

**Diabetic's
Diner**

REVERSING DIABETES RECIPES

BY:

*Mr & Mrs
Vegan*

**Physicians
Committee**
for Responsible Medicine

MINDFUL

DIABETIC



MEET THE MINDFUL DIABETIC

While the Diabetic's Diner diner is a fictitious restaurant, with your help we can make it a reality. In the future we will have restaurants just like this, where people can eat low-fat, plant-based whole-food meals that can prevent and reverse type 2 diabetes. An overwhelming amount of scientific evidence is now showing the power of reversing type 2 diabetes using a low-fat, plant-based whole foods diet.

In the Diabetic's Diner video, you saw three examples of people reversing type 2 diabetes by treating the root cause - insulin resistance. In this booklet, we will provide the recipes so you and your loved ones can achieve similar results.

If you would like to truly transform your life and give your body the best chance at reversing type 2 diabetes altogether, consider participating in my Mastering Diabetes Online Group Coaching Program. I work with Dr. Cyrus Khambatta, PhD to provide groundbreaking information, resources, accountability and personal support to apply and master this lifestyle. Join hundreds of others who have enjoyed the benefits of increased energy, weight loss and reduced medication dependence. For more information please contact me at robby@mindfuldiabetic.com

Robby Barbaro

Diabetic's Diner

BREAKFAST

Breakfast Barley

Rolled barley, wheat bran, fresh fruit, ground flaxseed

WheatBerry Pancakes

Wheat berries, chickpea flour & flaxseed pancakes, maple syrup, fresh fruit

LUNCH

Black Bean Tacos

Refried beans, guacamole, salsa, shredded cabbage, corn tortillas, brown rice salad

Spinach Hummus Wrap

Spinach hummus, tomato, red pepper, cucumber, sprouted-wheat tortilla, mango zoodles

DINNER

Mixed-Bean Chili Express

Black, red, & pinto beans, seitan, tomatoes, bell peppers, BLT Salad, barley cornbread

Indonesian Stir-Fried Pasta

Rice noodles, cabbage, celery, seitan, scallions, thai coleslaw, fresh fruit

DESSERT

Exotic fruit plate

Fresh tropical fruit slices

Chocolate-Dipped Strawberries

Strawberries, chocolate fat-free fudge sauce

All menu items are approved by the Physician Committee for Responsible Medicine for reversing diabetes.

BREAKFAST BARLEY WITH FRUIT

INGREDIENTS:

1/3 CUP ROLLED BARLEY (BARLEY FLAKES)

1/8 TEASPOON SALT

3/4 CUP WATER

1 TABLESPOON WHEAT BRAN

1/2 MEDIUM APPLE WITH PEEL, CORED AND CHOPPED OR OTHER CHOPPED FRUIT

1 1/2 TEASPOONS GROUND FLAXSEED

MAKES 1 SERVING

Per serving:

197 calories

6 g protein

8 g carbohydrates

8 g sugar

2 g total fat

10% calories from fat

0 mg cholesterol

42 g fiber

252 mg sodium

For delicious taste, lots of soluble fiber, and a wonderfully low glycemic index, try rolled barley (also called barley flakes) for your breakfast porridge. It takes a bit longer to cook than oatmeal unless you soak it the night before. Serve with your favorite nondairy milk and a touch of brown sugar or the sweetener of your choice.



The night before: Combine the barley, salt, and water in a microwaveable bowl, cover, and refrigerate overnight. (Use a 1-quart or larger bowl—barley can really boil up!) **In the morning:** Add the bran and apple or other fruit to the soaked barley. Cover the bowl with a microwaveable plate and microwave on high for 2 minutes. Finish cooking on medium for 4 minutes. Stir in the flaxseed.

To cook on the stovetop: Bring the soaked barley, bran, and apple or other fruit to a boil in a small nonstick saucepan over high heat, stirring. Reduce the heat to low, partially cover, and simmer for about 15 minutes, stirring occasionally. The mixture should have the consistency of cooked oatmeal. If it's too watery, continue cooking over low heat to desired consistency.

