



Julie Buckley

AUTUMN RECIPES

the
DIABETES
clinic

It is our pleasure to offer you this Autumn cookbook as we welcome in the autumn days. These recipes support diabetics with low carb, healthy fat eating.

The recipes are also healthy and a good choice for all the family.

Eating in season is ancient wisdom. Nature tells us precisely what foods are right for the body for each season.

These recipes will nourish your body with nutrients and send messages to your hormonal system that you are full and satisfied. When we eat real food that the body was designed to eat, we cannot overeat as there are inbuilt systems to pick up the signals that suggest all is well and as it should be.

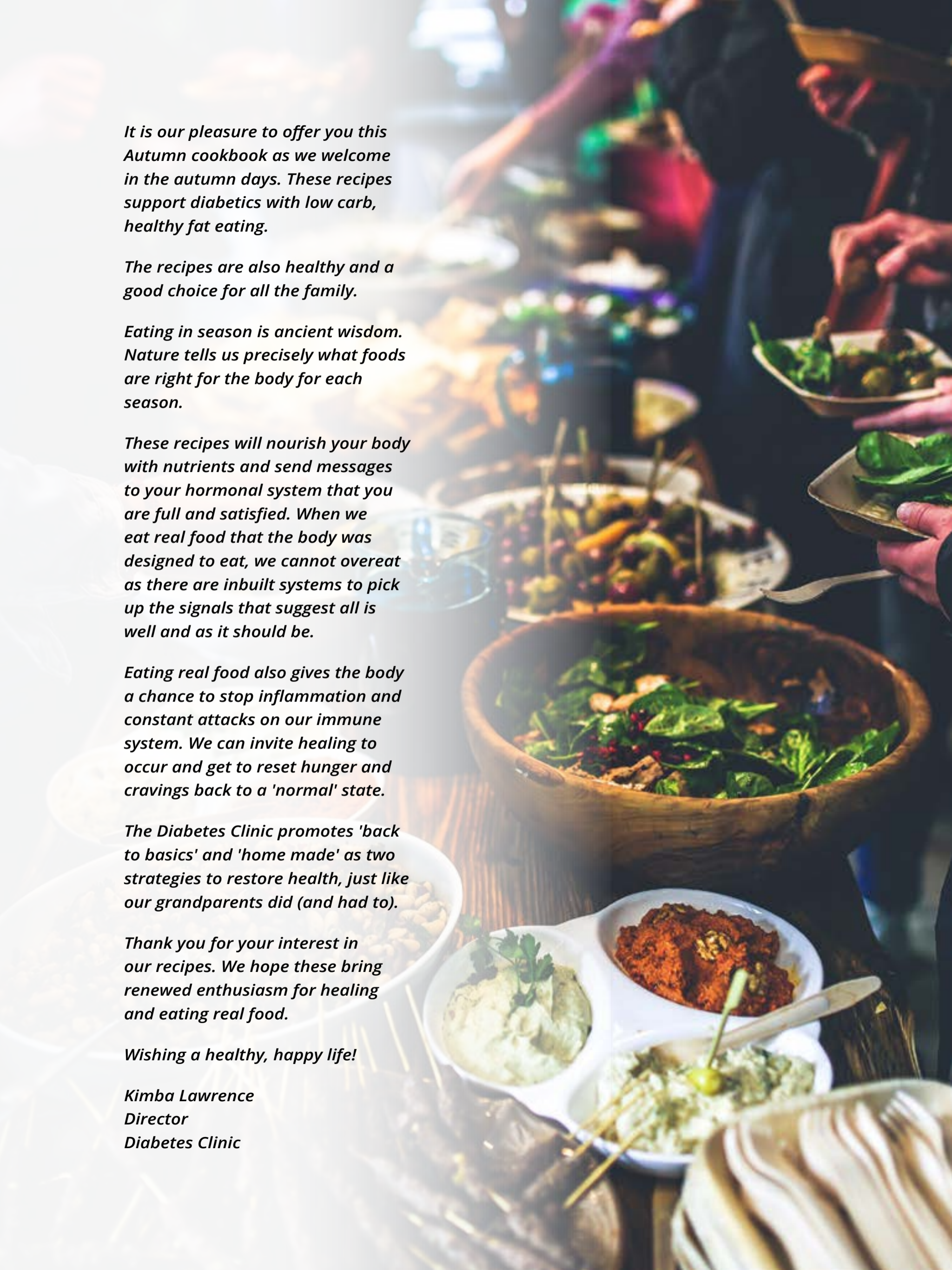
Eating real food also gives the body a chance to stop inflammation and constant attacks on our immune system. We can invite healing to occur and get to reset hunger and cravings back to a 'normal' state.

