



6 LOW CARB SNACKS FOR DIABETICS

Made by pyureorganic.com

PEANUT BUTTER PRETZEL PROTEIN BALLS

Pyure's Peanut Butter Pretzel Protein Balls are the perfect combination of sweet and salty! Packed with protein, they're great for on-the-go snacking. For a slight twist, use almond or cashew butter instead of peanut butter.

Ingredients:

- 2 cups pretzels, divided
- 1 cup large-flake oats
- 10 drops Pyure Organic Liquid Stevia Extract Sweetener, Simply Sweet
- 1 cup natural peanut butter
- 1/3 cup vanilla-flavored protein powder
- 1/3 cup mini semi-sweet chocolate chips
- 1/4 finely shredded coconut

Instructions:

1. In a food processor, pulse pretzels and oats until finely chopped; transfer three-quarters of the mixture to a mixing bowl and stir in remaining ingredients until well combined.
2. Roll heaping tablespoons of mixture into balls. Refrigerate for 20 minutes or until set.
3. Roll balls in remaining crushed pretzel mixture. Store in an airtight container for up to one week.

DIABETIC-FRIENDLY “OATMEAL” COOKIES WITH STEVIA

First, oatmeal is not exactly diabetes-friendly, unless you're using a gluten-free brand. There are plenty of substitutions out there, but this recipe, adapted from the Sugar Free Londoner, uses wholesome ingredients like almonds and coconut flakes to replace the texture of traditional oatmeal. Plus, these oatmeal cookies with stevia taste the same — or better! — than regular oatmeal cookies.

Ingredients:

- 1 cup almond flour or ground almonds
- 1/2 cup / 115g unsalted butter melted, then cooled
- 3/4 cup / 75g flaked almonds
- 1 large egg, cold
- 1/3 cup / 20g coconut flakes
- 1/4 cup / 50g Pyure Organic All-Purpose Stevia Blend
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/2 tsp salt (optional)

Instructions:

1. Preheat the oven to 350°F fan and line a baking tray with greaseproof paper.
2. Using a sharp knife, chop 1/2 cup sliced almonds and the coconut flakes to resemble the size of oats. Option to use a food processor and pulse if you prefer.
3. Mix all the dry ingredients together in a mixing bowl (almond flour, stevia, baking powder, salt, chopped flaked almonds and coconut). Stir to combine.
4. Add the melted butter and egg and mix to form a dough.
5. Roll the mix into 9 balls.
6. Chop the remaining 1/4 cup of almonds.
7. Place the balls on a baking tray and press crushed almonds into the top.
8. Flatten the cookies and shape the edges with your fingers to remove cracks. Bake for 12-15 minutes until slightly golden.

SUGAR-FREE GLAZED NUTS

Glazed nuts make a great addition into granola, a topping for salads, or an easy low carb snack for diabetics. Grab a handful of these on-the-go or keep them in your pantry in an airtight container for when your recipes need a little extra crunch.

Ingredients:

- 1/3 cup walnuts
- 1/3 cup almonds
- 1-2 tsp salt – Pink Himalayan, Kosher, or Sea (for taste preferences)
- 1/3 cup pecans
- 1/3 cups Pyure Organic All-Purpose Stevia Blend

Instructions:

1. Roast nuts on medium-high heat, continually tossing nuts in a skillet for even heating
2. Roast nuts until the center of each nut type is hot and the nutty flavor is well-pronounced — be careful not to burn them!
3. Once nuts are roasted, turn down to low-medium heat, and add salt and Pyure Organic All-Purpose Stevia Blend to the pan. Continue flipping and/or stirring continuously. Stevia crystals should liquidate.
4. Once stevia is liquidated, turn off the heat and mix the liquid all around the nuts.
5. Keep stirring until Pyure Organic All-Purpose Stevia Blend has recrystallized into a glaze.
6. Take the skillet off the heat, and continue to stir until glaze has fully formed.
7. Lastly, set aside nuts in a glass bowl to cool and/or serve warm
8. Note: Be careful! They are HOT!

LOW SUGAR BROWNIES RECIPE

Brownies are the ultimate comfort food, and diabetics shouldn't have to miss out on these chocolatey delights. Pyure's Cream Cheese Brownies use stevia and unsweetened chocolate chips — plus cream cheese instead of flour — for a better-for-you take on a classic. Another great thing about brownies is that when you make them yourself, you can cut them into any size you want. That's Portion Control 101.

If you've got a feeling for a sweet treat that won't blow your macros, this low sugar brownies recipe is just the ticket.

