



Special
Occasion
Recipes

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

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

Therefore we want to welcome you to our special occasions recipes! Special occasions and get-togethers can cause anxiety in people who are eating to support their health: “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 these recipes 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!

Some of these recipes are part of E4 Diabetes Solutions' *A.L.I.V.E.* Simple Steps 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*. Our team includes top experts in diabetes reversal, who have endocrinologists asking their patients, “Who are you working with? Because you are getting great results.”

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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 the 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!

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Special Cook Along December 25 2020

Chef AJ - Chef Katie Mae

Chef Ramses Bravo - Chef Cathy Fisher

Chef Carole Levy - Chef Christina Martin -
Chef Elspeth Feldman

Note: These recipes are not E4 Diabetes Friendly
they are E4 Level 4 - For those who have already reversed
diabetes, healed their insulin resistance and have a strong
pancreas.

[If that's not you yet, find how you can get there..](#)
[Click here for more details.](#)

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Spicy Apple Cider

by Chef Ramses Bravo

Ingredients

- 1 gallon apple juice
- 2 cups pineapple juice
- 2 oranges
- 2 lemons
- 2 granny smith apples, diced
- 2 cinnamon sticks
- 2 tablespoons mulling spices
- 2 Serrano chilies, split in half lengthwise

Instructions

Come join the special cook along and watch the video....Details and links via email.

This is a great fall/winter time recipe.

Number of servings: 8

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Bruschetta Potatoes

By Chef Katie Mae

Ingredients

- 3 large Yukon Gold potatoes 2 cups diced tomatoes
- 1/4 cup onion, minced
- 2 large garlic cloves, minced 1 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes (optional) 3/4 cup fresh basil, diced after measuring
- 1 avocado, diced (optional)
- 1 tablespoon lemon juice
- 2 tablespoons aged balsamic vinegar

Makes about 24 rounds - Ready in 40 minutes

Number of servings: 24

Instructions

Come join the special cook along and watch the video....Details and links via email.

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Raw Cranberry Persimmon Relish

By Chef Cathy Fisher

Ingredients

- 1½ cups fresh whole cranberries
- 2 ripe Fuyu persimmons, chopped
- 2 tangerines (or 1 orange), peeled, seeded and chopped
- 1 apple, peeled or unpeeled, cored and chopped
- ½ teaspoon cinnamon
- ½ teaspoon ground nutmeg

The sweetness of the persimmons, apple, and tangerine balance the tartness of the raw cranberries like a charm.

Instructions

Come join the special cook along and watch the video....

Notes:

Feel free to add in other ingredients that are popular in cranberry relishes, such as raisins, chopped pears, orange or lemon zest, a handful of pomegranate seeds or raspberries, and/or chopped walnuts or pecans.

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Butternut Squash Soup

By Chef Carole Levy

Ingredients

- 1 2-pound butternut squash, peeled, seeded and cut into 2" pieces (approximately 4 cups) 2 medium apples/pears, peeled, seeded, cut into small chunks
- 1 large yellow onion, diced
- 3-4 garlic cloves, chopped
- 1" knob of freshly grated ginger
- 1 tablespoon dried sage
- ½ tablespoon fresh rosemary
- 4-5 cups vegetable broth
- Freshly ground black pepper
- Garnish with any of the following: toasted pepitas, pomegranate seeds, chopped scallions, chopped parsley, drizzle with balsamic swirl.

Instructions

Come join the special cook along and watch the video....

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Cauliflower and Millet Mash & Mushroom Onion Gravy

By Chef Christina Martin

Ingredients

Mash:

- 4 cups thinly sliced cauliflower
- 2 cups of millet, soaked overnight, reserving the soaking liquid (continued below) 1 clove of garlic
- 1/2 cup of dairy free milk, unsweetened, optional
- Parsley for garnish

Gravy:

- 3 lbs mixed mushrooms
- 1 onion, sliced thin
- 2 tablespoons fresh thyme
- 2 quarts veggie stock
- Cornstarch or arrowroot

Instructions

Come join the special cook along and watch the video....