The Diabetes Clinic promotes 'back to basics' and 'home made' as two strategies to restore health, just like our grandparents did (and had to).

Thank you for your interest in our recipes. We hope these bring renewed enthusiasm for healing and eating real food.

Wishing a healthy, happy life!

*Kimba Lawrence
Director
Diabetes Clinic*



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BBQ Beef and Green Bean Rolls

Serves 4

Ingredients

400g beef schnitzel

2 Tbsp tamari sauce

2 Tbsp oyster sauce

2 Tbsp rice wine vinegar or lemon juice

1 tsp grated fresh ginger

1 Tbsp sesame oil

300g green beans trimmed

Dressing

2 Tbsp fish sauce

4 Tbsp tamari sauce

2 Tbsp rice wine vinegar or lemon juice

1 tsp grated fresh ginger

1 Tbsp toasted sesame seeds

1 tsp chilli flakes – optional

Method

Place the beef between two sheets of plastic and beat with a mallet until nice and thin ensuring no tears or holes. Cut into strips about 5cm wide and 15cm long.

Place all of the remaining ingredients into a bowl or snaplock bag along with the beef strips and marinate for a minimum of 2 hours.

Wash the beans and trim the ends. Place a strip of beef onto a chopping board and lay 3 – 4 beans in a pile at one end and roll up securely. Repeat with the remaining beans and beef.

Heat your bbq hot plate or a heavy-based frying pan with a little oil. Thread 3 rolls onto a skewer making sure they are not squashed together and cook on the heated hot plate for about 5 – 6 minutes each side or until golden.

Serve with a green salad.

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Caesar Salad

Serves 4

Ingredients

1 cos lettuce washed and sliced
1/4 small red cabbage finely sliced
2 chicken skinless and boneless chicken breasts
4 eggs boiled and peeled
1 – 2 radishes thinly sliced
Cherry tomatoes
50g sliced almonds
30g parmesan

Dressing

1 egg at room temperature
1 Tbsp lemon juice
1 Tbsp dijon mustard
1 Tbsp Worcestershire sauce
3 anchovy fillets
3 cloves garlic crushed
1/2 c olive or avocado oil
50g finely grated parmesan cheese

Method

Place the lettuce, shredded cabbage, radishes, and cherry tomatoes onto a platter. Place the chicken breasts between two slices of plastic wrap and flatten with a mallet or rolling pin to an even thickness about 2cm thick. Season with salt and pepper. Heat a small frying pan with a tablespoon of olive oil and cook the chicken for 4 – 5 minutes on each side until golden and cooked through. Set aside to cool then slice.

Toast the almonds in a dry pan until golden brown. Cool.

For the dressing place the egg, lemon juice, mustard, Worcestershire sauce, anchovies and garlic into a jug. Using a stick blender, blend until smooth.

Slowly drizzle the oil into the jug in a steady stream while blending. Mix through the parmesan cheese. Season with freshly ground black pepper. You probably won't need any salt due to the salty anchovies and parmesan.

Pour half of the dressing over the salad leaves when ready to serve and mix through until evenly coated. Arrange the chicken, eggs, and almonds over the top. Drizzle a little more dressing over the salad. Shave the parmesan with a potato peeler and sprinkle over the top of the salad.

Any remaining dressing can be stored in the fridge for up to a week.

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Cloud Bread Chicken Sandwich

Serves 4

Ingredients cloud bread

4 eggs separated

4 Tbsp cream cheese at room temperature

1/4 tsp salt

1/4 tsp cream of tartar

Filling

400g cooked chicken diced or finely shredded

1 spring onion finely chopped

1 stalk of celery washed and finely chopped

50g walnuts toasted and chopped

1/4 c mayonnaise

Sea salt and freshly ground black pepper

Method

Preheat the oven to 160 degrees Celcius and line a baking tray with baking paper. In a small dry bowl beat the egg whites with the cream of tartar and salt until soft peaks form. In a separate bowl beat the cream cheese and egg yolks together until smooth. Fold the egg yolk mixture into the egg whites until uniform in colour but being careful not to overmix to ensure the mixture doesn't lose its air.

