

Fakeaways

YOUR FAVOURITE TAKEAWAYS AND TREATS

at home

Introduction

For those with diabetes, eating out can be tricky. So, instead of taking you out, we're bringing the take-out to you.

From Pad Thai to pizza, burgers to banana bread, we've created some tasty 'fakeaways', so you can enjoy the treats you want. Follow our reimagined recipes of takeaway classics to satisfy those cravings without impacting your health. These healthier versions of your favourite dinners, drinks and desserts can be made at home and added to your diet, guilt-free.



Fiona Cook is Team Leader for the Royal Liverpool Hospitals Diabetes Dietitians, and a member of the BDA (The Association of UK Dietitians) Diabetes Group and Diabetes Management & Education Group.

“I'm a keen baker and fitness-lover, particularly running and weightlifting, so I was delighted to be involved in this cookbook. Apart from being delicious, these recipes are designed to be eaten as part of a calculated dietary plan according to needs. Remember, any changes to your diet should be run past a medical professional.”

Advice regarding insulin doses is aimed at those either on an insulin pump or a basal bolus insulin regimen. People on twice daily mixed insulin should seek advice from their diabetes team with regards to insulin adjustments.

Contents



Mains

Peppy Protein-Filled Pad Thai	7
Tangy Sweet 'n' Sour Pork Stir-Fry	9
Cheeky Chana Masala	11
Must-Have Greek Mezze Board	13
Fancy Fish & Chips	15
Perfect Pizza Supreme	17
Delicious Dirty Cheeseburger with Sweet Potato Wedges	19
Tasty Turkish Doner Kebab and Salad	21

Desserts

Best for Tea-Time Banana Bread	23
Decadent Chocolate Cheesecake	25

Drinks

Berry Good Blueberry Smoothie	27
Moreish Blood Orange Margarita	29



Peppy Protein-Filled Pad Thai



PREP TIME
10 minutes



COOKING TIME
15 minutes



SERVINGS
4



CARB COUNT
35.4 grams

INGREDIENTS

- 250g dried rice noodles
- 2 tsp vegetable oil
- 3 cloves garlic, finely chopped
- 4 spring onions, chopped
- 3cm cube of ginger, finely chopped
- 1 red chilli, finely sliced
- 1 large red pepper, sliced
- 2 carrots, finely chopped or spiralised
- 100g soya beans
- 2 x baby pak choi, roughly chopped
- Juice of 1 lime
- 1 tbsp low-salt soy sauce
- 1 tbsp honey

GARNISH

- 50g unsalted peanuts, roughly chopped and pan-toasted
- 15g roughly chopped coriander
- Lime wedges

NUTRITIONAL INFORMATION
per serving

Total Carbohydrate	35.4g	Salt	0.4g
Calories	266	Dietary Fibre	6.1g
Total Fat	10.8g	Total Sugars	10.6g
Saturated Fat	1.6g	Protein	9.6g
Cholesterol	0g		

Allergen advice: *Peanuts, soya*

DIRECTIONS

Heat the oil in a large, non-stick frying pan or wok. Then add the garlic, ginger, spring onions and chilli. Fry for 3-4 minutes, or until soft.

Add the red pepper, carrot, soya beans and pak choi. Stir-fry for 2-3 minutes, until slightly browned but retaining a bit of crunch

Using a separate saucepan, prepare the noodles according to package instructions - normally boiling for 2-3 minutes. Once soft, drain and add to the vegetable mix.

Now, add the soy sauce, honey and lime juice.

Stir-fry together for 2 minutes.

Serve in a bowl and top with toasted peanuts and chopped coriander. Add a further squeeze of lime for added zing.

Fiona Cook, Diabetes Dietitian, says:

“ This could work really well as a plant-based, lower-fat lunch or evening meal. As this Pad Thai has less carbs than a traditional Pad Thai dish, remember to adjust your insulin accordingly.

For an even lower-carb alternative, try using higher-protein edamame noodles or spiralised butternut squash/courgette noodles.

