

Q. Are these recipes appropriate for people with diabetes?

A. Some of the recipes in HEALTH BY CHOCOLATE are more appropriate than others, depending on each person's overall diet. Those with diabetes who are on a diet that is high in fiber (35-50 gms) from wholegrains, legumes (beans) and veggies, can usually afford some natural sweeteners and healthy fats from nuts, seeds and fruits.

Q. Aren't maple syrup and honey still going to affect my blood sugar levels?

A. Yes, and so are the natural sweeteners from the fruits too. That's why it's important to eat a balanced diet that includes sufficient (35-50 gms) of fiber from wholegrains, legumes (beans) and veggies and sufficient enzyme rich foods (raw and naturally fermented).

Also, if your blood sugar levels are not under control, you are wise to use recipes that contain fiber filled bananas, avocados and other fruits along with healthy nuts and seeds. These ingredients also provide live enzymes that assist the metabolism of the other nutrients and take stress off the pancreas. In most of the HEALTH BY CHOCOLATE recipes you can replace the maple syrup or honey with agave nectar which is lower on the glycemic index. Recipes that combine natural sweeteners in fruits with low glycemic nuts and seeds are often tolerated well in reasonable quantities by those with diabetes who are eating a sufficient fiber/enzyme diet.

LEARN MORE about controlling diabetes naturally with **WHOLE FOODS** in the book - **DEFEATING DIABETES; A No-Nonsense Approach to Type 2 Diabetes and the Diabesity Epidemic** by Brenda Davis, RD & Tom Barnard, MD, with 50 Easy Recipes.

Try the following recipes from HEALTH BY CHOCOLATE to treat yourself!

- Chocolate Banana Buds - pg. 43
- Natural Chocolate Ice Cream - pg. 45
- Calci-yum Rich Chocolate Smoothie - pg. 41
- Baked Strawberry Puddles - pg. 65
- Triple Omega Energy Balls - pg. 93
- Sesame Ginger Black Ball Bliss - pg. 95
- Crunchie Munchie Chocolate Chip Cookies/Bars - pg. 87
- Cranberry Nut Chocolate Chip Cupcakes - pg. 107