



Special  
*Occasion*  
Recipes



# Special *Occasion* Recipes



Our passion is your health,  
and reducing and reversing type 2 diabetes.

At E4 Diabetes Solutions, we care about you and your life. Every day. One part of that caring is helping you navigate life on a daily basis and during those special occasions when it can be most difficult.

So welcome to our special occasions recipes! Special occasions and get-togethers can cause anxiety in people who are eating to support their health challenges: “What will be there that I can eat?” “How can I keep from being hungry or insulting relatives?” E4 Diabetes Solutions is here to help with easy, healthy, delicious recipes.

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Cook them as a multi-course meal for a true family feast, or whip up individual recipes for gatherings. Serving sizes are given for each recipe, so adjust according to the number of folks you are feeding. And don't worry if you are kitchen shy, one of the most requested recipes only has *two* ingredients!

All of these recipes have been analyzed and reviewed to make sure they meet E4 Diabetes Solutions guidelines for getting you on the road towards diabetes reversal. (Some of the dishes, however, are to eat in moderation, as the carbohydrates, calories and fat can add up quickly.)

These recipes are part of E4 Diabetes Solutions's *90 Days to A.L.I.V.E.* program meal catalog with 300+ pages of recipes, tips and guidelines. The program is designed to transform your life and put you on the road towards *reversing diabetes in 90 days*. Our team includes top experts in diabetes reversal, the ones who have had endocrinologists asking their patients, "Who are you working with? These are great results."

## The E4 Diabetes Solutions A.L.I.V.E.™ program

E4 Diabetes Solutions is much more than just recipes. The A.L.I.V.E.™ program is a comprehensive 5-step process of Assess, Learn, Implement, Validate and Evolve. Our program is unique in that we are there for 90 days and beyond to walk with you towards *your* optimal wellness.

We will help you understand the root cause of diabetes, as well as how to improve your health with lifestyle habits. You will be supported every step of the way, not only by our staff but also by others on the same journey. Using advanced laboratory testing – not usually offered by traditional doctors, and made available to you at a highly discounted rate – encompassing state-of-the-art technology, you will begin to see the big picture regarding your health.

We can discover in detail your level of insulin resistance and strength of your pancreas and tweak the food guidelines uniquely for your situation.

Unlike the traditional medical system, we do not want you to just manage your diabetes – we want to help you get on a path towards reversing it and achieving vibrant health! Radiant health is possible, and we will support you getting on a path to experience it. **[Click HERE for more details on our website.](#)**

**Wishing you joy in eating and sharing great healthy food with family and friends!**

## Table of Contents

APPETIZERS	<a href="#">E4 Veggies</a>	<a href="#">Flackers</a>		<a href="#">Basic Hummus</a> <a href="#">Insta Party Bean Dip</a>
DRESSING	<a href="#">Salsa Fresca</a>	<a href="#">Balsamic Mustard Dressing</a>	<a href="#">Ginger Tahini Dressing</a>	<a href="#">Tahini Tarragon Dressing</a>
MAIN MEAL	<a href="#">Stuffed Squash Pilaf</a>	<a href="#">Full Contact Lentil Loaf with Mushroom Gravy or Tropical Cranberry Relish or Red Gravy</a>	<a href="#">Hoppin' John and Baked Lemon Tempeh</a>	<a href="#">Garden Salad</a>
DESSERT	<a href="#">Apple Pecan Tarts</a>	<a href="#">E4 Intense Mango Berry Sorbet</a>	<a href="#">Nutty Cacao Truffle Balls with Hemp</a>	<a href="#">Cherry Chocolate Freezie</a>



# Special Occasion Recipes

## E4 Veggies by E4 Diabetes Solutions



*Servings size: 1/2 Cup*

*Number of servings: 1*

### Ingredients

1/2 Cup Celery, Cucumber, Carrots or Non-Starchy vegetable of choice

### Instructions

Cut the vegetables into 1/2-inch rounds or 3-inch sticks.

Serve with [Basic Hummus](#) or [Insta Party Bean Dip](#).

Red Gravy for Loaf by Marty Davey

**Ingredients**

3 Cups Water  
1 Bouillon Cube  
1/2 Cup Onion, Minced  
1/2 Cup Sliced Mushrooms  
3 Cloves, Minced Garlic, Raw  
1 Tablespoon Liquid Aminos  
1/2 Cup Tomato Paste  
1 Tablespoon Brown Miso  
1 Tablespoon Cold Water  
2 Tablespoons Cornstarch

This is great for the Lentil loaf or burgers. It also makes a good soup base, minus the corn starch.

