out and let it cool down.

Who says you can't have anything you want? You can if you know how to make it right. Yes flour does turn into sugar eventually. It shouldn't be too bad just don't eat it all at once!



# Apple Pie



My personal favourite, easy, simple and so tasty!

## Ingredients

### Apple Pie Crust

2 Cup Of Flour  
1 Quarter TSP Of Your Sugar Substitute  
A Sprinkle Of NO-Salt  
A Cup Of Water  
2 TBS Of Oil

### Pie Filling

5 Cups Of Apples Pealed And Sliced.  
2 Sticks Of Butter  
2 TBS Of Cinnamon  
3 TBS Of Water  
2 TBS Of Nutmeg  
1 TBS Cloves  
1 Cup Of Stevia  
TBS Of Water  
TPS Of Cornstarch

## Instructions

### The Crust

Add 1 cup of flour right into your pie dish, 1 Quarter TSP of your sugar substitute, a bit of No-Salt, take a fork and mix it add in a bit of water, Add in 2 TBS Of Oil mix the mixture until it clumps and take your hand and make your crust.

Preheat your oven to 400 degrees, and then bake for 8 minutes.

### The Pie

Soak your apples in some water,

In a sauce pan melt 2 sticks of butter, add 2 TBS of cinnamon and stir it in, then add 3 TBS of water, and stir again, Add 2 TBS of nutmeg and 1 TBS of cloves, add 1 cup of

Stevia, and stir, now add your apples in, you need to keep stirring.

Take a TBS of Water add a TPS of cornstarch and mix it together to make a slurry.

Add your slurry to the apple mix.

Keep mixing this until it isn't runny and thick.

Once that is done take it off the heat and let it cool all the way down.

Put your pie into the crust, and then the top part make sure to cut some slits on top for ventilation, sprinkle the top with cinnamon.

Pre heat your oven to 350 and bake for 30 minutes!

This is a very quick and easy recipe, takes very little effort and a lot of people will get very jelous over how easy this is to make and wish they could make this too, well they can, share this recipe, or make them think it is that hard! I know you will enjoy it.

# Pumpkin Pie Smoothie



This is easily one of the greatest and most amazing things you can have at any time, and let me tell you, its a super pick me up, and no cook time needed.

## Ingredients

1/2 Cup Of Pumpkin  
1/2 Cup Of Frozen Banana  
1 Cup Of Coconut Milk  
1 TSP Cinnamon  
1 TSP Pumpkin Pie Spice  
1 TSP Ground Ginger  
1 TSP Nutmeg

## Instructions

This is so simple and easy just put everything into a blender and blend until its at the right consistency!

This is so simple and easy to make, and it does give you a huge benefit, and can easily boost you up early in the morning!

# Pineapple Peach Sorbet



Who needs ice cream when you have this! Tasty easy, and man its amazing!

## Ingredients

1 Cup Of Peaches  
1 Cups Of Green Grapes  
Juice Of 1 Lime  
1 Cup Of Pineapple  
1 TSP Honey

## Instructions

Put everything into a blender or food processor until it comes into the proper consistency and then freeze this for a short time and your good to go.

Quick simple and easy, and yet looks like a million bucks, and better than any ice cream or store bought sorbet you can buy!

# Blue Berry Cheesecake



This is a rich, easy and tasty desert, one I think everyone can enjoy and honestly this will be the hit of the party, especially how we are not adding any sugar!

## Ingredients

### Cheese Cake Ingredients

- 1 Cup of Sliced Almonds
- 2 TBS Stevia
- 2 TBS Stevia
- 1 TBS Cinnamon
- 1 TBS Ginger Spice
- 1 TBS Nutmeg
- 3 TBS Melted butter
- 2 Packs of Non-Fat Cream Cheese
- 2 Large Eggs
- 1 TBS Vanilla
- 1 Pack of Non-Fat Sour Cream

### Topping.

- 2 Cups Of Frozen Blueberries
- 1 Half Cup Of Stevia
- 2 TBS Of Water

## Instructions

### Cheese Cake

Put one cup of Almonds and spices and 2 TBS of Stevia in a food processor, and processes that finely.

You want to put the results into a mixing bowl and add your butter, then mix that up and then pur that on the bottom of your cheese cake tray, use a small cup to push it down so you have a good solid crust

In another mixing bowl add your cream cheese and mix it well, then add your 2 TBS of Stevia and mix, keep mixing as you add something, add your 2 eggs, add your vanilla and sour cream.

Pour this into your cheese cake bowl and

Zest of Half 1 Lemon  
1 Pack of Gelatin

then bake for 1 hour on 300 degrees.

