

Simple Foods

By Maria Benitez



As someone who comes from a community where high sugar consumption is common, my goal is to demonstrate that there is a way to prepare low-sugar food that is still flavorful. The following pages provide possible substitute ingredients and alternative recipes that are low in cost, time manageable, and low in sugar.



The Custom of High Sugar Consumptions

According to the American Heart Association, an adult male is recommended to have no more than 36 grams of added sugars a day. This detail may leave several people devastated due to the fact that the Average American is used to consuming more than 88 grams of added sugars a day.

The Results:

Diabetes Type II:

Excess sugar either damages the Beta cells in the pancreas causing them to no longer release enough insulin to lower the high amounts of glucose in the bloodstream or causes the body to no longer respond to the insulin being released.

Heart Disease:

Excess sugar may cause atherosclerosis (hardening of arteries) due to high triglycerides (extra calories stored as a type of fat), high levels of LDL cholesterol (“bad cholesterol”) which can lead to an artery blockage, chronic inflammation throughout the body that could stress the heart and blood vessels, and increased blood pressure.

Increase risk of Alzheimer's:

Excess sugar can cause inflammation of the brain which leads to oxidative stress and damage of cells and neurons. This harm results in a cognitive decline.

What is the BEST time to consume sugar?

Insulin-Sensitivity

Measures how responsive a cells are to insulin.

- ❑ Increases with aerobic exercise

The body releases the most insulin between 12:00 pm and 6:00 pm

The best time to consume sugar is around lunch
time

Ingredients To Choose:

Flavonoids:

A group of polyphenolic compounds (micronutrients found in plants) that contribute to a plants color, flavor, and taste.

Flavonoids:

- Lower the risk of type 2 diabetes**
 - Improve glucose metabolism, inflammation, and kidney and liver function.
- Improve blood sugar control**
 - Enhance insulin secretion and signaling, protect the pancreatic β -cells which produce insulin, inhibit glycogenolysis, and inhibit carbohydrate metabolizing enzymes.
- Reduce diabetic complications**
 - Silybin, found in polyphenolic flavonoids in the seeds of silybum marianum, has shown to prevent the development of obliterates retinal capillaries in diabetic rats.

Foods containing Flavonoids:

- Citrus Fruits
- Berries
- Onions
- Tea
- Dark Chocolate
- Kale
- Red cabbage
- Parsley
- Soy
- Blueberries
- Blackberries
- Legume
- Cherries
- Cranberries
- Grapes
- Apples
- Tomatoes
- Celery
- Broccoli
- Lettuce
- Pears

Glycemic Index (GI):

Ranks carbohydrate containing foods on a scale of 0 to 100 based on the amount of time it takes the body to digest and increase blood glucose levels 2 hours after consumption.

Benefits of avoiding foods with a GI of 56 or more:

- Manage Long-term blood glucose levels in people with Type II Diabetes**
- Keep blood glucose levels steady after eating**

Warning:

Not all low-GI foods are healthy choices! Some food have a low GI but are high in calories.
Therefore, they must be limited.

Aspects that Affect GI

Cooking Method

- Breaks down the carbohydrates and therefore increasing the meals GI score

Ripeness

- In ripened fruits or vegetables, the sugar breaks down and increases the GI score

Fibre

- Slows down carbohydrate absorption decreasing the GI score

Protein

- Lowers GI in foods

Fat

- Lowers GI in foods

Level of processing

- Processed carbohydrates have high GI scores

Foods with HiGH GI Levels (70 and higher) to Avoid

- Refined Grains**
 - White bread, white rice, white pasta, bagels
- Processed Foods**
 - Processed cereals, soda, processed snacks
- Starchy Vegetables**
 - Potatoes
- Others:**
 - Watermelon, pretzels, corn flakes, puffed rice, popcorn, instant oatmeals

Foods with Moderate GI Levels (56-69)