If you have a peanut allergy, omit the toasted peanut garnish. ”



Tangy Sweet ‘n’ Sour Pork Stir-fry



PREP TIME
15 minutes



COOKING TIME
10 minutes



SERVINGS
4



CARB COUNT
18.7 grams

INGREDIENTS

300g pork tenderloin
1 red pepper
1 green pepper
2 carrots
1x 225g tin sliced water chestnuts
1 onion
2 tsp sunflower oil
4 garlic cloves
2 tsp fresh ginger, grated

SAUCE

2 tbsp soft light brown sugar
2 tbsp rice vinegar
200ml chicken stock
2 tsp tomato purée

GARNISH:

3 spring onions
1 tbsp sesame seeds

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	18.7g	Salt	0.7g
Calories	230	Dietary Fibre	4.2g
Total Fat	6.6g	Total Sugars	10.1g
Saturated Fat	1.4g	Protein	23.2g
Cholesterol	0.55g		

 Allergen advice: *Sesame*

DIRECTIONS

Slice the pork, peppers, onion and carrots so they're all approximately the same size. Thinly slice the spring onions.

In a small bowl, mix together the brown sugar, rice vinegar, chicken stock and tomato purée, then set aside.

Blanch the carrots in boiling water for a couple of minutes, before plunging into cold water to stop the cooking process. Drain and set aside.

Pour 1 teaspoon of the oil into a non-stick wok or large frying pan. When it begins sizzling, add the pork.

Stir-fry the pork for about 5 minutes, or until the strips have a nice colour on the outside and are cooked all the way through.

Take the pork out and allow to rest.

Add the remaining oil and the sliced onions to your wok/frying pan.

When the onion begins to soften, add the garlic, ginger, peppers and drained water chestnuts. Stir-fry for about 2 minutes until starting to brown.

Pour in the sauce and add the blanched carrot. When the sauce has turned sticky, stir in the pork and cook for another 30 seconds to 1 minute.

Serve and sprinkle with the sliced spring onions and sesame seeds.

Fiona Cook, Diabetes Dietitian, says:

“ This low-carb stir-fry is great for lunch or as an evening meal – you could even reheat it the next day, if you have any leftovers!

As this meal is so low carb, giving your bolus insulin dose in one go would be most appropriate, although you may want to discuss the option of pre-bolus with your healthcare team if it raises your glucose levels quickly.

For a vegetarian and lower-fat alternative, substitute the pork for tofu and the chicken stock for vegetable stock. ”



Cheeky Chana Masala



PREP TIME
10 minutes



COOKING TIME
25 minutes



SERVINGS
4



CARB COUNT
139.8 grams

INGREDIENTS

- 2 tbsp sunflower oil
- 2 tsp cumin seeds
- 1 small onion, finely chopped
- 3cm cube fresh ginger, finely grated
- 1 clove of garlic
- 1 tsp mild curry powder
- 2 tsp garam masala
- 400g can chopped tomatoes (no added salt), or 4 x large, ripe tomatoes, finely diced
- 2 x 400g cans chickpeas, drained and rinsed
- 2 tbsp lemon juice

TO SERVE

- Packet of ready-made naan
- 15g roughly chopped fresh coriander
- 350g brown rice

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	139.8g	Salt	2.2g
Calories	770	Dietary Fibre	16.3g
Total Fat	14.3g	Total Sugars	4g
Saturated Fat	1.8g	Protein	22.2g
Cholesterol	0g		

 Allergen advice: *Gluten*

DIRECTIONS

Put the brown rice on to boil in a large saucepan – you’ll need to allow about half an hour for it to be cooked all the way through.

In another saucepan, heat the sunflower oil, then add the garlic, onion and ginger. Stir for 2 minutes.

Add the garam masala, cumin seeds and curry powder, and stir for a further 2-3 minutes, until onion has softened and soaked in the spices.

Add the chickpeas and stir until coated in the spices. Pour in the tinned or freshly chopped tomatoes.

Stir everything together, cover and allow to simmer for 10 minutes.

Serve with the rice, naan bread and a sprinkle of chopped coriander to garnish.

Fiona Cook, Diabetes Dietitian, says:

“ A good evening meal dish. The high fibre means you may need to extend/split your bolus insulin dose, or even take less insulin overall.