### The Topping

In a pot but 1 and a half cups of your blueberries into a pot add your Stevia add 2 TBS of water, mix this and cook over medium heat when it starts boiling, let it simmer for 5 to 7 minutes.

Take it off the heat add the rest of your blueberries, and zest half of a lemon, and add the zest in.

Slowly add your Gelatin and mix to allow this to thicken up.

Let this sit for about 30 minutes, and then pour on top of your cheesecake, and sit this in the fridge over night or to 24 hours.

This is a super easy, and healthy recipe, it may seem like it takes a long time to make but its mostly the time it takes to set, and wow what an amazing flavour, and guilt free!

# Easy Iced Tea



A super easy tea to make, refreshing and great on a warm day!

## Ingredients

8 Tea Bags  
8 Cups Of Water  
Pitcher or 1 Large Mason Jar

## Instructions

Fill your large mason jar or pitcher with 8 cups of cold water, and stick your tea bags in it.

Leave this sit for at least 8 hours in the fridge.

When your done take your tea bags out and your good to go.

## How to Serve

Take a cup, fill it with ice, place some lemon slices in it, if needed you can put a few drops of honey and cinnamon in it, fill it with your tea stir and drink!

Who needs to pay top dollar for someone else's Iced Tea, just make it yourself and I promise it is well worth it!

# Cookie Dough Hummus



A super amazing and tasty and guilty treat, wait no sugar in this, why feel guilty?

## Ingredients

- 1/2 cup Quick Oats
- 1 Can Of Chickpeas, Rinsed and Drained
- 1/4 cup Of Peanut Butter
- 1/4 Cup Of Stevia Brown Sugar
- 2 TSP Vanilla Extract
- 1/4 Cup Of Coconut Milk
- 1/4 Cup Of Sugar Free Chocolate Chips

## Instructions

In a food processor or blender blend one half cup of quick oats until it is at a flour type consistency, add one can of drained chickpeas, blend that down, add one fourth cup of peanut butter, add 1/4th cup of Stevia brown sugar, add 2 TSP of vanilla extract, add in 1/4 cup of coconut milk, and blend until smooth.

Transfer into a bowl and add in your 1/4th cup of sugar free chocolate chips and mix well, and your ready to serve!

You can serve this with fruit, crackers, or anything else you want to serve with fruit and should taste super amazing!



# Maple-Pumpkin Spice Oatmeal Cookies



Who says diabetic food tastes bad, this proves it can be just as good if not better!

## Ingredients

2 TSP Pumpkin Pie Spice  
2 TSP Nutmeg  
1 TSP Cinnamon  
1 TSP All Spice  
1 TSP Salt  
1 TSP Baking Soda  
1 1/2 Cups All-Purpose Flour  
1 Cup Unsalted Butter, Softened  
3/4 cup Packed Stevia Brown Sugar  
2 Large Eggs  
1 TSP Vanilla Extract  
3 And 1/4 Cups Quick Cooking Oats

## Instructions

In a large mixing bowl add all your dry ingredients and whisk this smoothly. (Not Oats, or Sugar)

In another mixing bowl add your butter, with your brown sugar, and with a mixer mix this together until its fluffy and then add your eggs, and then your vanilla extract keep mixing this, add your dry ingredients and mix it well.

Add your quick oats and continue to mix until its 100% combined.

On a baking sheet lined with parchment paper, take an ice cream scoop (or just make little balls) line the baking sheet with your cookies, cover with saran wrap, and put them in the freezer to firm them for 1 hour.

Then pre-heat your oven to 350 degrees,  
then when its ready bake them for 15 to 20  
minutes, keeping an eye on them so they  
don't burn.

These are super awesome cookies, they taste good, easy to make and no one will realize  
they are sugar free!

# Blueberry Grunt



This is one of my family's favourite recipes, but now in diabetic friendly form, its super easy healthy and wow it tastes amazing!

## Ingredients

### Filling

- 4 Cups Fresh Or Frozen blueberries
- 1 TSP Fresh Lemon Juice
- 1 TSP Cinnamon
- 1/2 Cup Stevia
- 1 TSP Vanilla
- 1 TSP Cornstarch
- 1 TSP Water

### Topping

- 1 Cup Rolled Oats
- 1/4 Cup Stevia Brown Sugar
- 1 TSP Cinnamon
- 1 TSP Nutmeg
- 3 TSP Melted Butter

## Instructions

In a large mixing bowl lace your blueberries inside, add your vanilla, your lemon juice, half cup of your Stevia and mix it really good.

Combine your water and cornstarch and mix it well, and combine it with your mixture and stir well, add your cinnamon.