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Chestnut and Mushroom Roast

by Chef Elspeth Feldman

Ingredients - Roast

- 2 cups red onions, diced
- 2 cups carrots, diced
- 2 cups celery, diced
- 3 cloves garlic, minced
- 16 ounces mushrooms, diced
- 1 tablespoon herbes de Provence or Poultry seasoning
- 2 tablespoons tomato paste
- 1 cup brown rice, cooked
- 1 cup wild rice, cooked
- 1 1/2 tablespoons coconut aminos or salt free seasoning
- 1 7.4 ounce jar roasted chestnuts (I use La Forestiere brand), diced
- 3 ounces fresh baby spinach or Swiss chard

Ingredients - Garnish

- 6-8 small radishes
- 2 cups Brussels sprouts, halved and steamed
- Fresh rosemary sprigs
- Fresh thyme sprigs
- 1 zucchini or red pepper (optional to make a bow)

Instructions

Come join the special cook along and watch the video....

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Spinach Arugula Salad with Candied Walnuts, Pears, Pomegranates & Citrus Dressing

by Chef Elspeth Feldman

Ingredients - Salad

- 4 ounces baby spinach
- 2 ounces arugula
- 2 pears, unpeeled cored and sliced
- 1 cup candied walnuts
- 1 cup pomegranate seeds

Ingredients - Candied Walnuts

- 1 cup raw walnut halves
- 2 tablespoons date syrup
- 1 teaspoon cinnamon

Ingredients - Dressing

- 2 tablespoons orange zest (from 1 orange)
- 1 cup fresh squeezed orange juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon date syrup
- 1 teaspoon Dijon mustard
- 2 tablespoons shallot, minced
- 1/2 teaspoon cinnamon

Instructions

Come join the special cook along and watch the video....

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Not Your Grandma's Fruitcake

By Chef AJ

Ingredients

- 3 cups orange juice
- 4 ounces of dried pineapple (about 1 cup) *reserve some extra pineapple rings for garnish
- 6 ounces of Deglet Noor dates (about 1 cup)
- 6 ounces of dried cherries (about 1.5 cups)
- 8 ounces of golden raising (about 1.5 cups)
- 1 Tablespoon ground cinnamon
- 1/2 Teaspoon Ground Nutmeg
- 1/4 Teaspoon Ground Ginger (I use the Gingerbread Spice from Local Spicery)
- 1/8 Teaspoon Ground Cloves
- 1/8 Teaspoon Ground Cardamom
- 1.5 Cups Gluten Free Rolled Oats
- 1/2 Cup Millet (Ground Into a Flour)

Instructions

Come join the special cook along and watch the video....

Note

I like to cut the dates and cherries into smaller pieces. This cake is also good toasted. I only used dried fruit that is unsweetened and unsulphured without added sugar and oil

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Other Special Recipes From Chef AJ :



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by Chef AJ



[Sooge's Lemony Brussels Sprouts](#)

by *Suljo Dzafovic*



[Easy Overnight Oats](#)

by Chef AJ



[Black Bean Mushroom Chili](#)

by Chef AJ



[Mediterranean Kale](#)

by Chef AJ



[F.A.R.M. Fresh Salad](#)

by Chef AJ

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E4 Veggies
by E4 Diabetes Solutions

Ingredients

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

Servings size: 1/2 Cup

Number of servings: 1

Instructions

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

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

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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

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.

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Number of servings: 12

[Flackers](#) Store-bought



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Balsamic Mustard Dressing

by Marty Davey

Ingredients

- 1/2 Cup Balsamic Vinegar
- 1/2 Tablespoon Stone Ground or Dijon Mustard
- 1 Lemon, Juiced
- 1/2-1 Teaspoon Black Pepper
-

Serving size: 2 tablespoons

Number of servings: 4

Instructions

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

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Basic Hummus
by Marty Davey

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]

Serving size: 1/2 Cup

Number of servings: 3

Instructions

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

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

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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

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Put onion, jalapeño and juice into a food processor. The heat of peppers 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.

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Ginger Tahini Dressing

by Marty Davey

Ingredients

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

Serving size: 1 Tablespoon

Number of servings: 6

Instructions

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

Tahini-Tarragon Dressing

by Marty Davey

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

Servings size: 2 Tablespoons

Number of servings: 4

Instructions

Place all ingredients into blender. Blend until smooth.

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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 the 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.

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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

Instructions

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

Serving size: 1 Cup
Number of servings: 4

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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.

