

Recipes from American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

*These recipes are provided as a suggestion to your individualized diabetes food plan. Always consult your own food plan with your physician or registered dietitian.*

### **Mexicali Breakfast Eggs**

4 servings

Preparation time: 12 minutes

Cooking time: 14 minutes

4 small (6-inch) whole-wheat tortillas  
2 tsp. canola oil  
½ cup diced onion  
3 garlic cloves, minced  
2 scallions, minced  
½ cup sliced red pepper  
1 Tbsp. seeded and diced jalapeno pepper  
(optional, not included in nutritional analysis)  
½ tsp. cumin  
7 egg whites  
3 whole eggs  
⅓ cup fat-free milk  
¼ tsp. dried oregano  
Salt and pepper to taste



#### **Garnish**

½ cup hot or mild salsa

¼ cup nonfat Greek yogurt (optional, not included in nutritional analysis)

1. Preheat the oven to 400°F. Wrap the tortillas in foil and place them on a baking sheet in the oven to warm while you prepare the eggs.
2. Heat the oil in a large nonstick skillet over medium heat. Add the onion and garlic and sauté for 3 minutes. Add in the scallions and red pepper and sauté for 3 minutes. Add in the jalapeno peppers and cumin and sauté for 1 minute.



3. Whip together the egg whites, eggs, milk, oregano, salt, and pepper. Pour over the vegetable mixture and lightly scramble the eggs until desired doneness.
4. To serve, divide the egg mixture among the hot tortillas and roll into cones. Serve with the salsa and a dollop of Greek yogurt if desired.

***Nutrition Facts***

Serving size: ½ cup of filling, 1 tortilla

Starch exchanges: 1

Vegetable exchanges: 1

Lean meat exchanges: 2

Fat exchanges: 0.5

***Amount Per Serving***

Calories: 225

Calories From Fat: 65

Total Fat: 7 grams; Saturated Fat: 1.7 grams

Cholesterol: 160 milligrams

Sodium: 565 milligrams (without added salt)

Total Carbohydrate: 24 grams

Dietary Fiber: 3 grams

Sugars: 6 grams

Protein: 15 grams

## **Carrot Apricot Power Muffins**

12 servings

Preparation time: 25 minutes

Cooking time: 36 minutes (6 min. for seeds,  
30 min. for muffins)

¼ cup raw, unsalted sunflower seeds

2 Tbsp. sesame seeds

1 ¾ cups all-purpose flour

2 tsp. baking powder

½ tsp. baking soda

1 tsp. cinnamon

¾ tsp. ground ginger

1 cup low-fat buttermilk

¼ cup light olive oil

½ cup Splenda brown sugar blend

1 large egg

3 large carrots, peeled and shredded

1/3 cup dried apricots, finely chopped



1. Preheat the oven to 375°F. Coat a nonstick 12-cup muffin tin with cooking spray.
2. Spread the sunflower seeds and sesame seeds onto a baking sheet. Bake the seeds for about 3 to 4 minutes until lightly toasted. Remove from the oven. Keep the oven on.
3. In a large bowl, combine the flour, baking powder, baking soda, cinnamon, and ginger.
4. In a separate bowl, whisk together the buttermilk, oil, Splenda, and egg until well combined. Make a well in the center of the dry ingredients and add the egg mixture. Stir until just combined.
5. Fold in the sunflower and sesame seeds, shredded carrots, and apricots.
6. Spoon the batter into the prepared muffin tin and bake for about 25 to 30 minutes until a toothpick inserted into the center comes out clean. Let the muffins cool 5 minutes in the pan and then turn them out onto a cooling rack.

### ***Nutrition Facts***

Serving size: 1 muffin

Carbohydrate exchanges: 2



Fat exchanges: 1.5

***Amount Per Serving***

Calories: 200

Calories From Fat: 70

Total Fat: 8 grams

Saturated Fat: 1.1 grams

Cholesterol: 20 milligrams

Sodium: 155 milligrams

Total Carbohydrate: 29 grams

Dietary Fiber: 2 grams

Sugars: 12 grams

Protein: 4 grams

## **Yogurt Blueberry Blast**

2 servings

Preparation time: 5 minutes

1 cup plain nonfat yogurt

1 cup fresh blueberries, washed

2 tsp. wheat germ

2 tsp. Splenda

½ cup ice cubes

½ tsp. vanilla extract

1. Blend all ingredients until smooth.

### ***Nutrition Facts***

Serving size: 1 cup

Fruit exchanges: 1

Fat-free milk exchanges: 0.5

### **Amount Per Serving**

Calories: 115

Calories From Fat: 5

Total Fat: 0.5 grams

Saturated Fat: 0.2 grams

Cholesterol: 10 milligrams

Sodium: 85 milligrams

Total Carbohydrate: 21 grams

Dietary Fiber: 2 grams

Sugars: 16 grams

Protein: 7 grams