Spoon eight rounds evenly spaced onto your baking tray leaving enough room to spread. Bake for 20 minutes in the middle of the oven checking after 10 minutes. Remove from the oven and allow to cool on the tray before using. They will deflate as they cool.

For the filling mix all of the ingredients together and season with salt and pepper to taste. Make the sandwiches with two cloud bread buns with the chicken filling in the middle.

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Coconut and Ginger Smoothie

Serves 1

Ingredients

1 c coconut cream

1/2 c water

Juice of 1/2 lemon

1/2 green apple

2 tsp grated ginger

1 c spinach leaves

Method

Blend all of the ingredients together until smooth. This smoothie is great for the digestion.

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Slow Cooker Mild Curry

Ingredients

1kg chicken portions or boneless lamb shoulder or beef cheeks
2 Tbsp coconut oil
1 onion chopped
2 Tbsp ground garam masala
1/4 c peanut or almond butter
1 cinnamon stick
1/2 tsp ground tumeric
1 Tbsp grated ginger
4 cloves garlic crushed
1 tin coconut cream
1 c beef or chicken stock depending on your protein choice
1 tsp sea salt and freshly ground black pepper
1 tsp chilli flakes optional

Method

Heat a pan to medium-high heat with 1 Tablespoon of coconut oil and brown meat in batches. Place meat in the slow cooker. Lower the heat to medium and add the remaining tablespoon of coconut oil in the pan. Add the onions and cook until starting to soften, add the garam masala and tumeric to the onions along with the garlic and ginger and cook for 2 minutes until fragrant. Tip into the slow cooker.

Finally, add the cup of broth into the pan and stir over the heat picking up any caramelised bits on the bottom of the pan and tip into the rest of the ingredients in the slow cooker. Add the tin of coconut cream, the cinnamon stick and the peanut or almond butter and chilli if using and stir together.

Cook for 5 – 6 hours on low. To serve, remove the cinnamon stick, check for seasoning and serve with cauliflower rice and steamed green vegetables.

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Creamy Fish Pie

Serves 6

Ingredients

400g firm white fish

200g seafood such as shrimp, prawns, mussels etc

1 Tbsp whole grain mustard

1 Tbsp potato starch

1 cauliflower cut into florets

300ml milk

Juice and rind of 1 lemon

1 onion diced

1 carrot finely diced

1 celery stick finely diced

1/2 red capsicum finely diced

1/4 c parmesan cheese

2 cloves garlic crushed

50g butter

1 Tbsp fresh thyme

Sea salt and freshly ground black pepper

1 Tbsp butter additional

Method

Preheat the oven to 180 degrees Celcius. Grease a 2 litre capacity baking dish with butter or line with baking paper. Bring a large pot of salted water to the boil and cook the cauliflower florets until tender. Drain and add 1 Tbsp butter and blend with a stick blender until creamy. Set aside.

Heat the first measure of butter in a large frying pan. Add the onion, carrot, celery, and capsicum to the pan and cook until softened. Add the garlic, whole grain mustard, and the potato starch to thicken. Stir in the milk and cook until thickened.

Stir in the lemon juice and rind, parmesan cheese if using and the fish and seafood. Remove from the heat and pour into the prepared baking dish. Spread the cauliflower mash over the top to cover the fish and use a fork to rough up the surface.

Place the dish on a baking tray to catch any drips as it may bubble over during cooking. Bake for 30 minutes until the top is brown and the fish is cooked through.

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Herbed Chicken Drumsticks

Ingredients

2 chicken drumsticks per person

Marinade:

A handful each of fresh parsley, mint and oregano

You can also add other herbs depending on what you like or have on hand such as rosemary, sage, basil, thyme, lemon balm etc – the more the merrier

1 small red onion diced

2 Tbsp fish sauce

Juice of a lemon

3 cloves garlic crushed

1 small red chilli seeds removed and finely chopped

1 Tbsp tamari

2 Tbsp olive oil

1/2 tsp sea salt or Himalayan salt

Method

Place all of the marinade ingredients into a blender and pulse until a paste is formed.

