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# low sugar living

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Engaged Media By Beckett



## Hemp Protein Bars

For many of us, a filling, packable bar is an indispensable staple. But, you guessed it, store-bought varieties sneak in sugar and lots of it. This homemade version packs fiber and other nutrients from heart-healthy seeds and has a measly 1 gram of natural sugar per bar.

Recipe and photo by Lisa Richards, [thecandidadiet.com](http://thecandidadiet.com)

**Makes 18 bars**

**Prep time: 10-15 minutes plus 1 hour cooling time**

**Bake time: 25 minutes**

- 1½ cups quinoa flakes
- 1 cup unsweetened coconut flakes or shreds
- 1 cup almonds
- ½ cup hemp protein powder
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 1 tablespoon cinnamon
- ½ teaspoon salt
- 4 packets powdered stevia
- 1 cup coconut milk, warmed to a liquid
- ¼ cup coconut oil, warmed to a liquid
- 1 tablespoon vanilla extract (alcohol-free if observing the Candida Diet)
- 2 tablespoons chia seeds

### For Garnish

- Sunflower seeds
- Pumpkin seeds
- Unsweetened coconut

1. Preheat oven to 350°F. Brush a 9 x 13-inch baking pan with coconut oil. Cut parchment paper the width of the pan and long enough to over-

lap the ends. Brush parchment paper with oil; set aside.

2. In a small bowl, combine chia seeds with a little water; set aside.
3. In a large bowl, combine dry ingredients; set aside.
4. In a medium bowl, whisk to combine the remaining liquid ingredients and ½ cup of water. Add the chia seed mixture to liquid ingredients, whisk well.
5. Pour liquid mixture into dry ingredients and stir to form a stiff batter.
6. Spread the batter evenly into prepared baking pan, garnish with additional sunflower seeds, pumpkin seeds and unsweetened coconut, if desired.
7. Bake for 20 to 25 minutes, or until the edges begin to brown.
8. Cool completely in the pan, then refrigerate for at least 1 hour. Run a knife along the sides of the pan to loosen, and then lift by the ends of the parchment paper. Cut into 18 bars.

**Nutrition per serving:**  
220 calories, 16g fat, 7g saturated fat, 0g trans fat, 65mg sodium, 12g carbohydrate, 4g fiber, 1g sugar, 6g protein, 0% vitamin A, 0% vitamin C, 4% calcium, 8% iron

## Grab and Go

If you're out and about all day, a convenient energy bar is just your speed. If you're on the hunt for a high-protein, low-sugar and high fructose corn syrup-free option, Promax's Lower Sugar Energy Bars are a great choice. Sweetened with stevia, the bar packs in 18 grams of protein, 11 grams of fiber and 9 grams of sugar, which is about a third the sugar content of most energy bars. Visit [promax.com](http://promax.com) and click on store locator to find where they are available in your area.



## The Energizer

Need a pick-me-up? Maca is an energy-giving South American root, cocoa is a famous mood-lifter, and coffee needs no introduction. Put them all together and you've got a rich-tasting, energy-boosting snack you can take with you on the road.

Recipe by Nicola Graimes, reprinted with permission from *Super Fresh Juices & Smoothies*. Photography by Kate Whitaker.

**Serves 2**

**Prep time: 5-10 minutes**

- 2 teaspoons good-quality coffee granules
  - 1 cup almond milk or milk of choice
  - Scant ⅓ cup plain Greek yogurt
  - 2 medium bananas, peeled and chopped
  - ½ teaspoon vanilla extract
  - ½ teaspoon ground cinnamon
  - 2 teaspoons maca powder
  - 1 teaspoon cocoa powder
  - 1-2 teaspoons agave syrup, optional
1. Dissolve the coffee in ⅓ cup just-boiled water and allow to cool.
  2. Pour the coffee into a blender, add the nut milk, yogurt, bananas, vanilla, cinnamon, maca and raw cocoa and blend until smooth. Taste and, if you like a sweeter smoothie, stir in the agave syrup.

**Nutrition per serving:** 175 calories, 2g fat, 0g trans fat, 0mg sodium, 105mg sodium, 35g carbohydrate, 5g fiber, 17g sugar, 7g protein, 8% vitamin A, 20% vitamin C, 30% calcium, 120% iron

The Energizer