WHEATBERRY PANCAKES

INGREDIENTS:

1 CUP WHEAT BERRIES (WHOLE WHEAT KERNELS)

1 TABLESPOON WHOLE FLAXSEED

2 CUPS WATER

1/3 CUP CHICKPEA FLOUR (BESAN) OR LOW-FAT SOY FLOUR

1 TABLESPOON SUGAR

2 TEASPOONS LEMON JUICE

2 TEASPOONS BAKING POWDER

1/2 TEASPOON BAKING SODA

1/2 TEASPOON SALT

MAKES TWELVE 4" PANCAKES

3 SERVINGS

Per serving:

261 calories

11 g protein

53 g carbohydrates

6 g sugar

3 g total fat

9% calories from fat

0 mg cholesterol

9 g fiber

534 mg sodium

Who would guess that with the help of your blender, you could make deliciously light pancakes from freshly ground wheat in minutes? Try these! Leftover batter works great for waffles, too.



Place the wheat berries, flaxseed, and water in a blender and process at high speed for about 2 minutes. Add the flour and process for 2 to 3 minutes or until very smooth. Add the sugar, lemon juice, baking powder, baking soda, and salt and process until well mixed.

Heat a heavy nonstick griddle or skillet (a nonstick electric griddle cooks very evenly) over high heat until drops of water dance on the surface and then quickly disappear. Reduce the heat to medium-high. Working in batches if necessary, pour dollops of batter quickly onto the griddle, leaving space to expand. When bubbles appear on the surface, gently flip the pancakes. Don't overcook; they should be a bit puffy when you take them off the griddle, so they are light and cakey.

BLACK BEAN SOFT TACOS

INGREDIENTS:

TOFU SOUR CREAM

1 PACKAGE (12.3 OUNCES) REDUCED-FAT EXTRA-FIRM SILKEN TOFU, CRUMBLLED

3 TABLESPOONS LEMON JUICE

½ TEASPOON SUGAR

¼ TEASPOON SALT

TACOS

8 CORN TORTILLAS (6")

1½ CUPS VEGETARIAN "REFRIED" BEANS MADE WITH BLACK BEANS

2 CUPS (1 RECIPE) LOW-FAT GUACAMOLE

1 CUP NO-SUGAR-ADDED TOMATO SALSA

4 CUPS FINELY SHREDDED GREEN CABBAGE OR LETTUCE

1 CUP TOFU SOUR CREAM

In Mexico, tacos are usually made with fresh, hot tortillas (not deep-fried ones). This machine-blended filling brings you all the traditional taste and heartiness of the real thing.



For the tofu sour cream: Place the tofu, lemon juice, sugar, and salt in a food processor or blender and process until very smooth. Refrigerate in a covered container for up to 1 week.

For the tacos: Heat the tortillas (see NOTE). Spread about 3 tablespoons of beans down the middle of each tortilla. Top with guacamole, salsa, cabbage or lettuce, and tofu sour cream. Eat out of hand with lots of napkins!

NOTE: If the tortillas are frozen, heat them between two microwaveable plates on high for about 1 minute, then turn over the plates and heat for 1 minute longer. You can soften thawed or fresh tortillas in a hot, dry pan; grill them quickly just until soft; or wrap them in a clean kitchen towel moistened with hot water, then wrap them in foil and place them in the oven until all are heated. Or, wrap the tortillas in a clean kitchen towel moistened with hot water, wrap them in foil, and bake them in a 350°F oven for about 12 minutes.

If you have a non-insulated microwaveable steamer, place a little hot water under the steamer tray. Wrap the thawed tortillas in a clean kitchen towel and place them in the steamer tray. Cover and microwave for 2 to 3 minutes for 6 tortillas or 4 minutes for 12 tortillas. If you leave the wrapped tortillas in the steamer, they will stay hot during the meal.