Fruits

- Bananas, raisins, cherries, pineapple

Grains

- Brown rice, basmati rice, multigrain, whole-grain wheat, rye bread, pita bread, couscous

Others:

- Corn, honey, maple syrup, oat cereal, raisins,

Foods with Low GI Levels (0-55)

Fruits

- Apples, strawberries, oranges, grapefruit

Vegetables

- Carrots, greens, non-starchy vegetables

Grains

- Chickpeas, nuts, legumes, beans, quinoa, high-fiber bran cereal, steel-cut or rolled oats, pasta, parboiled rice, bulgar, barley

Others:

- Unsweetened and greek-style yogurt, milk

Ingredient Replacements

Ingredient	Substitute	Explanation
Sugar	Stevia	Stevia is a plant leaf extract that has little to no effect on blood glucose or insulin response.
Bread crumbs	Rolled-blended oats	Rolled oats release glucose into the bloodstream in a more controlled manner due to its lower glycemic index of about 55.
Honey	Agave	Agave is a plant nectar containing low glycemic index due to its high fructose content that causes little to no spike in blood sugar.

Ingredient	Substitute	Explanation
flour	oat flour	Oat flour contains beta glucan which has been shown to decrease blood sugar levels.
chocolate	Cacao nibs	Cacao nibs contain flavonoids which improves insulin resistance and do not contain added sugars.
Milk	Whole milk	The fat and protein in whole milk help stabilize blood glucose and slow down carbohydrate absorption.

Choosing Stevia Over Syrup Sweeteners

The Body Can Absorb Monosaccharides More Easily Than Disaccharides

Monosaccharides:

- Glucose
- Fructose

Disaccharides:

- Sucrose

Fructose is a Safer sweetener in a diabetic diet

Pure Maple Syrup



Maple Syrup is primarily composed of sucrose with smaller amounts of fructose and glucose

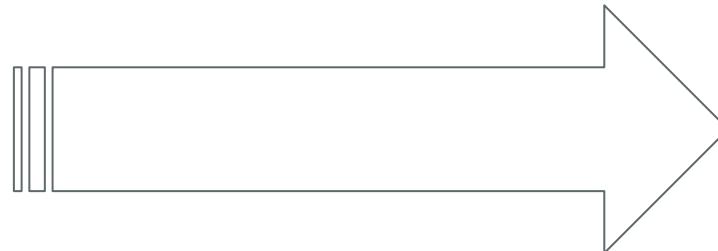
Stevia



Is converted to Steviol Glycosides within the body

Steviol Glycosides

- Extracted by the leaves of stevia rebaudiana plants
- Are not absorbed by the upper gastrointestinal tract
 - Do not increase blood glucose levels
- Has been shown to regulate glucose



Tips For When You Go Shopping

What To Look Out For

Ingredients

- Includes simple and familiar ingredients (natural Ingredients)
- Avoid additives and preservatives
 - High fructose corn syrup
 - Hydrogenated oils
 - Food dyes
 - Monosodium glutamate
 - Sodium nitrates
 - Sulfites (sulfur dioxide, sodium bisulfite, sodium sulfite)
- Watch for added sugars, fats, and salts
- Avoid flavouring agents

Breakfast

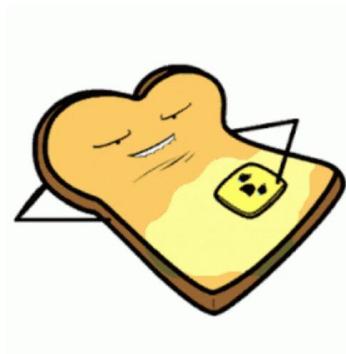
Just So You Know...

