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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](http://MyType2Transformation.com)

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