*Serving size: 1 Tablespoon*

*Number of servings: 12*

**Instructions**

In a heavy pot, heat water. While water is heating, prepare vegetables. When water boils, add vegetables and bouillon. Reduce heat to simmer. Simmer for 5 minutes. Add garlic and liquid aminos. Simmer 2 minutes. Add tomato paste.

Turn up heat to medium.

In a small container with a lid, pour in cold water and cornstarch. Put lid on and shake to mix completely.

When pot begins to boil, add cornstarch mixture and whisk to mix. Gravy will begin to thicken. Turn off heat and place lid on pot. Add extra water if gravy becomes too thick. Add miso and whisk in. Let the miso melt for 2-3 minutes and whisk again.

Serve.



[Go to Table of Contents](#)

# Special Occasion Recipes

[Flackers](#) Store-bought



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**Balsamic Mustard Dressing** by Marty Davey



*Serving size: 2 tablespoons*

*Number of servings: 4*

**Ingredients**

1/2 Cup Balsamic Vinegar

1/2 Tablespoon Stone Ground or Dijon Mustard

1 Lemon, Juiced

1/2-1 Teaspoon Black Pepper

**Instructions**

Add ingredients to a small bowl. Whisk until well-combined.

Basic Hummus by Marty Davey



*Serving size: 1/2 Cup*  
*Number of servings: 3*

Ingredients

- 1 Cup Cooked Chickpeas
- 2 Tablespoons Lemon Juice
- 1/4 Teaspoon Celtic Salt
- 1/2 Clove Fresh Garlic
- 1 Tablespoon Tahini
- 1/4 Cup Water [more if needed]

Instructions

Place all ingredients into a food processor. Process until smooth. Add more water if needed for desired consistency.

Insta Party Bean Dip by Marty Davey

Ingredients

- 1 Cup [Black Beans](#)
- 1 Cup [Salsa Fresca](#)

*Serving size: 1/4 Cup*

*Number of servings: 8*

Instructions

Place ingredients in a food processor. Pulse for 6-10 times or until desired consistency.

Black Beans by Marty Davey

Ingredients

- 1 Cup Black Beans, soaked for 4 hours
- 2 Cups Water or Broth

*Serving size: 1 Cup*

*Number of servings: 2*

Instructions

Drain the beans and place in InstaPot with the water or broth.

Put on lid and press the “beans” button. Set cooking time for 15 minutes. Make sure to turn knob on lid away from VENTING.

Allow at least 10 minute Natural Release.

Salsa Fresca by Marty Davey



**Ingredients**

1/3 Cup Red Onion  
1 Jalapeño Pepper  
Juice From 1 Lime  
3-4 Cups Chopped Tomatoes, Small  
Chop  
1/4 Teaspoon Celtic Salt  
Black Pepper to Taste

*Serving size: 1/4 Cup*

*Number of servings: 16*

**Instructions**

Put onion, jalapeño and juice into a food processor. The heat of peppers in in the seeds. If you want a fairly mild salsa, remove all the seeds. Put in a bowl and add tomatoes, salt and pepper. Mix well.

Garden Salad by Marty Davey



**Ingredients**

2 Cups Baby Greens or Mesclun  
1 Cup Assorted Vegetables -  
Carrots, Cucumber, Radishes, Raw  
Peppers, Onion, Tomato, Zucchini

*Serving size: 3 Cups  
Number of servings: 1*

**Instructions**

Place all ingredients into a bowl.  
Top with [Salsa Fresca](#) or other  
dressings.



Ginger Tahini Dressing by Marty Davey



*Serving size: 1 Tablespoon*

*Number of servings: 6*

**Ingredients**

- 1 Inch Grated Ginger
- 1/4 Cup Tahini
- 1 Tablespoon Lime Juice
- 1/8 Cup Hot Water
- 1 Teaspoon Tamari

**Instructions**

Combine all ingredients in a jar with a lid. Put on lid and shake up.

Serve.

Tahini-Tarragon Dressing by Marty Davey



*Servings size: 2 Tablespoons*  
*Number of servings: 4*

**Instructions**

Place all ingredients into blender. Blend until smooth.