MAKES 8 SERVINGS

Per serving:

174 calories

10 g protein

33 g carbohydrates

3 g sugar

1 g total fat

7% calories from fat

0 mg cholesterol

7g fiber

557 mg sodium

VEGETARIAN “REFRIED” BEANS

INGREDIENTS:

4½ CUPS COOKED OR 3 CANS (15 OUNCES EACH) BLACK, SMALL RED, KIDNEY, OR PINTO BEANS, RINSED AND DRAINED

1 SMALL ONION, FINELY CHOPPED

2 TABLESPOONS RED WINE VINEGAR

1 TEASPOON SALT

1 TEASPOON GROUND CUMIN

1 TEASPOON DRIED OREGANO

1 TEASPOON DRIED GARLIC GRANULES

1 TEASPOON CHILI POWDER

HOT-PEPPER SAUCE TO TASTE (OPTIONAL)

A FEW DASHES OF LIQUID SMOKE (OPTIONAL)

MAKES 4 CUPS

Per ¼ cup:

68 calories

4 g protein

12 g carbohydrates

0.5 g sugar

0.5 g total fat

4% calories from fat

0 mg cholesterol

4 g fiber

120 mg sodium

This fat-free version of refried beans has a light texture and can be made with a variety of beans. It also makes a great warm bean dip or a delicious cold spread for sandwiches, wraps, or crackers.



Place the beans, onion, vinegar, salt, cumin, oregano, garlic granules, chili powder, hot-pepper sauce, if desired, and liquid smoke, if desired, in a food processor. Blend for several minutes or until very smooth. Transfer to a serving bowl, cover, and refrigerate.

For a hot dip, microwave on high for about 3 minutes or heat in a skillet, stirring constantly.

LOW-FAT GUACAMOLE

INGREDIENTS:

5 OUNCES FRESH GREEN BEANS OR
FROZEN SMALL WHOLE GREEN BEANS

5 OUNCES FROZEN BABY LIMA BEANS

½ CUP REDUCED-FAT FIRM OR
EXTRA-FIRM SILKEN TOFU

3 TABLESPOONS LEMON JUICE

2 CLOVES GARLIC, CRUSHED

¾ TEASPOON SALT

½ TEASPOON GROUND CUMIN

¼ CUP CHUNKY NO-SUGAR-ADDED
TOMATO SALSA

MAKES 2 CUPS

Per ¼ cup:

37 calories

2 g protein

7 g carbohydrates

1 g sugar

0.5 g total fat

5% calories from fat

0 mg cholesterol

2 g fiber

226 mg sodium

This “mock-amole” is creamy and tasty. It is delicious with baked corn tortilla chips.



Cook the green beans and lima beans in enough water to cover for about 5 minutes or just until tender but not mushy. Drain well, transfer to a food processor, and blend until smooth.

Add the tofu, lemon juice, garlic, salt, and cumin and blend until smooth. Add the salsa and pulse briefly to mix. Scoop into a covered bowl and refrigerate.

CHERRY TOMATO AND BROWN RICE SALAD WITH ARTICHOKE HEARTS

INGREDIENTS:

3 CUPS COOKED BROWN BASMATI RICE, WARM

6 OUNCES MARINATED ARTICHOKE HEARTS, RINSED IN HOT WATER, DRAINED, AND SLICED

1 CUP CHOPPED SCALLIONS

1½ POUNDS RED, YELLOW, OR MIXED CHERRY TOMATOES, HALVED

½ CUP CHOPPED FRESH BASIL

½ CUP FAT-FREE ITALIAN DRESSING

3 TABLESPOONS LEMON JUICE

2 CLOVES GARLIC, CRUSHED

¼ TEASPOON SALT FRESHLY GROUND BLACK PEPPER TO TASTE

1 HEAD CRISP LETTUCE

This delicious salad is a complete meal and a great picnic or potluck dish. Because neither tomatoes nor rice benefit from refrigeration, it should served at room temperature.



MAKES 6 SERVINGS

Per serving:

153 calories

4 g protein

32 g carbohydrates

3 g sugar

1 g total fat

6% calories from fat

0 mg cholesterol

4 g fiber

376 mg sodium

Place the rice in a large salad bowl and add the artichokes, scallions, tomatoes, and basil. Mix gently.