If you're following a low carb diet, you could swap the naan bread for a lightly toasted tortilla wrap, and the brown rice for cauliflower rice. ”



Must-Have Greek Mezze Board



PREP TIME
10 minutes



COOKING TIME
25 minutes



SERVINGS
4



CARB COUNT
25.9 grams

INGREDIENTS

For the homemade hummus

400g can of chickpeas, drained and rinsed (reserve 1/3 of a tin of juice to add as required)

2 garlic cloves, finely chopped

Juice of a lemon

2 tbsp extra virgin olive oil

1/2 tsp salt

1/2 tsp ground cumin

For the mezze board

2 tbsp olive oil

200g pack of high-quality feta cheese, cut into inch-long cubes

1 jar pitted Kalamata olives

3 wholewheat pittas, toasted and cut into strips

1 red pepper, diced

1 yellow pepper, diced

1 ripe aubergine, sliced

8 falafels

16 asparagus spears

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	25.9g	Salt	1.5g
Calories	550	Dietary Fibre	9.4g
Total Fat	40.6g	Total Sugars	9.7g
Saturated Fat	9.8g	Protein	16.3g
Cholesterol	0.45g		

 Allergen advice: *Gluten, milk*

DIRECTIONS

For the homemade hummus

Simply pop all the ingredients into a food processor and whizz until smooth. Add the reserved juice as needed if it needs thinning slightly.

Drizzle in a squeeze of lemon juice and set aside to chill in the fridge.

For the mezze board

Preheat the oven to 200°C. Chop the peppers into large chunks and slice the aubergine lengthways. Scatter on a baking tray, season with olive oil and bake for 20 minutes.

Unpack the feta and dice it into inch-long cubes, then stack them onto your mezze board.

Pour half the jar of Kalamata olives into a small dish and add to your board.

Cut off the rough ends from your asparagus spears, then gently simmer in a saucepan of boiling water for 3 minutes or until beginning to soften. Drain and leave to cool.

Add your falafel to the oven on another baking tray for 3-4 minutes, or until heated through.

Toast the pitta until crisp, then cut into slices and add to your mezze board.

Take your cooled asparagus spears, season with a sprinkle of lemon juice and a pinch of salt before adding to the board.

Remove the falafel, aubergine and peppers from the oven and add to the mezze board.

Fiona Cook, Diabetes Dietitian, says:

“ Good for a late lunch or evening meal with family and friends.

Make it vegan by swapping the feta for a plant-based alternative or pan-fried tofu strips.

You may wish to split your bolus insulin dose or extend bolus if you're sharing the board, as you might not know initially how many carbs you're going to eat.

Swap the pitta breads for tortilla chips for even lower carbs. You may not need insulin at all for this meal if you omit the pitta bread altogether, or you may be able to take insulin after you've eaten.

Hummus is extremely low carb and low GI, so you may not need to count. Always check the carb contents of your portion depending on how much of each food you eat as it may be higher or lower in carbs than the suggested serving. ”

Fancy Fish & Chips



PREP TIME
10 minutes



COOKING TIME
40 minutes



SERVINGS
4



CARB COUNT
63.5 grams

INGREDIENTS

Chips:

- 4 baking potatoes
- 2 tsp olive oil

Polenta-battered fish:

- 4 skinless cod/haddock/plaice fillets
- 2 eggs, beaten
- 100g polenta
- 2 tbsp chopped parsley

Minty mushy peas:

- 300g frozen peas
- 25g butter
- 3 sprigs of mint (chopped)
- Salt and pepper to season

Garnish:

- 1 lemon

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	63.5g	Salt	0.5g
Calories	474	Dietary Fibre	8.2g
Total Fat	11.4g	Total Sugars	5.5g
Saturated Fat	4.4g	Protein	32.6g
Cholesterol	0.15g		

Allergen advice: *Milk, eggs, fish*

DIRECTIONS

Pre-heat the oven to 200°C.

Peel the potatoes and cut into chunky chips.

Drizzle with the oil, season with salt and pepper, then place them on a large non-stick baking tray and cook for 10 mins. Turn the chips and cook for a further 10 mins.

For the fish, line up a bowl of the beaten eggs and another bowl with the mixed polenta and parsley.