**Ingredients**

- 2 Tablespoons Tahini
- 1 Inch Fresh Ginger
- 2 Tablespoons Lemon Juice
- 1/2 Teaspoon Dried Tarragon
- 1/4 Teaspoon Celtic Salt
- 1/4 Cup Water

**Baked Lemon Tempeh** by Marty Davey

**Ingredients**

- 1 Lemon
- 1 Teaspoon Fennel Seeds
- 4 Ounces Tempeh
- 1 Tablespoon Fresh Thyme
- 2 Tablespoons Shallots, thinly sliced
- 1 Tablespoon Fresh, Grated Ginger Root
- 2 Teaspoons Cashew Butter

*Serving size 2 Oz*  
*Number of servings: 2*

**Instructions**

Place lemon in microwave for 15 seconds. This will release more of the juices. Juice the lemon and remove seeds.

Crush the fennel seeds. Remove the thyme from the stem.

Slice the tempeh into 4 large pieces. Place the juice, seeds, thyme and tempeh in a large flat pan and marinate for 2 hours, if possible.

In a dry pan, sear the tempeh on all sides.

In the marinade pan add the ginger root and cashew butter.

Add the shallots to the searing tempeh, plus 2 tablespoons of water and cook for 2 minutes.

When the shallots are translucent, add the marinade and deglaze the pan with 1/4 cup of water.

Serve.

**Hoppin' John** by Marty Davey



**Ingredients**

3/4 Cup Black-Eyed Peas  
1 1/2 Cups Vegetable Stock  
1/2 Cup Long Grain Brown Rice  
1/2 Cup Medium Chopped Onions  
2 Cloves Garlic, Small Chop  
1/4 Teaspoon Smoked Chipotle or 1 Teaspoon Smoked Paprika

1/2 Teaspoon Chile Powder  
1/4 Teaspoon Red Chile Flakes  
1/8 Teaspoon Cayenne Pepper  
1/4 Teaspoon Thyme  
1/4 Teaspoon Oregano  
1 1/2 Cups Canned or Fresh Diced Tomatoes

*Serving size: 1 Cup*  
*Number of servings: 4*

**Instructions**

Place all ingredients into an Instant Pot. Set manual for high pressure, 20 minutes. Turn knob away from venting.

Full Contact Lentil Loaf by Marty Davey



**Ingredients**

- 2 Cups Lentils, cooked
- 1 Cup Brown Rice, cooked
- 1 Cup Carrots, chopped
- 1 Cup Onions, chopped
- 1/2 Cup Mushrooms, sliced
- 3 Cloves Garlic, raw
- 2 Tablespoons Liquid Aminos
- 1/2 Cup Silken Tofu
- 1/2 Cup Nut Butter [peanut, walnut]

*Serving size: 1/6 of loaf*  
*Number of servings: 6*

**Instructions**

Preheat oven to 350 degrees F.

Lightly oil a 9x4 1/2-inch loaf pan.

In a large bowl, place all ingredients. With very clean hands, begin to mash and knead the ingredients together. This will be very muddy. When ingredients are well mixed, lift wet, sticky loaf into pan. Flatten with the palm of your hand. Clean hands of loaf with scraper.

Place loaf in oven for 45 minutes. Loaf should be fairly firm.

Serve with Red Gravy.

## Mmm Mushroom Gravy by Marty Davey



### Ingredients

- 1 Cup Oyster Mushrooms, chopped
- 1 Cup Shiitake Mushrooms, sliced
- 1/4 Cup Onions, sliced
- 4 Cups Low Sodium Vegetable Broth
- 1 Teaspoon Dried Sage
- 1 Teaspoon Dried Oregano
- 2 Tablespoons Arrowroot Powder
- 1/2 Cup Cold Water
- 1 Tablespoon White Miso
- 1/4 Cup Nut Milk [optional]

*Serving size: 1/2 Cup*

*Number of servings: 10*

### Instructions

In a skillet at medium heat, sear onions for 2 minutes. Add mushrooms and sear 1 minute. Add broth and spices. Lower heat to simmer. Simmer for 4 minutes until mushrooms are soft.

In a small container with a lid, combine the arrowroot and water. Put the lid on and shake until completely mixed.

Turn up the heat on the skillet. As soon as a boil is reached whisk in the arrowroot. Continue whisking until thickening has started. Turn off heat and add the nut milk and miso. Whisk a few seconds to combine the milk. Put a lid on the pan and allow the miso melt for 2 minutes. Whisk to ensure distribution of flavor.