With a knife cut slashes into the meaty part of the chicken drumsticks. Place in a roasting dish and spoon over the marinade and with gloves on massage the marinade over the chicken making sure you get it right into the cuts.

Cover the chicken and place in the fridge for 1 – 2 hours. Preheat the oven to 180 degrees Celcius. Pour 1/2 cup of water into the baking tray to make sure the marinade doesn't burn. Roast for 30 – 40 minutes until the chicken is golden and the juices run clear when the thickest part is pierced with a knife.

This chicken is also great on the barbeque but make sure it is cooked more slowly. Always check it is cooked right through and is not pink in the middle.

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Kumara, Red onion and Capsicum Frittata

Serves 4

Ingredients

1 small kumara scrubbed and diced into 1cm cubes

1 large red onion sliced

1 capsicum seeds removed and sliced

6 eggs beaten

1/2 c milk

2 Tbsp olive oil

1 clove garlic crushed

50g grated parmesan

Sea salt and freshly ground black pepper

Method

Preheat the oven to 180 degrees Celcius. Heat the oil in a pan over medium-low heat. Add the diced kumara, onion and capsicum and cook for about 15 minutes stirring often to avoid the vegetables sticking.

When the kumara is starting to become tender beat the eggs with the milk and 1/2 tsp sea salt and pepper. Pour over the vegetables in the pan. Grate the parmesan cheese over the top and place the whole pan in the oven.

Bake for 20 – 30 minutes until golden and the middle is set. Serve with a green salad.

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Plum Cake

This is a lovely moist cake which doesn't need to be very sweet due to the bright taste of the plums. The monk fruit and stevia sweetener can be subbed with two tablespoons of either maple syrup or date syrup.

Makes 8 – 10 squares

Ingredients

1 c almond flour

1/2 c desiccated coconut

1/2 c potato starch (resistant starch)

185g butter melted and cooled

6 egg whites (reserve the yolks for mayonnaise or add to a frittata)

5 – 6 small plums halved and stones removed

Finely grated rind of one lemon

1 tsp baking powder

1/2 tsp monk fruit sweetener

Method

Preheat the oven to 180 degrees Celcius. Line a tart tin, swiss roll tin or 20cm square cake tin with baking paper.

In a medium sized bowl whisk together the almond flour, coconut, potato starch, and baking powder. Whisk the egg whites until frothy and pour into the dry mix along with the melted butter and lemon rind. Gently fold together and pour into the prepared tin.

Push the plums into the cake mix, cut side down in an even pattern. Bake for 30 minutes until the cake is puffed and golden and a skewer placed in the middle comes out clean.

Serve with whipped cream or plain yoghurt.

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Pork, Leek and Pumpkin Soup

Serves 4 – 6

Ingredients

300g diced pork cut into 1 – 2cm cubes

1 leek sliced

1 onion diced

2 cloves garlic crushed

1 1/2 Tbsp ground coriander

1 small butternut or crown pumpkin peeled and seeds removed cut into chunks

2 litres chicken stock

2 Tbsp fresh thyme

2 Tbsp coconut oil

1 c coconut cream

Sea salt and freshly ground black pepper

Method

Place the peeled and chopped pumpkin onto a baking tray, season with salt and pepper, drizzle over a little olive oil and bake for 30 – 40 minutes at 180 degrees Celcius until tender and starting to brown.

Heat the coconut oil in a large at least 5 litre pot. Add the pork and cook until browned on all sides. Add the leeks and onions and cook until softened. Add the coriander and garlic and cook 1 minute. Add the stock and gently simmer for 30 minutes with the lid on.

Add the cooked pumpkin and cook for a further 15 minutes. Check the pork is tender and using a potato masher break up the pumpkin. Pour in the coconut cream and season with salt and pepper.

Serve with grain free bread rolls, cloud bread or pumpkin bread.

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Pumpkin bread

Makes 6 rolls

Ingredients

1 c roasted pumpkin mashed
1 c almond flour
1/4 c grated parmesan cheese
5 Tbsp psyllium husks
2 tsp baking powder
1/2 c pumpkin seeds
2 Tbsp coconut flour
2 eggs
1 tsp sea salt
2 tsp apple cider vinegar
1/2 c hot water

Method

Preheat the oven to 170 degrees Celcius and line a baking tray with paper. Grind the pumpkin seeds in a blender or coffee grinder until fine powder but not to the point they are releasing their oils and clumping together.