Dip each of the fish fillets into the egg, and then coat with polenta before placing on a baking tray.

Turn the chips again and return to the oven with the fish. Cook for 20 mins.

While the fish and potatoes are roasting, make the mushy peas. Simmer the frozen peas in boiling water for 3 mins. Drain and pour into a bowl.

Add the butter and mint to the peas and stir until the butter has melted, then pulse in a food processor (or use a potato masher) until mushy.

Serve alongside the fish and chips with a wedge of lemon.

Fiona Cook, Diabetes Dietitian, says:

“A good evening meal dish, suitable on a low-carb diet as the main carb dish of the day. As this recipe is low in fat, you may need to pre-bolus and give insulin in one dose, rather than extend bolus or split your insulin dose, as you would do with a traditional fish and chip takeaway.”



Perfect Pizza Supreme



PREP TIME
10 minutes



COOKING TIME
25 minutes



SERVINGS
4 (2 pizzas)



CARB COUNT
11.4 grams

INGREDIENTS

Pizza base:

- 150g almond flour
- 480g mozzarella cheese, grated
- 3 tbsp cream cheese
- 1 egg
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp oregano

Sauce:

- 400g tin chopped tomatoes
- 2 tbsp tomato purée
- A small handful of basil leaves
- Black pepper

Toppings:

- 6 large slices pepperoni
- 8 button mushrooms
- 1 green pepper
- 100g mozzarella, grated

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	11.4g	Salt	3.6g
Calories	469	Dietary Fibre	3.4g
Total Fat	33.6g	Total Sugars	5.8g
Saturated Fat	14.2g	Protein	31.9g
Cholesterol	0.126g		

 Allergen advice: *Milk, egg, tree nuts*

DIRECTIONS

Preheat the oven to 220°C.

Add the pizza base ingredients to a saucepan and stir over a low heat until the cheese melts. The mixture should start to look doughy.

Divide the doughy mixture into two and roll into 12-inch circles. Prick all over with a fork and place on a sheet of baking paper, directly on the oven rack.

Cook for 8 minutes until golden, then flip over and cook for another 3 minutes.

Take the bases out and allow to cool slightly while you organise your toppings.

Put the chopped tomatoes, tomato puree and basil leaves into a food processor and whizz until the mixture forms a thick paste.

Slice the button mushrooms and cube the green pepper.

Spoon half the tomato sauce onto each pizza and top with the pepperoni, mushrooms, peppers and mozzarella.

Return to the oven for 10 minutes at 175°C.

Allow the pizza to cool for a few minutes before serving.

Fiona Cook, Diabetes Dietitian, says:

“ This is a great option if you’re following a low-carb diet or trying to take less insulin with your meals.

Perfect for a light lunch, or you could bulk it up with a side salad or home-made chips (see Recipe 5) for a higher carb dinner.

Feel free to add additional toppings for very few additional carbs, such as onion, olives and spinach.

You could also swap the pepperoni for a plant-based, lower fat alternative. ”



Delicious Dirty Cheeseburger with Skin-On Sweet Potato Wedges



PREP TIME
10 minutes



COOKING TIME
35 minutes



SERVINGS
4



CARB COUNT
34.4 grams

INGREDIENTS

Burgers:

- 650g minced beef
- 200g cheddar cheese (grated)
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp paprika powder
- 2 tbsp fresh oregano, finely chopped

Sweet potato wedges:

- 2 large sweet potatoes
- 1 tbsp olive oil
- Pinch of salt

Salsa:

- 2 tomatoes
- 2 spring onions
- 1 avocado
- 1 tbsp olive oil
- 2 tbsp fresh coriander

To serve:

- 140g iceberg lettuce
- 140g bacon

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	34.4g	Salt	3.2g
Calories	981	Dietary Fibre	9.2g
Total Fat	58.8g	Total Sugars	4g
Saturated Fat	22.4g	Protein	78.4g
Cholesterol	236mg		