Combine the Italian dressing, lemon juice, garlic, salt, and pepper in a small bowl or jar. Whisk or shake until well blended. Pour over the salad and mix gently. Serve on beds of lettuce on individual plates

SPINACH HUMMUS AND VEGETABLES OF CHOICE WRAPPED IN A SPROUTED-WHEAT TORTILLA

INGREDIENTS:

1 PACKAGE (10 OUNCES) FROZEN SPINACH, THAWED

2 CUPS WELL-COOKED CHICKPEAS OR 1 CAN (19 OUNCES) CHICKPEAS, HEATED AND DRAINED

1/3 CUP LEMON JUICE

1 TABLESPOON SESAME TAHINI

4-6 CLOVES GARLIC

1 1/2 TEASPOONS SALT

1 TEASPOON GROUND CUMIN

1/4 TEASPOON CAYENNE PEPPER

MAKES ABOUT **3 1/2** CUPS

Per 1/4 cup:

107 calories

7 g protein

19 g carbohydrates

0.5 g sugar

2 g total fat

13% calories from fat

0 mg cholesterol

6 g fiber

336 mg sodium

Most versions of this popular Middle Eastern chickpea dip are chock-full of olive oil and sesame tahini. This recipe contains a little tahini and plenty of spinach or other greens for good nutrition and lots of color.

Serve with raw veggies and wedges of sprouted-wheat pita bread or with fat-free dark rye-crisp crackers. Heating the chickpeas before processing makes a creamier hummus.



Squeeze as much liquid from the spinach as you can and chop with a sharp knife. Set aside.

Place the chickpeas, lemon juice, tahini, garlic, salt, cumin, and cayenne in a food processor. Blend until as smooth as desired, adding a bit of water if necessary (it will thicken somewhat in the refrigerator). Add the spinach and blend briefly.

Transfer to a serving bowl, cover with plastic wrap, and refrigerate until ready to serve.

Variations. Try this recipe with cooked or thawed frozen kale, Swiss chard, or collard greens instead of spinach. For a more traditional hummus, omit the greens and decrease the salt to 1 teaspoon, the cumin to 1/2 teaspoon, and the cayenne to a pinch. For delicious red pepper hummus, make the traditional hummus variation and add 1/2 cup drained and rinsed roasted red peppers from a jar when you process the chickpeas.

MANGO ZOODLES



INGREDIENTS:

5-6 MANGOS

2 PINTS MINI HEIRLOOM TOMATOES

2 LARGE ZUCCHINIS

1 BUNCH SPINACH

1 SPRING GREEN ONION

GINGER

Cut up the mangos. Save the good looking pieces for the salad and garnish. Put the rest in the blender for the dressing.

Cut tomatoes into halves.

Spiralize zucchini and put in mixing bowl.

Put all the spinach in the blender.

Cut up one sprig of green onion. Add some to the blender save the white part for garnish.

Blend, adding ginger, to taste.

Pour the sauce on top of the zoodles and mix in the mixing bowl.

Garnish with the remaining mangos, tomatoes and white part of the green onion.

VEGETARIAN MIXED-BEAN CHILI EXPRESS

This chili is an absolutely delicious savory treat. Serve it with brown basmati rice, sprouted-grain bread or buns, corn or sprouted-wheat tortillas, soft fresh polenta or cornbread, and a salad. Leftovers freeze well.

INGREDIENTS:

6 CLOVES GARLIC, MINCED OR CRUSHED
1 TABLESPOON CHILI POWDER (PREFERABLY A DARK VARIETY, SUCH AS ANCHO)
1 TABLESPOON DRIED OREGANO
1½ TEASPOONS GROUND CUMIN
½ TEASPOON CRUSHED RED PEPPER
1 CAN (28 OUNCES) LOW-SODIUM DICED TOMATOES
1½ CUPS COOKED OR 1 CAN (15 OUNCES) PINTO BEANS, RINSED AND DRAINED
1½ CUPS COOKED OR 1 CAN (15 OUNCES) BLACK BEANS, RINSED AND DRAINED
1½ CUPS COOKED OR 1 CAN (15 OUNCES) SMALL RED OR RED KIDNEY BEANS, RINSED AND DRAINED

3 CUPS HOT WATER
1½ CUPS DRY TEXTURED VEGETABLE PROTEIN
1 CUP FROZEN WHOLE-KERNEL CORN
1 LARGE GREEN BELL PEPPER, CORED, SEEDED, AND CHOPPED
¼ CUP LOW-SODIUM SOY SAUCE
1 TABLESPOON HOT-PEPPER SAUCE
1 TABLESPOON ONION POWDER
1 TABLESPOON UNSWEETENED COCOA POWDER
1 TEASPOON SUGAR
2 TABLESPOONS CORNMEAL OR MASA HARINA
SALT TO TASTE

Steam-fry the garlic in a large, heavy nonstick skillet for 2 minutes. Add the chili powder, oregano, cumin, and red pepper and stir-fry for 1 minute. Add the tomatoes (with juice), beans, hot water, vegetable protein, corn, bell pepper, soy sauce, hot-pepper

sauce, onion powder, cocoa, and sugar. Bring to a boil, then reduce the heat, cover, and simmer for 15 to 30 minutes. During the last 5 minutes of cooking, sprinkle the cornmeal or masa harina over the top and stir in thoroughly. Season with the salt.