Glycemic Index
of One Slice of
White Bread:

100

Glycemic Index of
One Slice of
Multigrain Bread:

41



Cottage Cheese Toast

4-8 minutes • Serves 16-22

Total cost: \$7.96-\$10.96
(Before taxes)

1 serving:

Ingredients

- 2 tablespoons of Low-fat cottage cheese
- 1 slice of Whole-wheat bread
- Strawberries

Replace with: avocado,
blueberries, or raspberries

Preparation

1. Spread 2 tablespoons of low-fat cottage cheese evenly across a slice of whole-wheat bread.
2. Garnish it with Strawberries

Contact

Recipe by: Sara Haas, RDN, LDN

Dietitian Review : Emily
Lachtrupp, M.S., RD

<https://www.eatingwell.com/cottage-cheese-toast-recipe-8642140>

Website: EatingWell

Photo Credits: Ali Redmond





Strawberry and Peanut Butter Overnight Oats

8-10 minutes

(8 hrs 10 mins resting time) • About 4 servings

Total cost: \$28.55-\$31.55

1 serving:

Ingredients

- 1 cup of plain greek yogurt
- $\frac{1}{2}$ cup of unsweetened soy milk
- $\frac{1}{4}$ cup of natural peanut butter
- 1 tablespoon pure maple syrup
- Pinch of salt Remove OR replace with pink Himalayan salt
- 1 cup of old-fashioned rolled oats
- 1 cup of cut strawberries

1. Mix together plain greek yogurt, soy milk, peanut butter, maple syrup and salt.
2. Add old-fashioned rolled oats and chopped strawberries to the mixture and stir together.
3. Let it rest in the fridge for 8 hours and 10 minutes

Contact

Recipe by: Carolyn Casner

Dietitian Review: Hilary Meyer,
M.S., RD

<https://www.eatingwell.com/high-protein-strawberry-peanut-butter-overnight-oats-8611753>

Website: EatingWell

Photographer: Rachel Marek
Food Stylist: Holly Dreesman
Prop stylist: Sue Mitchell



Carrot-cake Pancakes

Serving: 3-4 pancakes

Ingredients

- 57 g Carrots
- $\frac{3}{4}$ Old-fashioned Rolled oats
- $\frac{1}{4}$ a cup milk
- 54 g of a banana
- 2 eggs
- 1 teaspoon Vanilla
- 1 teaspoon Cinnamon
- $\frac{1}{8}$ teaspoon Baking powder
- Butter

Preparation

1. Blend together carrots, old-fashioned rolled oats, milk, banana, eggs, vanilla, cinnamon, and baking powder.
2. Melt a light amount of butter on the surface of a hot pan.
3. Place a generous amount on the pan allow it to cook for less than a minute. Flip to the other side once it is cooked thoroughly.

15-20 minutes

Total cost for 5-8
servings (24-32
pancakes) :
\$32.85-35.85



French-Toast

Serving: 3 french-toast

Ingredients

- 3 multigrain Bread
- 2 eggs
- 1 teaspoon Vanilla
- 1 teaspoon Cinnamon
- Butter

Preparation

1. Whisk eggs, vanilla, and cinnamon together in a bowl.
2. Dip each slice of bread in the mixture until it is completely covered.
3. Melt a light amount of butter on the surface of a hot pan.
4. Place the bread on the hot pan and allow the mixture to cook.
Flip to cook the mixture on the other side.

10-15 minutes

Total Cost for about
5 serving (about 15
french toast) :
\$18.19-21.19



Lunch

Just So You Know...

Glycemic Index
of One Slice of
Flour Tortilla:

71



Glycemic Index of
One Whole-wheat
Flour Tortilla:

45

Ham and Cheese Quesadilla

Cooking time: 10 minutes

Serving: 1

Cost for 6-20 servings:

\$10.72-13.72

Ingredients:

$\frac{1}{4}$ cup Mozzarella Cheese
1 Whole-wheat flour tortilla
1 or 2 slices of Turkey ham

Instructions:

1. Heat up one side of the tortilla
 2. Flip to the other side and add the mozzarella cheese and turkey ham shredded to half of the tortilla
 3. Fold the tortilla in half
 4. Flip to each side until the tortilla is cooked
-