Mix almond flour, psyllium husks, coconut flour, ground pumpkin seeds, salt, baking powder, and parmesan cheese in a bowl. Add beaten eggs, pumpkin and apple cider vinegar. Carefully but quickly mix through the hot water making sure not to splash yourself. Mix well until the ingredients are incorporated.

Shape the dough into six even sized portions – about half a cup, and roll into a ball shape. Place on a baking tray and press a few pumpkin seeds into the top of each roll.

Bake for 30 – 35 minutes turning the tray once during cooking to ensure even browning. Cool on baking tray and keep in the fridge if not using straight away. They freeze well.

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Rosemary and Garlic Crackers

Ingredients

1c almond flour

1/4 c chia seeds

1/4 c ground flaxseed

2 Tbsp chopped fresh Rosemary

1 tsp fine sea salt

1 tsp garlic powder

1/4 c water

Optional 1/4 c grated parmesan cheese or nutritional yeast for dairy free

Method

Preheat the oven to 160 degrees Celcius. Place all of the ingredients into a bowl and mix well. Line a baking tray with baking paper and with wet hands press the mixture to evenly cover the tray ensuring there are no holes.

Bake for 10 minutes then remove from the oven and carefully score the mixture using a knife or pizza wheel into even sized crackers. Place in the oven for another 20 minutes until golden brown and crisp, turning the tray after 10 minutes to ensure even cooking.

Cool before breaking along the score marks.

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Zucchini and Feta Tart

Serves 4 – 6 people

Ingredients

Pastry

3/4 c ground almonds

1/2 c coconut flour

1/4 c coconut oil melted

3 Tbsp psyllium husks

1 egg

1 tsp sea salt

2 – 3 Tbsp cold water

Filling

6 eggs

1/2 c cream

2 zucchini sliced thinly lengthwise

1 red capsicum, seeds removed and sliced thinly

75g feta cheese

1/2 tsp sea salt and freshly ground black pepper

Method

Preheat the oven to 170 degrees Celcius. To make the pastry mix the dry ingredients in a large bowl and mix well. Mix in the beaten egg and melted coconut oil. You may need to gradually add in enough cold water to help form a stiff dough. Wrap in plastic and place in the fridge for about 30 minutes.

Prepare a round or rectangle flan tin by lightly greasing with coconut or olive oil (mine is a loose bottom tin to make removal easier). Roll out the pastry until 2 – 3mm thick between 2 sheets of baking paper. Remove the top layer of baking paper and gently flip the pastry over. It is likely to break but patch up any patches or cracks by pressing the pastry together. Bake for 10 minutes. Cool before adding the filling.

Thinly slice the zucchini with a mandolin or vegetable peeler into thin strips and roll up. Stand the zucchini rolls on their ends and scatter the red capsicum and crumbled feta over. Beat together the eggs and cream with the salt and pepper and pour evenly into the pastry case over the vegetables.

Bake for 30 minutes or until the filling is puffed and golden and set in the middle.

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The Diabetes Clinic was established to help people prevent or reverse Pre Diabetes & Type 2 Diabetes . . . NATURALLY

THE DIABETES CLINIC offers a programme to reverse pre-diabetes and type 2 diabetes naturally.

Our natural solutions are designed to help clients achieve the very best results.

We offer a 6-month online education and support programme. There are three phases to the programme as you rebalance, repair and recover your health.

The education modules have a range of learning options available and people progress at their own pace.

There is additional support and guidance available at any point in the journey for those that need this.

Diabetes complications are unpleasant. The disease usually progresses over time if nothing is done to intervene. The sooner you start to make a positive change the more likely you will prevent these complications.

We will work with you to:

- Normalise blood sugar levels
- Lower insulin levels
- Repair insulin resistance
- Achieve a healthy body weight
- Change WHEN, WHAT and HOW to eat to rebalance and repair the body
- Sustain long term changes
- Support improvement of other health issues

We want you to have the best health possible and to establish a new and healthy life.

With the Diabetes Clinic you will learn the skills to help both yourself and your family. Let us all help prevent diabetes from heading into the next generation.

We are a private clinic based in NZ servicing clients across Australasia and the Pacific.

We will care about every client that joins us. We look forward to working with you.

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