Take your baking tray, spray it to prevent it from sticking and add your blueberry mixture on the bottom.

In another mixing bowl add your rolled oats, and then add your Stevia brown sugar, your cinnamon, nutmeg, and your butter, and mix it well and spread it on top of your blueberries, cover it evenly over the blueberries.

Pre-Heat your oven to 450 degrees and then  
bake for 25 to 30 minutes, when its done let  
it cool before serving!

I love the fact that I can have my child hood desert and not have to worry about my  
sugars, this is so easy and tasty, it is absolutely amazing.

# Frozen Strawberry Yogourt Whip



This is an awesome and easy, quick and simple recipe!

## Ingredients

2 Cup Of Plain Yogourt  
1 TSP Vanilla Extract  
1 Cup Of Frozen Strawberries Put through  
The Food Processor.

## Instructions

Mix everything up and sit in the freezer for  
half an hour before serving.

This can be a super fast treat to whip up and have ready on a warm summers day, very  
relaxing and easy.

# Peanut Butter Balls



Everyone loves my balls, my sweet and tasty balls, sugar free, and so devilishly delicious!

## Ingredients

### The Balls

Half Cup Of Peanut butter  
3/4 Stevia  
3/4 Coconut Flour  
3/4 Almond Flour

### Chocolate Mix

1 Cup Of Coconut Oil  
1 Cup of Coco Powder  
1/2 Cup Of Honey  
1 TSP Vanilla Extract

## Instructions

Mix and beat all the ingredients, and then with your hands roll them up like you would with flour until you get a full ball.

Take some them out and make smaller balls press them and make them the size of a bouncy balls.

Put them in the freezer for 30 minutes.

In a pot add your coconut oil, coca powder, vanilla extract, and honey, stir and mix until it starts to bubble.

Take your balls out of the freezer and then simply dip them into the chocolate mix, and put them on a lined with parchment paper back into the freezer for 30 to 40 minutes, and then you can either serve or put them in

containers to eat later.

High in preteen, no sugar, and will pack a punch on taste, this will be the new bar for treats at a party!

# Strawberry Nice Cream



Some of us are diabetic, some of us are lactose intolerant this is the perfect solution!

## Ingredients

1 Pound Of Fresh Strawberries  
2 Medium Bananas  
1 TBS Fresh Lemon Juice  
1/4 Cup Of Ice-Cold Water

## Instructions

Chop up the bananas and strawberries coarsely, they don't have to look good, you just have to put them on some baking sheets and freeze them for at least 12 hours.

After 12 hours let the strawberries thaw at room temperature for 15 minutes, then place them into a food processor, and pulse them finely, add your lemon juice and process for 1 and a half minutes, add up to 1 quarter cup of cold water.

Who says diabetics can't have anything? We sure can. There is no sugar in this and yet it tastes so amazing. Everyone around you will be jealous!



# Peanut Butter Nut Cluster Fat Bomb



A great snack and easy tasting treat, healthy and easy!

## Ingredients

1/4 Cup Peanut butter  
1/2 Cup Of Sugar Free White Chocolate  
Chips  
1/2 Cup Of Crushed Pecans  
1/2 Cup Of (Unsalted) Peanuts

## Instructions

Add the peanut butter, chocolate chips, mix this and microwave them for 30 seconds, mix again until a thick paste forms, add your nuts and mix them.

On a tray lined with parchment paper, scoop some out on that and stick them in the freezer for 30 to 60 minutes and your good to go.

An easy, simple and yet so devilish desert, easy and low carb and no sugar, and I bet you'd kill to have this!

# Peanut Butter Chocolate Chip Cookies



Some of the best cookies you can make, and honestly they taste great!

## Ingredients

1 Large Egg  
A Sprinkle Of Salt  
1 Cup Of Smooth Peanut Butter  
1/2 Cup Of Brown Stevia  
1/2 Cup Sugar Free Chocolate Chips

## Instructions

Preheat your oven to 375 Degrees, and get 2 baking sheets with parchment paper ready.

In a mixing bowl mix your peanut butter, salt, brown Stevia and chocolate chips until combined.

Scoop the cookie dough over the sheets, 2 inches apart, use a fork to flatten each cookie just a bit to a criss cross pattern.

Bake the cookies one at a time for 8 to 10 minutes, and when done let them cool for 20 minutes, and just repeat for the last tray.

This is a super amazing recipe it tastes good, and its so easy to make, and amazing to share!

# Reeces Peanutbutter Cups



This is one of my favorite chocolate bars in the world, and honestly I feel like crying since being diabetic, as I really miss the, well now, I can eat them guilt free!