Serving: 1

Total cost for about 9
servings: \$7.25 to
\$9.25



Recommended Product:

Kroger® 100% Whole Wheat Tortillas

Price: \$2.39
1 g of sugar per tortilla



Sunflower Seed Banana Sandwich

Ingredients:

1 tbsp Sunflower seed cream butter
1 banana sliced
2 slices of multigrain bread

Instructions:

1. Spread sunflower seed cream on one multigrain bread.
 2. Place banana slices on top of sunflower seed cream.
 3. Place the other multigrain bread on top.
-

Prep-time: 10-15
minutes

Total price for about
3-10 servings:
\$9.16-15.16



Grilled Cheese Sandwich

Total time: 15 minutes

Total cost for about 10 servings:
\$20.36-\$23.36

Serving: 1

Ingredients:

2 Slices of Whole-wheat bread

1 tbsp of olive oil

2 tbsp unsalted butter

1 slice cheddar cheese

1 slice of Havarti cheese

Instructions:

1. Combine melted butter and olive oil and lightly brush on the bottom side of the bread slices
2. Cook the side with the butter and olive oil
3. Place cheddar and havarti cheese on the top of the bread
4. Place the other slice of bread on top and flip to cook both sides of the sandwich

Contact

Natalie Monson

<https://www.superhealthykids.com/the-gooiest-grilled-cheese-sandwich/>



Dinner

Ravioli With Tomato Sauce

Recommended Product:

Tomato, Basil & Mozzarella Ravioli - 9oz - Good & Gather™

Price: \$4.49

https://www.target.com/p/tomato-basil-mozzarella-ravioli-9oz-good-gather-8482/-A-54584004?ref=tgt_adv_xsp&AFID=google&fnsrc=tgtao&DFA=7170000108264769&CPNG=PLA Bakery%2BDeli Priority%2BShopping Local%7CBakery%2BDeli Ecomm Food Bev&adgroup=Bakery%2BDeli Good%26Gather&LID=700000001170770pgs&LNM=PRODUCT GROUP&network=g&device=c&location=9029991&targetid=pla-976785160460&gad_source=1&gclid=CjwKCAjw5Ky1BhAgEiwA5GujrmkTJQGwi5Bvhj5TuTau-DaiOooQZ4I0Mmtjina5U48uiKDLrAexhoC0b8QAvD BwE&gclsrc=aw.ds



Tomato Sauce

Total Cost: \$18.03-28.03

Ingredients:

1 tbsp of olive oil
1 crushed tomato
1 cup of sliced onion
4 cloves of garlic
 $\frac{1}{4}$ teaspoon kosher salt
1 tbsp of chopped thyme
1 tbsp of chopped basil

Instructions:

1. Sauté onions in hot oil for 3-4 minutes and add garlic and sauté the garlic for 30 seconds
2. Add the crushed tomatoes, salt, and thyme.
3. Once the tomatoes boil, reduce the heat and allow it to simmer for 20-25 minutes.
4. Remove the sauce from the heat and add basil

Contact

Natalie Monson

<https://downshiftology.com/recipes/marinara-sauce/#wprm-recipe-container-33591>



Chicken and Caesar Salad

Recommended Product:

Caulipower All Natural Frozen Chicken Tenders

Price: \$9.99

https://www.frysfood.com/p/caulipower-all-natural-frozen-chicken-tenders/085493400748?fulfillment=PICKUP&storecode=66000066&&cid=shp_adw_s_hopl_FY24.01_search_ent_sales_nh_allent_lia_corelia_frys_t2_g_lia_shop_acq_evg_n_lowperformers_all_rev_roas_sf&gad_source=1&gclid=CjwKCAjw2dG1BhB4EiwA998cqFZk7EP3WYhE3i-JuCiv0dzUryfozbdluMACcwoxBpKOvvmdNQuBoCzQ8QAvD_BwE&gclsrc=aw.ds