MAKES 6 SERVINGS

Per serving:

329 calories

26 g protein

57 g carbohydrates

7 g sugar

2 g total fat

4% calories from fat

0 mg cholesterol

16 g fiber

457 mg sodium



BLT SALAD

INGREDIENTS:

TOFU MAYONNAISE

1 PACKAGE (12.3 OUNCES) REDUCED-FAT
EXTRA-FIRM SILKEN TOFU

2 TABLESPOONS CIDER VINEGAR OR
LEMON JUICE

1 1/8 TEASPOONS SALT

1/2 TEASPOON DRY MUSTARD

1/8 TEASPOON WHITE PEPPER

SALAD

6 CUPS TORN ROMAINE LETTUCE

6 CUPS CUBED SPROUTED-WHEAT BREAD,
LIGHTLY TOASTED

4 SLICES LOW-FAT VEGETARIAN BACON,
SUCH AS YVES VEGGIE CANADIAN BACON
OR LIGHTLIFE FAKIN' BACON

2 CUPS CHOPPED RIPE FIRM TOMATOES

2 SCALLIONS, SLICED

1/2 CUP CIDER VINEGAR

1/3 CUP FAT-FREE OIL SUBSTITUTE (PAGE
202)

1/4 CUP TOFU MAYONNAISE

5 TEASPOONS SUGAR

FRESHLY GROUND BLACK PEPPER TO TASTE

MAKES 4 SERVINGS

Per serving:

259 calories

13 g protein

42 g carbohydrates

11 g sugar

2 g total fat

8% calories from fat

0 mg cholesterol

10 g fiber

639 mg sodium

A salad version of the well-loved sandwich that uses a handy mayonnaise substitute. Cooks, plug in your blenders!



For the mayonnaise: Combine the tofu, vinegar or lemon juice, salt, mustard, and pepper in a food processor or blender (or place the ingredients in a medium bowl and use a hand-held blender) and process until very smooth. It will keep in a covered container in the refrigerator for about 2 weeks.

For the salad: Combine the lettuce, bread cubes, bacon, tomatoes, and scallions in a large bowl.

Whisk together the vinegar, oil substitute, tofu mayonnaise, sugar, and pepper in a medium bowl until well blended. Toss with the salad. Divide the salad evenly among 4 salad bowls or plates and serve immediately.

Fat-Free Oil Substitute

1 cup cold water

1 tablespoon low-sodium vegetarian broth powder

2 teaspoons cornstarch

TENDER BARLEY CORNBREAD

INGREDIENTS:

3/4 CUP YELLOW CORNMEAL

1/2 CUP BARLEY FLOUR

1/3 CUP WHOLE WHEAT FLOUR
(REGULAR OR PASTRY FLOUR)

2 TABLESPOONS SUGAR

2 TEASPOONS BAKING POWDER

1/2 TEASPOON SALT

1/4 TEASPOON BAKING SODA

1 CUP REDUCED-FAT SOY MILK

1/4 CUP UNSWEETENED APPLESAUCE

MAKES 6 SERVINGS

Per serving:

150 calories

4 g protein

32 g carbohydrates

5 g sugar

1 g total fat

6% calories from fat

0 mg cholesterol

3 g fiber

237 mg sodium

You can whip up this high-fiber, low-fat cornbread fast, and it bakes in 15 minutes. Use stone-ground cornmeal if you can.



Preheat the oven to 425°F. Whisk together the cornmeal, barley and whole wheat flours, sugar, baking powder, salt, and baking soda in a medium bowl. Add the soy milk and applesauce and stir just until mixed. Scrape into an 8" × 8" nonstick baking pan and smooth the top. Bake for 15 minutes. Cut the hot cornbread into 6 equal pieces.