Serve.



Stuffed Squash Pilaf by Marty Davey



*Serving size: 1 Cup*  
*Number of servings: 10*

**Ingredients**

- 1 Kabocha or Hubbard Squash [6 Lbs]
- 1/2 Cup Water
- 3/4 Cup Red or Rainbow Quinoa
- 3/4 Cup Water
- 3/4 Cup Low Sodium Vegetable Broth
- 1/2 Cup Chopped Red Onion
- 3/4 Cup Halved Brussel Sprouts
- 1/2 Cup Chopped Cauliflower
- 1/2 Cup Chopped White Turnip
- 3/4 Teaspoon Poultry Seasoning
- 1/2 Teaspoon Thyme
- 1/2 Teaspoon Rosemary



### Instructions

Heat oven to 375 degrees F. Cut squash in half, scoop out seeds. Bake upside down in a pan with 2 inches of water for 45 minutes. The interior flesh should be fairly cooked. Depending on the size and thickness of your squash the cooking time may vary.

Meanwhile make the stuffing.

In a heavy bottomed saucepan, bring the quinoa, water and broth to a boil. Turn to simmer and put on lid. Let simmer 20 minutes or until all water is absorbed.

In a dry skillet, sear the onions, brussels sprouts and turnip for 3 minutes, turning frequently. Add cauliflower and continue to cook for 1 minute. Add 1 tablespoon of water to prevent sticking. Cook for another minute and then remove from heat.

In a large bowl fold the vegetables into the quinoa. Scoop a little off the inside of the squash, chop and add to stuffing. You may need to make room inside the squash to hold more stuffing.

Scoop stuffing into squash and bake for 30 minutes. Garnish with pomegranate seeds.

Apple Pecan Tarts by Marty Davey



These raw dessert cups make a wonderful dessert with a hot cup of tea. Be sure to leave room.

**Ingredients**

- 2 Cups Pecans
- 1/2 Cup Pitted Medjool Dates
- 2 Cups Small Chopped Apples (see note)
- 2 Tablespoons Pomegranate Seeds

*Serving size: 1/2 Cup*  
*Number of servings: 4*

**Instructions**

**Drizzle:** Put 1 cup of pecans in a food processor and turn on. Process until butter is made. Take out of processor and store in bowl.

**Crust:** Put 1 cup of pecans in a clean food processor and pulse to create a meal. This will take about 20-30 pulses. Add dates and process until they stick together about 5 seconds.

Using your fingers line the bottom and halfway up the sides of the dessert cups with the crust. Fill the cup with the apples. Drizzle top with warm pecan butter. Garnish with pomegranate seeds.

*Chef's Note:* Use you favorite apples, but Jonamacs, Stomens, Galas or Granny Smith are better than softer apples such as macintosh.

Tropical Cranberry Relish by Marty Davey



If your cranberry sauce comes in a can, you need this recipe!

Quick, tart and yummy.

**Ingredients**

- 1 Cup Fresh or Frozen Cranberries
- 1/2 Cup Water
- 1/2 Cup Juice from Clementine Oranges
- 1/2 Teaspoon Cinnamon
- Pinch Ground Cloves
- 3 Tablespoons Fresh Persimmon
- 1/4 Cup Mango

*Serving size: 1/8 Cup  
Number of servings: 8*

**Instructions**

Heat small saucepan to medium low. Pour in cranberries, orange juice, cinnamon and cloves. Heat to rolling boil and simmer while the cranberries pop. Turn off when berries have softened. Let cool.

In a food processor, pulse the persimmon and mango. Add to cranberries.

Serve.

## E4 Intense Mango Berry Sorbet by E4 Diabetes Solutions



### Vitamix Version

#### Ingredients

- 2 Cup Frozen Mango Chunks
- 1 Cup Frozen Organic Blackberries
- 1 Cup Frozen Wild Blueberries
- 1 Banana
- 1/2 cup organic coconut flakes

*Serving size: 1/2 Cup*

*Number of servings: 10*

#### Instructions

Place mango, blackberries, wild blueberries, banana in the vitamix. Turn on low then raise to medium and use the plunger to keep pushing fruit down into the blades, you want to get it so it revolves around on its own, raise higher speed if needed, turning off and on as needed.

Once it is turning on its own then stop blender, add coconut flakes and run for 15 sec until well mixed.