Salad

Serving: 3-5

Total cost: \$6.25-\$8.25

Ingredients:

1 Romaine lettuce

Parmesan Cheese (portions vary)

Croutons (portions vary)

Instructions:

1. Chop up romaine lettuce
 2. Add romaine cheese and croutons and mix together
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Caesar Salad Dressing

Total Cost for ingredients:
\$20.86-\$25.86

Serving: 8

Ingredients:

1 ½ cups of plain greek yogurt

1 tbsp Dijon mustard

1 anchovy

1 lemon

¾ cups of parmesan cheese

½ tsp sea salt

½ tsp black pepper

Instructions:

1. Blend all the ingredients into a creamy texture
 2. Store in a airtight container until it will be used (no longer than a week)
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Contact

Nicole Modic

<https://kalejunkie.com/healthy-caesar-salad-dressing/>



Burrito With a Cheesy Salsa

Salsa

Cost of Ingredients: \$16.48

Ingredients:

14 oz of diced fire roasted tomatoes
2 cloves garlic
 $\frac{3}{4}$ cup of red onion chopped
 $\frac{1}{2}$ cup of cilantro
2 jalapenos chopped
3 tbsp of lime juice (about 2 small limes)
1 tsp of salt

Instructions:

1. Blend all ingredients together to the desired consistency
 2. Add preferences such as more salt, cilantro, or jalapenos
-

Contact

Nora

<https://www.noracooks.com/restaurant-style-salsa/>



Hot Salsa Dip

Prep time: 10 minutes

Cook time: 20 minutes

Total cost for ingredients: \$15.92

Ingredients:

8 oz of cream cheese

1 tspn of taco seasoning

1 $\frac{3}{4}$ cup of shredded cheddar cheese

1 cup of salsa

Instructions:

1. Preheat the oven to 350 ° F
 2. Combine cream cheese, cheddar cheese and seasoning.
 3. Spread it across the bottom of a baking dish and add the cream cheese mixture on top
 4. Sprinkle the salsa on top
 5. Bake for 15-20 minutes
-

Contact

Natalie Monson

<https://www.plainchicken.com/hot-salsa-dip-football-friday/>



Recommended Product:

Red's Organic Chicken, Cilantro & Lime Frozen Burrito

Price: \$2.49



https://www.frysfood.com/p/red-s-organic-chicken-cilantro-lime-frozen-burrito/0085041600229?fulfillment=PICKUP&storecode=66000126&&cid=shp_adw_shopl.FY24.01_search_ent_sales_nh_allentlia_corelia_frys.t2_glia_shop_acq_evgn_highperformers_all_rev_roas_sf&gad_source=1&gclid=CjwKCAjw2dG1BhB4EiwA998cqHXQaFQmsS5bk0jgacjkKWOsl6USACp8Hpih5rmwebF7n_xGtnUPfxoCKygQAvD_BwE&gclsrc=aw.ds

Coconut Chicken and Whole Grain Basmati Rice

Just so you know...

GI of White Rice VS Grain Basmati Rice

White Rice

GI: 72-73

Grain Basmati Rice

GI: 50-58



Recommended Product:

Kevin's Natural Foods Thai-Style Coconut Chicken

Price: \$7.99

https://www.frysfood.com/p/kevin-s-natural-foods-thai-style-coconut-chicken_0081026402373?fulfillment=PICKUP&storecode=66000619&&cid=shp_adw_shopl_FY24.01_search_ent_sales_nh_allentlia_corelia_frys.t2_g_lia_shop_acq_e_vgn_verylowperformers_all_rev_roas_sf&gad_source=1&gclid=CiwKCAiw2dG1BhB4EiwA998cql_bthKdpAceX1lhXyVAaualViiNZWRfT_Z3CMSj9k_PF1H9q_o_3hoCRI0QAvD_BwE&gclsrc=aw.ds



Brown Basmati Rice

Cook time: 30 minutes

Total Cost for about 30 to 56
servings: \$10.64 to \$12.64

Serving: 6

Ingredients:

1 cup of brown basmati rice
3 cups of water
salt

Instructions:

1. Rinse the rice in clean water 3-4 times
2. Cook the rice the the 3 cups of water uncovered in medium heat for 25 minutes
3. Drain the rice, cover it with a lid, and allow it to steam for 3 minutes

Contact

Sandhya

Website: Sandhya's Kitchen

<https://sandhyahariharan.co.uk/cook-brown-basmati-rice/#recipe>



Recommended product:

Lundberg Basmati Rice, Organic Sprouted Brown Long Grain Rice

Price: \$3.69

https://www.amazon.com/Lundberg-Sprouted-Brown-Basmati-Ounce/dp/B00N3AZ9O6/ref=asc_df_B00N3AZ9O6/?tag=hyprod-20&linkCode=df0&hvadid=692875362841&hvpos=&hvnetw=g&hvrand=2030622874386733174&hvpo ne=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9029991&hvtargid=pla-2281435178098&psc=1&mcid=9cf19b2f5b49301daed1119720a8b79e&hvocijid=2030622874386733174-B00N3AZ9O6-&hvexpIn=73&gad source=1



Recommended Condiments

Primal Kitchen Organic and Unsweetened Ketchup

Cost: \$4.99-\$7.99

About 320 grams per bottle
1 gram of sugar per 15 grams



Ray's® No Sugar Added Honey Mustard Dipping Sauce

Cost: \$2.05-\$5.05

About 454 grams per bottle
0 gram of sugar per 28 grams



G Hughes® Sugar Free Original BBQ Sauce

Cost: \$3.32-\$6.32

About 510 grams per bottle
0 gram of sugar per 30 grams



Snacks

Strawberry Yogurt Bar

Prep Time: 10 minutes

Resting time: 3 hours

Total Cost: \$23.87 to \$26.87

Ingredients:

3 cups Plain-greek yogurt
 $\frac{1}{4}$ cup of pure maple syrup
1 tsp vanilla extract
1 $\frac{1}{2}$ cup of sliced strawberries
 $\frac{1}{4}$ cup mini chocolate chips

Instructions:

1. Mix the greek yogurt with maple syrup and spread a generous layer of the mixture on parchment paper
2. Place sliced strawberries and chocolate chips on yogurt
3. Freeze for 3 hours

Contact

Carolyn Casner

Reviewed Dietitian: Victoria
Seaver, M.S., RD

Website: EatingWell

<https://www.eatingwell.com/recipe/259080/strawberry-chocolate-greek-yogurt-bark/>



Peanut Butter Balls

Prep-time: 5-10 minutes

Total Cost for about 3 portions:
\$34.33-\$44.33

Serving: 1

Ingredients:

2 cups of Rolled oats

$\frac{1}{2}$ cup of peanut butter

$\frac{1}{3}$ honey

$\frac{1}{4}$ tsp kosher salt

$\frac{1}{4}$ tsp cinnamon

$\frac{1}{4}$ cup of chocolate protein powder

Instructions:

1. Place all the ingredients in a bowl and mix them together well.
2. Take a generous amount of the mixture and form it into a ball.

Contact

Sonja & Alex Overhiser

Website: [acouplecooks](http://www.acouplecooks.com)

<https://www.acouplecooks.com/energy-balls/>



Peanut Butter Banana Oatmeal Cookies

Total time: 25 minutes

Serving: 15 cookies

Total Cost: \$20.39-\$23.39

Ingredients:

$\frac{3}{4}$ Peanut Butter

2 Ripe Bananas

2 cups of rolled oats

Cinnamon

1 tbs of vanilla

(Optional) chocolate chips/chopped nuts

Instructions:

1. Mash the bananas in a bowl
2. Add peanut butter and whisk together
3. Add oats and mix ingredients together
4. Add any additional add ons
5. Roll in small balls and spread across a baking tray
6. Preheat oven to 350°F and bake for 10-15 minutes.