## Ingredients

1/2 Cup Of Peanutbutter  
1 TBS 100% Butter  
1 Cup Of Sugar Free Chocolate Chip  
1 TBS Of Stevia  
1 Cup Of Coconut Oil  
1 Cup Of Coco Powder  
1/2 Cup Of Honey  
1 TSP Of Vanilla Extract

Muffin Tin  
Muffin Paper

## Instructions

### The Chocolate

In a pan heat up your coconut oil, and then your coco powder, and honey and vanilla extract and mix it well and cook until it starts boiling, and set it aside.

### Main Mix

Add 1/4 cup of peanut butter into 1 mixing bowl add your Stevia and your butter, and mix this well, you may have to use some pressure and in the end when its combined enough you can use a stand mixer to finish mixing and set it aside.

In another bowl add your chocolate chips, another 1/4 cup of peanutbutter, now your going to want to add your chocolate into the

bowl, you may have to heat it back up to make it soft, but when it is take it to the microwave, and in 30 second increments until it melts and then mix it up.

The next part you need to be quick with this because once the chocolate sets and hardens it is hard to apply.

So now we take a spoonful of the chocolate mix and put and spread it on the bottom of the muffin paper

Next put a spoonful of the peanut butter in the middle and then then top with more of the chocolate mix.

Freeze this for 2 hours and your good to go, a diabetic friendly Reeces Peanutbutter Cup!

This was so easy to make so simple and tasty and wow I really enjoyed making this, and best of all it is diabetic friendly, the only challenge is to force my wife to share.

# 3 Musketeers



A great American chocolate bar, now made for everyone!

## Ingredients

Sugar Free Three Musketeers

Sugar Free Chocolate Chips

Sugar Free Cool Whip

1 Cup Of Coconut Oil

1 Cup Of Coco Powder

1/2 Cup Of Honey

1 TSP Of Vanilla Extract

## Instructions

Preheat your oven to 375 Degrees, and get 2 baking sheets with parchment paper ready.

In a mixing bowl mix your peanut butter, salt, brown Stevia and chocolate chips until combined.

Scoop the cookie dough over the sheets, 2 inches apart, use a fork to flatten each cookie just a bit to a criss cross pattern.

Bake the cookies one at a time for 8 to 10 minutes, and when done let them cool for 20 minutes, and just repeat for the last tray. Take a loaf pan and line it with tin foil.

In a pan heat up your coconut oil, and then your coco powder, and honey and vanilla extract and mix it well and cook until it starts boiling, and set it aside.

In a bowl take a whole bag of chocolate chips and put them in and then put them in the microwave for 30 second increments until its all melted.

Take a a container of coolwhip and mix it all in.

Pour it into your pan and make it all flatten it and freeze it for 2 hours

Take it out and remove it from the tray with the tinfoil, and then slice it into small bite sized pieces,

Now, its time for our chocolate, you may need to reheat it up a bit and get it soft again, and all you want to do here is just drizzel it on top and put it back in the freezer for 2 hours and your ready to serve!

We really love the way this tastes, and how easy it is to make, anyone can make this, it is so devilishly amazingly delicious!

# Cottage Cheese Coffee Mocha



An easy and amazing tasting desert, who says diabetics can't have fun?

## Ingredients

1 Container Of No Fat Cottage Cheese  
2 TSP Of Steiva  
1/4 Cup Of Coca Powder  
1 TSP Vanilla Extract  
1/2 Cup Of Coffee  
Sugar Free Cool Whip

## Instructions

Add everything except for the Cool Whip into a blender and blend until it has a smooth consistancy, and then put into some tall glasses and stick in the fridge for 30 minutes.

When your ready to eat it just simply top with cool whip

Quick easy and simple, a very easy and tasty desert, and something everyone can enjoy!

# Banana Bread



Everyone loves banana bread, but often its a pain because of all the carbs, this will totally kill those carbs and take our sweets back!

## Ingredients

- 5 Small Eggs
- 8 Medium Ripe Bananas
- 1/4 Cup Of Stevia
- 1/4 Cup Of Brown Stevia
- 1 Cup Of Almond Flour
- 1 Cup Of Whole Wheat Flour
- 1 TSP Of Lo-Salt
- 1 TSP Baking Soda
- 1 TSP Baking Powder
- 1 Cup OF Softened Unsalted Butter
- 1 TSP Vanilla Extract
- Half Cup Of Roasted Walnuts

## Instructions

Put your eggs in the bowl

Put 8 medium peeled ripe bananas in a bowl and mash with a fork until they are smooth.

Add your stevia, and then brown Stevia, and then your almond flour, then whole wheat flour, Then your salt, and then your baking soda, and then your baking powder, and stir this well, and stir in your unsalted butter, add your eggs and continue to mix, now add your vanilla extract.