Can be served right after blending for a smooth creamy consistency, spoon into serving ware.

Depending on how long you ran the blender it could be less firm than you would like. If so, then put serving portions in freezer for 15-30 minutes.

Serve.

## Nutty Cacao Truffle Balls with Hemp by E4 Life



### Ingredients

- 1 Tablespoon Flax Meal
- 2 Tablespoon Cocoa Powder
- 1 Teaspoon Cinnamon
- 1 Tablespoon Hemp seeds
- 3 Tablespoon Warm water

*Number of servings: 4 Truffle Balls*

### Instructions

Add flax, cocoa, cinnamon to a bowl and mix. Then add warm water (may need to add a bit more or less for proper consistency). Stir well and mix with a spoon or spatula. Can multiply recipe ingredients for more quantity. Roll into rough ball with spoon or spatula as you mix. It should be a bit moist and harden and become springy as you mix.

Then using spoon or spatula push into the tablespoon and clear off the excess so you have a clean 1/2 ball the size of the tablespoon. Pry off into a plate. Repeat for rest of mix. Then add hemp to a clean small bowl and "roll" the 1/2 balls so the hemp sticks on the outside. Put on a serving plate, each tablespoon sized half ball is a serving. One to two servings as a dessert at a meal should crush those chocolate cravings!



Cherry Chocolate Freezie by Marty Davey



**Ingredients**

- 1 Medium Banana
- 1 Cup Cherries Pitted
- 1 Cup Non-Dairy Milk
- 1 1/2 Tablespoon Cocoa Powder
- 2 Teaspoon Flax Meal

*Serving size: 1/2 Cup  
Number of servings: 6*

**Instructions**

1. Put everything into a blender. Blend until smooth.
2. Pour into serving cups. Freeze for 90 minutes.
3. Serve with extra cherries.

Dr. Michael Greger inspired this recipe. I had frozen pitted cherries in the summer to use in February and St. Valentine's Day. Seemed like a natural combo on a sunny, albeit cold, February morning. Be sure to use 100% cocoa powder and not hot cocoa mix.

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# Special Occasion Recipes

An expert team with over 100 years experience succeeding against diabetes working with you.



**Marty Davey**  
MS, RD, LDN.

Registered dietitian has been a diabetes and weight management researcher for 12 years.



**Brenda Davis**  
RD.

An internationally known dietitian a world-renowned expert on nutrition and diabetes.



**John Vargas Eddy**

Director Diabetes Programs, medical researcher, complex-systems expert.



**Dr. Ashwani Garg**  
MD

Lifestyle medicine and family medicine physician in private practice over 13 years.



**Courtney Pool**

Courtney Pool has over 12 years experience coaching in nutrition and is an expert at healing the emotional side of eating and food addiction.



**Nancy Rodriguez**

Nancy Rodriguez, RN, BSN, CDE, has been a nurse for over 30 years and a board certified diabetes educator for over 20. She received recognition from the American Association of Diabetes Educators for her record of successful patient outcomes.



**Nancy Wilson**

Nancy Wilson, MBA, MA, INHC, LMC, is a life coach and group facilitator specializing in empowering individuals to overcome limiting beliefs and behaviors. She holds Masters degrees in Finance and Human Potential.



**Jennifer Leary**

Jennifer is an integrative nutrition health coach who has been encouraging and guiding others on their health journeys for over ten years. Her passion is helping others to better enjoy life using plants (and food) as medicine.



**Dr. Joe Raphael**

Dr. Joe Raphael, DrPH, MACLP, LMFT, DrPH in Preventive Care, with post-doctoral training in Neuropsychology, masters degrees in Healthcare Administration, Training in Clinical Psychology, and Family Therapy.



**Dr. Soham Patel,**  
M.D. CCD

Board certified in Endocrinology, diplomat of the American Board of Internal Medicine and Endocrinology, Diabetes & Metabolism.



**Dr. Wesley Howard,**  
M.D.

Board certified in Internal and Emergency Medicine over 40 years, Lifestyle Medicine expert over 8 years.



**Dr. Wes Youngberg**

Dr. Wes Youngberg, DrPH, M.P.H., C.N.S. an expert in lifestyle medicine, has over 25 years of success in diabetes lifestyle approaches.

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Fewer Meds.  
Even No Diabetes.



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- The Best Diet
- The Best Team
- The Best Technology
- The Best Support

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