Contact

Sylvie

sylvie@abakingjourney.com

<https://www.abakingjourney.com/peanut-butter-banana-oatmeal-cookies/>



Recommended Product:

Crazy Richard's® Creamy Natural Peanut Butter

Price: \$3.69



Vegan Oreos

Prep time: 30 minutes

Cook time: 30 Minutes

Total Cost for about 12 to 24
cookies: \$36.99 to \$46.99

Serving: 12 cookies

Ingredients:

1 ½ cups of rolled oats

½ cup of cacao powder

10 medjool dates

3 tsp of plant based milk

⅔ cup of creamed coconut

1 tsp vanilla bean paste

1 ½ tbsp of maple syrup

Instructions for Cookie:

1. Blend the rolled oats to crumbs
2. Add cacao powder and salt
3. Add the plant based milk one tablespoon at a time and mix checking the consistency every time
4. Roll the dough out and cut out disks in pairs

Instruction for filling:

5. In a heat-resistant bowl, place creamed coconut, maple syrup, and vanilla over a simmering water and whisk
 6. Place mixture between parchment paper sheets, roll it out, and freeze for 30 minutes
 7. Cut creamed coconut mixture into circles and place between two cookies
-

Contact

Christina

Website: [addicteditdates](http://addicteditdates.com)

<https://addicteditdates.com/healthy-vegan-oreos/>



Desserts

Protein Chocolate Cookies

Prep-time: 10-15 minutes

Cooking time: 10-12 minutes

Total cost for 12 to 24 servings:

\$41.54 to \$51.54

Serving 5-6

Ingredients:

$\frac{1}{2}$ cup of rolled oats

$\frac{1}{2}$ cup of fat free plain greek yogurt

$\frac{1}{4}$ cup of unsweetened cocoa powder

2 tbsp of egg whites

$\frac{1}{4}$ tsp baking powder

$\frac{1}{4}$ tsp baking soda

1 tbsp coconut oil

Pinch of salt

1 scoop of chocolate protein powder

Dark chocolate chips

Instructions:

1. Mix all the ingredients in a bowl.
2. Preheat the oven to 350°F.
3. Create flat spheres with the mixture
and spread them across a baking pan
4. Bake for 10-12 minutes

Contact

Razi Khan

contact@razikhan.com

https://www.instagram.com/raziyyz?utm_source=ig_web_button_share_sheet&igsh=ZDNIZDc0MzIxNw==



Churro Donuts

Serving: 6

Prep-time: 10-15 minutes

Cooking time: 10-12 minutes

Total cost for 12 to 36 servings:

\$47.72 to \$57.72

Ingredients for the donut:

$\frac{1}{2}$ cup of unsweetened apple sauce

$\frac{3}{4}$ cup of blended rolled oats

1 tsp of cinnamon

1 tsp of baking powder

$\frac{1}{4}$ tsp of baking soda

$\frac{1}{2}$ tsp vanilla extract

2 tbsp of pure maple syrup

$\frac{1}{2}$ scoop of vanilla or cinnamon protein powder

Ingredients for the coating:

1-2 tbsp of brown sugar or stevia

1-2 tsp of cinnamon

Instructions:

1. In a bowl, mix together all the ingredients for the donut. Place the mixture into donut molds and bake for 10-12 minutes at 350°F.
2. Mix the brown sugar and cinnamon in a small bowl.
3. Once the donuts are cooked, dip them lightly in water and cover them in the brown sugar and cinnamon mixture.