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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.

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Stuffed Squash Pilaf

by Marty Davey

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

Serving size: 1 Cup

Number of servings: 10

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.

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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, Stamens, Galas or Granny Smith are better than softer apples such as macintosh.

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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.

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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.

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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 Water warm

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!

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Nutty Cocoa Nibbles

by Marty Davey

Ingredients

- 1 Cup Raw Almond
- 2 Tablespoon + 1 Teaspoon Cocoa Powder
- 8 Pitted Dates
- ¼ Cup Raw Nut Butter

Instructions

Process the almonds until they become a powder; you don't want them turning into butter. Mix in your cocoa powder, the dates, and the nut butter. And then you're going to process that for about a minute to a minute and a half. Take then a little pinch of the mix, roll it around using your hands or any roller of your preference. And then, if it doesn't stick at all, put it back in the food processor and process it a little bit more. If it's a bit dry, you can add a little water or add a bit more peanut butter. Once the small balls are ready, add more flavor you can roll them on coconut, powder ginger, turmeric, or, if you'd prefer something spicy, smoked paprika or smoked chipotle. And you're done!

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Cherry Chocolate Freezie

by Marty Davey

Ingredients

- 1 Banana Medium
- 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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Creamy Cauliflower Bisque

by Chef AJ

Ingredients

- 1 head whole cauliflower, about 2 pounds
- 2 pounds Hannah yams (white sweet potatoes)
- 6 cups no-sodium vegetable broth or water
- 1 large white onion
- 8 cloves garlic
- 2 Tablespoons dried dill
- 2 Tablespoons *Benson's Table Tasty* (or your favorite salt-free seasoning)
- 1 Tablespoon SMOKED paprika (different than regular paprika)
- ¼ teaspoon chipotle powder
- 4 Tablespoons *Westbrae* salt-free stone ground mustard
- 4 Tablespoons nutritional yeast (optional)
- 3 cups unsweetened non-dairy milk (depending on desired thickness).

This is a variation of the Broccoli Bisque adapted from and inspired by Mary McDougall. One day I was making it at *TrueNorth Health Center* in Santa Rosa and all they had was

unsweetened vanilla almond milk, and believe it or not, it was delicious! Putting the sweet potatoes and head of cauliflower in whole saves prep time. The green leaves of the cauliflower are healthy and delicious.

Instructions:

Place all ingredients except for the non-dairy milk, mustard, and nutritional yeast, if using, in an *Instant Pot* pressure cooker and cook on high pressure for 10 minutes. Release pressure and add the non-dairy milk, mustard, and nutritional yeast (if using). Purée the soup with an immersion blender right in the pot or carefully in a blender until smooth.

Chef's Note:

I like to garnish the dish with fresh arugula and serve over brown, black or wild rice. You can substitute broccoli or asparagus for the cauliflower and use Japanese or orange sweet potatoes if you can't find the Hannah yams, but do try to find them as they make this soup extra creamy and spectacular. They are often called white Sweet Potatoes or Jersey Yams. You can also use frozen vegetables as well. This soup freezes very well.

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Easy Overnight Oats

by Chef AJ

Ingredients

- 2 cups rolled oats
- 2 cups unsweetened plant milk
- 2 cups blueberries
- 2 teaspoons cinnamon
- 2 teaspoons chia seeds

Not too sweet for breakfast but sweet enough to enjoy as a dessert. So easy to make, this dish can be enjoyed hot or cold. Chia seeds thicken naturally and give this treat the consistency of a pudding.

Preparation:

Place all ingredients into a bowl and mix well. Place in a Mason or Ball jar and refrigerate overnight.

Chef's Note:

Frozen fruit works great in this recipe. You can substitute cherries for the blueberries.

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Mediterranean Kale

by Chef AJ

Ingredients

- 2 10-ounce bags Tuscan kale (or 20 ounces of your favorite kale)
- 1 12-ounce bag frozen artichoke hearts (or 12 ounces of your favorite brand)
- 1 3-ounce bag salt-free sun-dried tomatoes (or 3 ounces, approx. $\frac{3}{4}$ of a cup, of your favorite brand)
- 1 ounce fresh peeled garlic cloves, finely chopped (approx. $\frac{1}{4}$ cup)
- 1 cup water
- 1 cup fresh basil, cut into long thin strips

Inspired by the daily breakfast of Cooking Instructor and Certified Health Coach, Sharon McRae, all of these ingredients are easily found at *Trader Joe's*, but if you don't have one near you, you can find them at your local store too! Reminiscent of pizza, kale never tasted so good!.