Ingredients:

For the brownie layer:

- 4 oz. unsweetened chocolate chips
- 1/2 cup of butter (4 oz.)
- 1/4 cup Pyure Organic All-Purpose Stevia Blend
- 3 eggs
- 1 tsp vanilla extract

For the cream cheese layer:

- 8 oz. cream cheese, softened
- 1 egg
- 3 tbsp. Pyure Organic Powdered Confectioners Stevia Sweetener Blend
- 1 tsp vanilla extract

Instructions:

1. Grease an 8-inch square pan and set aside. Preheat oven to 350°F.
2. Melt chocolate and butter in a double boiler. Stir occasionally until the chocolate is melted and the ingredients are well-blended.
3. In a medium bowl, mix Pyure Organic All-Purpose Stevia Blend, eggs, and vanilla extract.
4. Slowly stir the melted chocolate and butter mixture into the egg mixture. Continue stirring until smooth.

5. Pour the batter into the prepared pan.
6. Next, prepare the cream cheese layer. Beat the softened cream cheese and the Pyure Powdered Confectioners Stevia Sweetener together until light and fluffy.
7. Add the egg and vanilla extract to the cream cheese mixture.
8. Pour the cream cheese mixture over the chocolate batter already in the pan. Using a knife or spatula gently swirl the cream cheese into the chocolate batter. Remember, you want the swirls to be obvious, so you only need to do one or two passes.
9. Cover the pan with aluminum foil and bake for 45 minutes.
10. Cool then cut into squares.

THE BEST DIABETIC CAKE RECIPE

For special snacking occasions, this go-to diabetic cake recipe is a major crowd-pleaser! Adapted from Sugar Free Sprinkles, this diabetic birthday cake is sugar-free and uses plenty of substitutes to help you control your blood sugar but also enjoy the moment.

Ingredients:

For the cake:

- 3/4 cup Organic Erythritol
- 3/4 cup butter
- 6 large eggs
- 2 egg yolks
- 3/4 cup almond milk
- 2 tsp apple cider vinegar
- 3 cups almond flour
- 1 TBS vanilla
- 1/2 cup coconut flour
- 1 Tbsp. baking powder
- 1 tsp Xanthan gum powder
- 1/2 tsp salt

For the whipped cream frosting:

- 1 Tbsp. vanilla
- 1/2 cup whipping cream
- 1/4 cup Organic Erythritol
- 1 cup (8 ounces) cream cheese

Instructions:

For the cake:

1. Preheat oven to 350°F and prepare cake pans by well greasing.
2. Add eggs to a mixing bowl and mix on high for 2 minutes.
3. Melt the butter in the microwave, but do not overheat. We want the butter soft, but not too hot.
4. Add 1 Tbsp. vanilla, almond milk, melted butter, vanilla, and apple cider vinegar to the egg mixture and blend until well incorporated.
5. Sift almond flour, coconut flour, baking powder, Xanthan gum, salt, and 3/4 cup erythritol in a large bowl.
6. Gently add the egg mixture to the dry ingredient mixture. Do not over-mix.
7. Divide batter between two 9-inch cake rounds (or three 6-inch cake rounds).
8. Bake in a 350°F oven for 30-35 minutes or until a toothpick inserted comes out clean.
9. Cool on a cooling rack for about an hour before adding frosting

For the frosting:

1. Cube one cup of cold full fat cream cheese and add it to the bowl of a stand mixer and blend for 1 minute, until the cream cheese has no lumps. Scrape down the sides of the bowl if necessary.
2. Add 1 tsp vanilla and erythritol.
3. Add 1/2 cup of full-fat whipping cream to the bowl and mix on low for 30 seconds, until blended with cream cheese. Turn up to medium and then high until the whipped cream and cream cheese fluff up and resemble buttercream frosting.
4. Do not overbeat. Over beating will cause the mixture to liquefy.

PROTEIN BARS MADE WITH STEVIA

From Diabetes Strong, these protein bars made with stevia and nut butter will keep you fueled all day long. Substitute whatever nut butter you prefer — the recipe calls for peanut butter, but you could use your favorite nut or seed butter instead. If the dough seems too wet after using a different type of nut butter, add more coconut flour one tablespoon at a time. If it's still not coming together easily, add another teaspoon or two of syrup.

Ingredients:

- ½ cup coconut flour
- ¼ cup vanilla protein powder (any low-carb brand)
- 1 tsp. Pyure Organic All-Purpose Stevia Blend
- 1 cup natural peanut butter (no salt & sugar added)
- ¼ cup + 2 tbsp. Organic Maple Syrup Alternative by Pyure
- ¼ cup chopped peanuts

Instructions:

1. Line a small loaf pan with parchment paper and set aside.
2. In a large glass or microwave-safe bowl, combine your nut butter with your sugar-free syrup. Heat it for 1 – 2 minutes in the microwave, mixing every 15 seconds until smooth and easy to mix together.
3. Add in the coconut flour, protein powder, and stevia powder and mix well.
4. Add the protein bar batter to the loaf pan and press to fill the pan. Sprinkle chopped peanuts on top and press in slightly.
5. Refrigerate for an hour or two until the protein bars are firm enough to be cut and served.