Contact

Razi Khan

contact@razikhan.com

https://www.instagram.com/raziyyz?utm_source=ig_web_button_share_sheet&igsh=ZDNIZDc0MzlxNw==



Recommended Product:

Clio® Dark Chocolate Strawberry Greek Yogurt Bars

Price: \$5.99

https://www.frysfood.com/p/clio-dark-chocolate-strawberry-greek-yogurt-bars/0085402100838?fulfillment=PICKUP&storecode=66000089&&cid=shp_adw_shopl_FY24.01_search_ent_sales_nh_allentlia_corelia_frys.t2_g_lia_shop_acq_evgn_lowperformers_all_rev_roas_sf&gad_source=1&gclid=CjwKCAjw2dG1BhB4EiwA998cqFeg7vPiycDet1xkOaqt7iQgDq3LTNdyQgbv44HoBtB9Dfrz2N6z8xoCgpQQAvD_BwE&gclsrc=aw.ds



Recommended Product:

Rebel Keto Mint Chip Ice Cream Pint

Price: \$5.99

https://www.frysfood.com/p/rebel-keto-mint-chip-ice-cream-pint/0085314900804?fulfillment=PICKUP&storecode=66000619&&cid=shp_adw_shopl_FY24_01_search_ent_sales_nh_allentlia_corelia_frys_t2_g_lia_shop_acq_evgn_verylow_performers_all_rev_roas_sf&gad_source=1&gclid=CjwKCAjw2dG1BhB4EiwA998cqlld5MH9vLwWfGUlSjgmtAn4t7lf2TaH8MmBip23DS0CuI5WLfVlqxoCAiMQAvD_BwE&gclsrc=aw.ds



Beverages

Recommended Product:

Olipop® Strawberry Vanilla Soda Can

Price: \$2.49

https://www.frysfood.com/p/olipop-strawberry-vanilla-soda-can/0086043900101?fulfillment=PICKUP&storecode=66000066&&cid=shp_adw_shop!.FY24.01_search_ent_sales.nh_allentlia_corelia_frys.t2_glia_shop_acq_evg_n_verylowperformers_all_rev_roas_sf&gad_source=1&gclid=CiwKCAjw2dG1BhB4EiwA998cqPPq7gIDeczkbDIYShErCIFvKqJLAtddOKX9B6R3dnkXtZVTsNojhoCv84QAvD_BwE&gclsrc=aw.ds



Horchata

Pre-time: 20-25 minutes

Resting time: 8 hours

Total Cost of 8 to 16 serving: \$20.61 to
\$28.61

Serving: 4

Ingredients:

½ cup of rice

1 cup of blanched almonds

1 small cinnamon stick

1 tbsp rice syrup (or Stevia)

2-3 tsp vanilla extract

1 quart of cold water

Instructions:

1. Cover the rice, almonds, and cinnamon stick with water and let it rest for 8 hours (this water is separate from the quart of cold water)
2. Dry and rinse the rice, almonds and cinnamon stick.
3. Place the rinsed rice, almonds, and cinnamon stick in the blender alongside the rice syrup, vanilla extract, and quart of cold water. Blend it all together.
4. Strain the mixture to separate the liquid from any solid pieces

Contact

Katy Salter

Website: Addsomeveg

<https://addsomeveg.com/sugar-free-horchata/#wprm-recipe-container-1577>



Hibiscus Iced Tea

Prep-time: 20-25 minutes

Resting time: 2 hours

Total Cost either 4 to 16
servings: \$21.78 to \$28.77

Serving: 4

Ingredients:

4 cups of water

2 tbsp of dried hibiscus flowers

Juice of 1 lime

$\frac{1}{8}$ tsp of pure powdered stevia

Instructions:

1. Place the dried hibiscus flowers in a pot of hot water. Once the water begins to boil, reduce the heat and allow the mixture to cook for 15-20 minutes.
2. Strain the mixture to separate the liquid from the hibiscus flowers.
3. Allow the liquid to rest in the fridge for 2 hours.
4. Add lime juice and stevia and stir.

Contact

Riley

Website: Bridgetown Nutrition

[https://bridgetownnutrition.com/
sugar-free-hibiscus-iced-tea/](https://bridgetownnutrition.com/sugar-free-hibiscus-iced-tea/)