Take your bread pans you will need 2 and line it with parchment paper, and pour the mixture into them.

Chop up your roasted walnuts and put it on



top of your batter.

Preheat your oven to 350 Degrees, and bake for 40 to 60 minutes using a tooth pick to poke it to make sure it goes in and out clean.

I've always been jealous of my friends who can eat what ever they want, as this is one of my favorite recipes, something I really enjoy and miss, well now we can all eat this, and to be honest I feel like everyone can enjoy this!

# Mini Cinnamon Rolls



Quick easy and fun to make, and yet so delicious and wow so amazing!

## Ingredients

1 TBS Stevia  
1 TBS Walnuts Put through the food  
processor  
Crscent Rolls (You want the no low fat  
ones, keto friendly)  
2 TBS Unsalted Butter  
1 TBS Stevia Brown Sugar  
1 TBS Cinnamon

## Instructions

First off in its own separte bowl your  
going to want to melt 2 TBS of your  
unsalted butter

Put your walnuts into a bowl, add your  
sugar brown and white, then your  
cinnamon, and then mix it up.

Next line your crescent roll tin and roll your  
crescent rolls out and take a brush and brush  
your butter all over it.

And then sprinkle the mixture all over the  
top of the butter making sure everything is  
covered.

Next you just roll them up nice and tight.

Take a baking sheet and line it with  
parchment paper.

Cut your rolls up into 12 pieces.

Bake at 350 degrees for 12-17 minutes.

This is very easy to make, who says diabetics can't eat anything good? I think with this we can prove we can eat better.

# Rice Pudding



An Old Classic, Great Taste, Sugar Free!

## Ingredients

6 Cups Of Milk  
1 Cup Of Rice  
1/4 Cup Of Stevia  
1/4 Cup Of Sugar Free Condensed Milk  
2 TBS Of Cinnamon  
2 TBS Of Nutmeg  
2 TBS Of Vanilla  
2 TBS Of Unsalted Butter

## Instructions

In a pan put your milk, your sugar, rice, and cinamon, nutmeg, and vanilla and wisk this all together and cook this over medium heat, while stiring every so often, when it comes to a boil, reduce to medium and cook for 20 minutes, the rice should be totally cooked.

Add in your butter and condensed milk stir it in, make sure the butter is melted.

In a small bowl mix your cinnomon and Stevia and mix it together.

Pour the mixture into small bowls topping with the cinnomon Stevia mix and your good to go!

Seriously an amazing tasting dish, one I am really happy to eat, and good to know I don't have to worry about my sugars with!

# Chocolate Milk



Hands down Aimee's favorite, if she could afford to buy a gallon of milk a day she'd be in heaven!

## Ingredients

Unsweetened Vanilla Silk Milk  
1 TBS Unsweetened Cocoa Powder  
1 TSP Stevia

## Instructions

Pour a nice tall glass of cold milk, add your cocoa powder, and Stevia and mix together!

A simple but yet amazing treat, no need to worry about your sugars here!

# Credits

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# My Diabetic Journey

Sometime ago I started having some heart issues, fainting, blacking out and my heart just going nuts and I'd be at work and no one could figure out what was going on, I would go to the hospital and all they would do is just treat the symptoms, not deal with the actual issue.

Then one day, heart attack, right in the HGS Parking lot, it was a Thanksgiving and I had walk their parking lot to get to my work, and sadly as I lay there in perel no one would bother to stop, not one, I got up after some time and before I could get to the doors of my job

I take #2, and yeah 911 was called, I'd like to say I refused the ambulance, which I did, but the site director didn't quite agree with me and forced the issue.

It was at that time they found out I was diabetic.

Well I went to my nutricianist and walked out on her, she lost both legs because of diabeties and even admitted she didn't take care of herself, seriously? How do I take that kind of person seriously?

I got put into a waiting list for a family doctor, and got one pretty quickly, and thanks to my Nurse Practioner I was able to get my life on track, and yeah its been a hard journey, but through a lot of reading, education I've been able to develop my diet.

Eventualy I started #PoulsKitchen, and then the YouTube show and was able to learn even more and is now I am able to share my journey with more people and be a part of helping with theirs.

# A Special Thanks

I'd like to thank you the reader, and everyone who has supported our channel, our YouTube channel, our WhatsApp, and Facebook, I'd like to thank everyone who gave us a chance and allowed us to help you, this is what makes everything worth it, If we can help but one person, than I consider myself a success.

Thank you everyone.





And Justice For All  
A Better Diet For All  
Rust In Peace.