INDONESIAN-STYLE STIR-FRIED PASTA (BAMIE)

This dish has just the right exotic touch.

INGREDIENTS:

1 POUND SOY VERMICELLI PASTA
1 MEDIUM ONION, CHOPPED
6 CLOVES GARLIC, MINCED
½–1 TEASPOON CRUSHED RED PEPPER
2 CUPS SHREDDED NAPA OR SAVOY CABBAGE
2 STALKS CELERY, SLICED THINLY ON THE
DIAGONAL
¼ CUP WATER
6 OUNCES LOW-FAT BEEF SUBSTITUTE STRIPS,
SUCH AS YVES VEGGIE BEEF TENDERS,

LIGHTLIFE SMART MENU STEAK-STYLE
STRIPS, OR MORNINGSTAR FARMS MEAL
STARTERS STEAK STRIPS

½ CUP LOW-SODIUM VEGETARIAN BROTH
¼ CUP LOW-SODIUM SOY SAUCE
¾ TABLESPOON MAPLE SYRUP
¾ TABLESPOON DARK MOLASSES
2 TEASPOONS CORNSTARCH
1 TABLESPOON COLD WATER
4 SCALLIONS, SLICED THINLY ON THE
DIAGONAL

MAKES 6 SERVINGS

Per serving:
338 calories
10 g protein
74 g carbohydrates
19 g sugar
1 g total fat
2% calories from fat
0 mg cholesterol
5 g fiber
505 mg sodium

Cook the pasta in a large pot of boiling water until tender. Drain in a colander.

In a large, heavy nonstick wok or a skillet lightly coated with oil or cooking spray, steam-fry the onion, garlic, and red pepper for 1 minute, adding very small amounts of water as needed to prevent sticking and burning.

Add the cabbage, celery, and ¼ cup water. Cover and cook over high heat for about 3 minutes. Add the beef substitute strips and stir-fry for about 1 minute.

Combine the broth, soy sauce, maple syrup, molasses, cornstarch, and cold water in a small bowl. Stir into the pan and cook, stirring, over high heat until it thickens and boils.

Add the drained pasta and toss well with the sauce. Top with the scallions and serve.



THAI-STYLE COLESLAW

INGREDIENTS:

3 CUPS FINELY SHREDDED GREEN OR SAVOY CABBAGE

1 MEDIUM CARROT, SHREDDED

1 SMALL SWEET ONION, THINLY SLICED

2 TABLESPOONS MINCED FRESH MINT OR

2 TEASPOONS DRIED MINT

2 TABLESPOONS MINCED FRESH CILANTRO, BASIL, OR PARSLEY

2 TABLESPOONS LOW-SODIUM SOY SAUCE

2 TABLESPOONS LIME JUICE

2 TABLESPOONS WATER

1 TABLESPOON SUGAR

1 TABLESPOON GRATED LIME PEEL

1½ TEASPOONS TOASTED SESAME SEEDS

MAKES 4 SERVINGS

Per serving:

61 calories

2 g protein

13 g carbohydrates

8 g sugar, 1 g total fat

10% calories from fat

0 mg cholesterol

3 g fiber

334 mg sodium

This easy coleslaw makes a great winter accompaniment to an Asian meal or spices up any other meal.



Combine the cabbage, carrot, onion, mint, and cilantro, basil, or parsley in a serving bowl.

Combine the soy sauce, lime juice, water, sugar, and lime peel in a small bowl. Pour over the salad, mix well, and refrigerate until ready to serve. Sprinkle with the sesame seeds before serving.

TROPICAL SLICES DIPPED IN LEMON CRÈME

INGREDIENTS:

1 PACKAGE (12.3 OUNCES) REDUCED-FAT EXTRA-FIRM SILKEN TOFU, CRUMBLLED

1/3 CUP GRADE A (LIGHT) MAPLE SYRUP OR AGAVE NECTAR

3 TABLESPOONS FRESH LEMON JUICE

1 TABLESPOON GRATED LEMON PEEL

MAKES 1¾ CUPS

4 SERVINGS

Per serving:

106 calories

6 g protein

20 g carbohydrates

17 g sugar

1 g total fat

5% calories from fat

0 mg cholesterol

0.5 g fiber

88 mg sodium

This simply delicious crème can be used as a pudding or a topping for fruit or cake. All you need are three ingredients (you use the lemon peel and the juice) and your blender.



