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SWEET HACKS

Below are some type 2 diabetes–friendly recipes you can use to satisfy your sweet tooth. Remember to talk to your doctor about what your nutrition goals should be.

AVOCADO CHOCOLATE MOUSSE

- First, bake a sweet potato for 35 minutes at 350°F
- Then peel the potato and mix it in a blender with avocado and almond milk
- Add the dark chocolate (70%) and blend until smooth
- You can add cacao, stevia, or vanilla extract to make it sweeter
- Sprinkle almonds on top as a garnish, and add sea salt to taste
- Place in your refrigerator to chill

Ingredients:

- 1-1½ sweet potatoes
 - 2 ripe avocados, pitted and peeled
 - ¾ cup dark chocolate (70%)
 - ⅔ cup almond milk
 - 1 cup almonds (chopped)
 - sea salt
- Added sweetness (your choice)**
- ⅔ cup cacao
 - 1 tsp vanilla extract
 - 4 tsp stevia



Yields: 4 servings. **Per Serving:** 240 calories, 17g fat, 5g protein, 19g carbs.

BERRY MADNESS

Simple and delicious. Mix blueberries, strawberries, almond milk, stevia, and vanilla extract in a blender with ice cubes and enjoy.

Ingredients:

- ¾ cup blueberries
- ½ cup strawberries
- ¾ cup almond milk
- 1 tsp stevia
- 1 tsp vanilla extract
- 1 cup ice cubes



BECKER BITE:

Freeze the berries and cut out the ice cubes for a bolder, more flavorful experience.

Yields: 2 servings.
Per Serving: 40 calories, 0.5g fat, 1g protein, 8g carbs.

YOGURT PARFAIT

It's easy to make and is a great substitute for ice cream.

Simply mix your favorite fruit into plain, unsweetened yogurt, add ½ tsp stevia, and freeze.

Yields: 2 servings.
Per Serving: 80 calories, 3g fat, 3g protein, 11g carbs.



STEVIA

Stevia is a great substitute for sugar. It's a completely natural sweetener that doesn't raise blood sugar.

Ban the bland. You can download delicious and nutritious, type 2 diabetes–friendly recipes now at MyType2Transformation.com

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