 Allergen advice: *Milk*

DIRECTIONS

- Preheat the oven to 200°C.
- Wash the potatoes and cut into wedges, then toss in the oil and salt.
- Place the wedges on a non-stick baking tray and cook in the oven for around 30 minutes – or until the potatoes are crisp on the outside and soft in the middle.
- For the salsa, chop the tomatoes, spring onions and avocado into small cubes and mix with olive oil and fresh coriander.
- For the burgers themselves, add the garlic, onion and paprika powder, along with the chopped oregano, to the minced beef. Use your hands or a wooden spoon to combine.
- Sprinkle in half the cheddar and mix again.
- Divide the seasoned mince into 4 patties.
- Fry or grill – whichever you prefer – the patties and the bacon until cooked through and juicy.
- To serve, place each burger onto a lettuce leaf, top with cheese, bacon and salsa, and serve the wedges on the side.

Fiona Cook, Diabetes Dietitian, says:

“ A brilliant main or evening meal idea – as this meal is much lower in fat and carbs than a traditional fast food or takeaway burger and chips, you will most likely be able to give your bolus insulin in the same way as you would for a standard meal (depending on meat fat content).

To reduce the calories, try tomato slices and onions instead of bacon, and replace the avocado with cucumber in the salsa.

Swap the wedges for a side salad to make this meal even lower in carbs.

Be mindful of using any additional sauces, such as ketchup – if you have a lot, you may need to count these carbs into your meal total. ”



Tasty Turkish Doner Kebab and Salad



PREP TIME
15 minutes



COOKING TIME
30 minutes



SERVINGS
4



CARB COUNT
12.9 grams

INGREDIENTS

Turkish lamb kebabs:

250g 10% fat minced lamb
2 cloves garlic, crushed
Half tsp ground cumin
Half tsp chilli flakes
1 heaped tsp oregano
1 tsp ground cinnamon
Grated zest and juice of half a lemon
1 egg, lightly beaten
Pinch of pepper

Flatbreads:

200g almond flour
¼ tsp salt
100ml warm water
2 tbsp sunflower oil

Salad:

Iceberg lettuce
Cucumber
Tomatoes
Red onion

To serve:

Lemon wedges

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	12.9g	Salt	0.5g
Calories	337	Dietary Fibre	4.1g
Total Fat	25.1g	Total Sugars	3.9g
Saturated Fat	6.5g	Protein	16.9g
Cholesterol	0.41g		

 Allergen advice: *Gluten, eggs, tree nuts*

DIRECTIONS

First, make the flatbread dough. Place the flour and salt in a large bowl and add the water a little bit at a time. Mix well with your hands.

Add the oil and knead for a couple of minutes until the dough is soft and smooth.

Put the ball of dough back in the bowl and cover with a tea towel until you're ready to cook the flatbreads.

Preheat the oven to 190°C. Mix all the kebab ingredients together in a bowl and allow the flavours to infuse for 10 minutes.

Shape the lamb mixture into a loaf – that you'll be able to slice when cooked. Place on a baking sheet and cook in the oven for 25–30 minutes.

While the lamb is cooking, you can make the flatbreads. Divide the dough into four balls and roll each one until it's a couple of millimetres thick.

Heat a frying pan and brush lightly with oil. Place each dough circle in the pan and cook for about 2 minutes before flipping over and doing the same on the other side.

Wrap the cooked flatbreads in foil to keep them warm until ready to serve.

For the salad, chop the iceberg lettuce, cucumber, tomatoes and red onion.

Take the lamb out of the oven and allow to cool for 5 mins before slicing.

Place a flatbread on a plate and top with the kebab and salad – finish with a squeeze of lemon.

Fiona Cook, Diabetes Dietitian, says:

“ This would be great as a light lunch or part of a larger evening meal.

It's likely that you'll only require a single bolus dose of insulin with this meal, although the fat content could slow down the rise in your glucose levels slightly.

If you have more than one serving, you could take the additional insulin you need at the end of the meal.

For a carb-free option, you could have two kebabs with salad and omit the flatbread.