Preparation:

Finely chop the kale and artichoke hearts. Place all ingredients except for the fresh basil into an *Instant Pot* pressure cooker. Set on high pressure for zero minutes. It will take several minutes to achieve desired pressure, and once it reaches that level, it's fully cooked. Release pressure immediately and stir in the fresh basil. Drizzle with a good quality reduced balsamic vinegar or Enlightened Faux Parmesan if desired.

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Sooge's Lemony Brussels Sprouts

by *Suljo Dzafovic*

Ingredients

- 1 pound fresh Brussels Sprouts
- 1 cup fresh lemon juice
- ¼ cup finely chopped garlic
- zest from one lemon (for garnish)

My dog Bailey has a human best friend whose name is Suljo. No one can pronounce it so we call him Sooge. He roasted some Brussels sprouts whole in fresh lemon juice and boy were they delicious! When you use sour ingredients in a recipe you don't even miss the salt.

Preparation:

Preheat oven to 400 degrees F. Place Brussels sprouts in a single layer in a large baking dish. I use an 11" Pyrex pie plate. Pour lemon juice and garlic over the sprouts. Roast for 30 minutes. Garnish with the lemon zest.

Chef's Note:

I like to look for smaller Brussels sprouts and leave them whole. If they are large you may want to cut them in half or quarters. I added the garlic but you could skip it if you prefer.

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Black Bean Mushroom Chili by Chef AJ

Ingredients

- 10 ounces of chopped onions (about 3 cups)
- 8 cloves garlic, minced or pressed through a garlic press
- 2 pounds of mushrooms, sliced (I just use 3 - 10-ounce bags of pre-sliced mushrooms from Trader Joe's)
- 2 - 14.5-ounce cans Muir Glen Salt-Free Fire Roasted Tomatoes
- 3 - 15-ounce cans of salt-free black beans (or 4.5 cups of cooked beans)
- One pound frozen corn, defrosted
- 1 Tablespoon ground cumin
- 1 Tablespoon dried oregano
- ½ Tablespoon SMOKED paprika (different than regular paprika)
- ½ teaspoon chipotle powder

Adapted from and inspired by a recipe by Jocelyn Graef of the Low-Fat Herbivore

Preparation:

Place all ingredients except for corn in an electric pressure cooker and cook on high pressure for 6 minutes. Release pressure and stir in corn. If you have the eight-quart Instant Pot, you can put all of the ingredients in at once. Sprinkle with Enlightened Faux Parmesan . If you like, you can use the sauté function and sauté the onion, garlic, and mushrooms first.

Chef's Note:

One can of beans is approximately 1 and ½ cups. If you use cooked beans instead of canned beans, you need to add 2 cups of water.

This is delicious over a baked Yukon Gold potato or brown rice.

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F.A.R.M. Fresh Salad

by Chef AJ

Ingredients

- 2 bulbs of fennel, shaved or very thinly sliced
- 2 cups of apples, diced (I prefer Envy or Gala)
- 1 cup goji berries
- 1 cup fresh mint, chopped (about $\frac{3}{4}$ ounce)
- 4 Tablespoons *Simply Lemon, Sunrise Grapefruit or Island Pineapple California Balsamic* vinegar (or just use lemon or lime juice)

F.A.R.M. is an acronym for Fennel, Apple, Raisin, and Mint. And this salad tastes as fresh as it sounds. This is a great dish to bring to your Fourth of July BBQ or any potluck because it can withstand being out of the fridge for a bit.

Preparation:

Thinly slice the fennel bulbs and dice the apples. Place in a bowl along with the raisins and mint. Drizzle the vinegar over the top and mix well. Serve chilled.

Chef's Note:

Add 1 cup of pomegranate arils when in season. If you don't have the lemon vinegar, you can use lemon juice. Use Meyer lemons, if you can, as they are sweeter.

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We hope you enjoyed these recipes!

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.”

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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.



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 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.



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