Blend the tofu, maple syrup or agave nectar, lemon juice, and lemon peel until very smooth in a blender or food processor (or place in a bowl and use a hand-held blender). Refrigerate in a covered container until chilled.

CHOCOLATE-DIPPED STRAWBERRIES

INGREDIENTS:

¼ CUP WAX ORCHARDS FUDGE TOPPING

12 LARGE FRESH WHOLE STRAWBERRIES, CLEANED, WITH STEMS

MAKES **2** SERVINGS

Per serving:

125 calories

1 g protein

29 g carbohydrates

23 g sugar

1 g total fat

5% calories from fat

0 mg cholesterol

4 g fiber

41 mg sodium

This treat gives you the taste of rich chocolate with the healthful goodness of fresh fruit. Wax Orchards fat-free, fruit-sweetened organic fudge toppings are available in most health food stores. They come in six varieties.

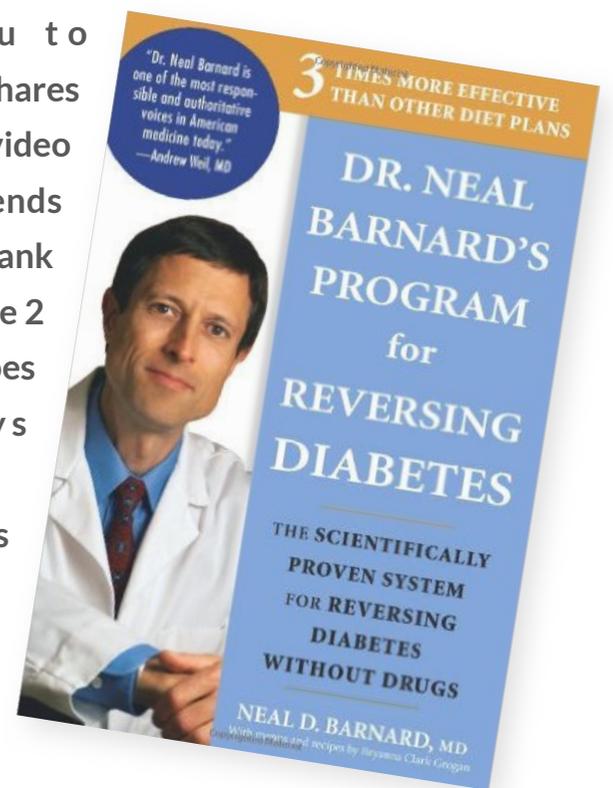


Heat the topping in a small saucepan just until softened. Divide equally into 2 small bowls. Hold the strawberries by the stem ends, dip in the topping, and enjoy!

THANK YOU!

We extend our heartfelt gratitude to everyone who helped us with this video and recipe guide; Especially to YouTube Space for opening up the restaurant set to our little channel to use that amazing resource to spread health. The Physicians Committee for Responsible Medicine & Dr. Neal Barnard for lending many of the recipes and knowledge to help type 2 diabetics deliciously reverse their diabetes, Robby Barbaro for his tireless work helping people with his 1-on-1 diabetes coaching and living the proof for over 10 years on a fruit based diet laughing in the face of flawed conventional medicine. Our amazing vegan YouTube friends who showed up at 9am on a weekend to help us set up the stage, plate the food, create the outstanding fruit wall @sweetsimplevegan @applesandamandas @consciouschris. Also to our amazing diner extras @happyhealthyvegan @rawincollege @basicveganbitch @sstella_raee @vegetaryn @plantbasedee @ljkarlan and the amazingly brave testimonials who are sharing their message with the world @adamsud, Jermia, Jerry and his family.

Thank you to everyone who shares this guide and video with their friends and family! Thank you to every type 2 diabetic who goes out and buys different groceries, takes a chance on some new meals and works closely with their Doctor and lives the proof and spreads the truth. Type 2 Diabetes is reversible via a healthy low-fat, plant-based diet.



Mr & Mrs Vegan

