



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.



## Special *Occasion* Recipes

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

Special Cook Along	<a href="#">Curry Mustard Sauce</a>	<a href="#">Chipotle Black Bean Burgers</a>	<a href="#">Rosemary Lemon Sauce</a>	<a href="#">Chickpea Croquettes</a>
Special DRESSING	<a href="#">Salsa Fresca</a>	<a href="#">Balsamic Mustard Dressing</a>	<a href="#">Ginger Tahini Dressing</a>	<a href="#">Tahini Tarragon Dressing</a>
Special MAIN MEAL	<a href="#">Stuffed Squash Pilaf</a>	<a href="#">Full Contact Lentil Loaf with Mushroom Gravy or Tropical Cranberry Relish</a>	<a href="#">Hoppin' John and Baked Lemon Tempeh</a>	<a href="#">Garden Salad</a>
Special 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>

[Table of Contents](#)

Curry Mustard Sauce

by Katie Mae

*Servings size: 12*

*Number of servings: 2 Tablespoons*

Ingredients

- 1 Cup Water
- 1/4 Cup Cashews
- 1 1/2 Tablespoon Mustard Stone Ground or Dijon
- 1 1/2 Tablespoon Vinegar Apple Cider
- 1 1/2 Tablespoons Curry Powder
- 1/2 Tablespoons Garlic Granules
- 4 Oz Apple Granny Smith
- 1/2 Lemon

Instructions

In a blender, add water, cashews, mustard, apple cider vinegar, curry powder, garlic granules and apple. Blend until smooth and creamy.

## Rosemary Lemon Sauce

by Katie Mae

### Ingredients

1/2 Cup Tahini  
1 1/2 Lemon , Zested and Juiced  
1/2 Cup Water  
1 Tablespoon Garlic - Granules  
1 Teaspoon Onion - Flakes or Powder  
2 Tablespoons Rosemary - Fresh

*Serving size: 1 Tablespoon*

*Number of servings: 8*

### Instructions

Add all ingredients to a blender. Blend until creamy. If you want a thinner consistency, add more water and/or lemon juice.whisk in. Let the miso melt for 2-3 minutes and whisk again.

Serve.



# Special Occasion Recipes

## Flackers Store-bought



- E4 A.L.I.V.E. - Web: [e4diabetes.com](http://e4diabetes.com) - Special Occasion Recipes V6 -  
Copyright E4 Diabetes Solutions 2021, all rights reserved. Page 9 of 35

[Go to Table of Contents](#)

Special  
*Occasion*  
Recipes

- E4 A.L.I.V.E. - Web: [e4diabetes.com](http://e4diabetes.com) - Special Occasion Recipes V6 -  
Copyright E4 Diabetes Solutions 2021, all rights reserved. Page 10 of 35



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

Instructions

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

*Serving size: 2 tablespoons*

*Number of servings: 4*

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.

Chickpea Croquettes by Marty Davey

Ingredients

1 Tablespoon Flax Meal  
3 Tablespoon Water  
1/2 Cup Red Onion , Chopped  
1/2 Cup Celery , Chopped  
1 Cup Chickpeas , Cooked  
1 Teaspoon Turmeric - Powder  
1/2 Teaspoon Spice - Chinese 5,  
powder  
1/3 Cup Bell Pepper - Red, Chopped  
2 tablespoon Curry Mustard Sauce

Instructions

In a food processor, add flax meal and 2 Tablespoons of water. Process for a few seconds. Add onion and celery. Pulse 4-6 times. Add chickpeas, turmeric and 5 spice. Pulse 6-8 times. Chop up the chickpeas, but don't turn to mush. Add water, if needed, and pulse 10-12 times, again to chop, but not turn to mush. Scoop mixture into a medium bowl and stir in peppers. Heat skillet to medium and paint with 1/4 teaspoon of oil to prevent sticking. Scoop 1/2 cup croquette mixture into the palm of your hand. Open your hand and flatten to a small burger shape and 1 inch thick. Sauté croquettes until browned on one side, approximately 3 minutes. Flip to brown the other side. Top with Curry Mustard Sauce.

*Standard Recipe: 2 Servings of 2 Croquettes. Adjust the servings and ingredient quantities using the Servings control below.*

**Chipotle Black Bean Burgers** by Marty Davey

**Ingredients**

1 Onion Yellow, Diced  
1/2 Cup Corn Organic, Fresh or Frozen and Thawed  
1 Tablespoon Garlic Granules  
1 Tablespoon Chipotle Powder,  
2 Teaspoon Paprika Smoked,  
2 Cups Brown Rice Cooked  
2 Cans Black Beans Drained and Rinsed (or 3 Cups homemade beans)  
1/2 Cup Chickpeas Flour  
6 Tablespoon Tomato paste  
10 pieces Romaine Lettuce  
2 Tomatoes Sliced, Sandwich  
1-2 Avocado Sliced

**Instructions**

Preheat oven to 350°F. Lay parchment paper on two sheet pans. In a large saucepan over medium heat, add the onions (no oil). Cook with the lid on, stirring occasionally, for about 5 minutes. When onions become translucent, add corn and spices. Cook for a few more minutes.

Add all of the ingredients, except for the romaine, tomatoes and avocado, to the food processor. Pulse the processor a few times to combine and chop up the ingredients. You can process the mixture to your desired consistency – my preference is for the mixture to have a semi-creamy consistency with lots of larger pieces. When it's ready, transfer it to a bowl.

Use your hands to form mixture into patties around 3/4-inch thick and 4 inches in diameter. Place the patties onto the prepared baking sheet. Bake for 15 minutes, flip patties, and bake for another 15 minutes.

## Special *Occasion* Recipes

Instead of using a hamburger bun, place the burger between a romaine leaf folded in half. Top with tomato, onion, ketchup and mustard. You could also serve atop a bed of spinach, and add desired toppings. Using greens instead makes the dish gluten-free, lower in calories and provides even more powerful phytonutrients.

*Chef's Note:*

Cornmeal: Instead of the cornmeal, you can substitute  $\frac{1}{4}$  Cup of rolled oats.  
Gluten-free option: serve the burger over fresh spinach with tomato and avocado!

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, Stamens, 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.

Special  
*Occasion*  
Recipes

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.”



# Special *Occasion* Recipes

Do you want lower A1c?  
The possibility of no more diabetes?  
Measurable Results?



**Less Diabetes.  
Fewer Meds.  
Even No Diabetes.**

- E4 A.L.I.V.E. - Web: [e4diabetes.com](http://e4diabetes.com) - Special Occasion Recipes V6 -  
Copyright E4 Diabetes Solutions 2021, all rights reserved. Page 33 of 35

# Special *Occasion* Recipes

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

An expert team with over 150 years experience succeeding against diabetes working with you.



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



**Brenda Davis**  
RD.



**John Vargas Eddy**



**Dr. Ashwani Garg**  
M.D.



**Courtney Pool**



**Nancy Rodriguez**  
RN, BSN, CDE .



**Nancy Wilson**  
MBA, MA, INHC,LMC.



**Maureen Okeefe**



**Dr. Joe Raphael**  
DrPH, MACLP, LMFT.



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



**Dr. Wesley Howard,**  
MD



**Dr. Wes Youngberg,**  
DrPH, M.P.H., C.N.S.



What if you took the best?

Less Diabetes.  
Fewer Meds.  
Even No Diabetes.



The best of all strategies:

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

[Click Here](#) to find out more about our E4 A.L.I.V.E. Diabetes Reversal Program