Be mindful of any additional sauces you may wish to add and how they may impact the overall carb content. ”



Best for Teatime Banana Bread



PREP TIME
15 minutes



COOKING TIME
50 minutes



SERVINGS
10



CARB COUNT
73.8 grams

INGREDIENTS

- 3 ripe bananas, mashed
- 75g butter
- 100g brown sugar
- 1 egg, beaten
- 130g wholemeal flour
- 50g oats
- 1 tsp vanilla extract
- 1 tsp baking powder
- Pinch of salt

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	73.8g	Salt	0.4g
Calories	477	Dietary Fibre	6.5g
Total Fat	18.1g	Total Sugars	35.4g
Saturated Fat	10.2g	Protein	8.1g
Cholesterol	0.81g		

 Allergen advice: *Gluten, eggs, milk*

DIRECTIONS

- Preheat the oven to 180°C.
- Grease and line a loaf tin.
- Mash the bananas and mix with the butter and egg, then add the sugar and vanilla extract.
- When everything is combined, sieve in the baking powder and salt. Mix again.
- Finally, add the flour and oats and mix until glossy and smooth.
- Pour the mixture into the loaf tin, making sure it reaches into each corner, then bake in the oven for 50 minutes.
- Use a skewer to test if the bread is baked by poking it gently into the centre. When a skewer comes out clean, leave the bread to cool in the tin for 5-10mins before turning out onto a cooling rack.

Fiona Cook, Diabetes Dietitian, says:

“ This delicious banana bread could be eaten at any time of day, as a light breakfast, snack or dessert.

If you are on a basal-bolus insulin regimen and have a slice of banana bread as a snack, you may need to take a correction bolus insulin dose at your next meal, as it may cause a rise in glucose levels.

If you're having some for breakfast, you may need to pre-bolus.

If you're eating a slice for dessert, you could give bolus as normal for a full meal, or take a separate dose of insulin with the banana bread (as long as it's within 60-90 minutes of starting your meal.)

There should be less chance of causing a glucose spike when eaten as part of a main meal.

You could substitute some of the brown sugar for powdered sweetener (suitable for baking) to reduce the overall carb content and the amount of insulin you may need.

Always consider your portion size – if it's different to the serving size, it will alter the carb content. ”

Decadent Chocolate Cheesecake



PREP TIME
25 minutes



FREEZING TIME
2 hours



SERVINGS
12



CARB COUNT
84.9 grams

INGREDIENTS

Biscuit base:

10 digestive biscuits
45g butter, melted

Chocolate cheesecake:

150g dark chocolate
120ml double cream
2 tsp cocoa powder
200g full-fat cream cheese
115g brown sugar
10-12 blackberries

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	84.9g	Salt	0.7g
Calories	865	Dietary Fibre	6.4g
Total Fat	55g	Total Sugars	50.9g
Saturated Fat	31.6g	Protein	11g
Cholesterol	0.13g		

 Allergen advice: *Gluten, milk, soya*

DIRECTIONS

Whizz the digestive biscuits to fine crumbs in a food processor and then mix with the melted butter.

Line an 18cm springform tin with baking paper and push the buttery biscuit mix into the base. Leave to chill in the fridge.

Melt the chocolate in a bowl over a pan of boiling water. Take it off the heat and leave to cool while you whip the cream in another bowl.

When the cream holds soft peaks, fold in the cocoa powder.

In another bowl, beat together the cream cheese and sugar, before folding in the cream mixture and then the cooled melted chocolate.

Pour the cheesecake mixture onto the biscuit base, making it as level as you can with the back of a spoon.

Freeze for 2 hours, or until set.

Release the cheesecake from the tin, top with halved blackberries and allow 15-20 minutes to soften before eating.

Fiona Cook, Diabetes Dietitian, says:

“ This cheesecake is a fantastic option for an after-meal dessert. When eaten as part of a meal, it shouldn't cause a spike in glucose levels, but it's always advisable to monitor the effects.

If eaten as part of a meal, you can either take all your bolus insulin before you eat, or take the bolus insulin to cover the carbs in the cheesecake after your main course.

Be mindful of your portion size in relation to the suggested serving, as this will change the nutritional values.

If you're looking for an even lower-carb dessert, you could substitute some of the digestives for the same weight of ground almonds, or even omit the base altogether and turn this recipe into a chocolate mousse - low fat cream cheese will give a looser consistency.

You could also swap the blackberries for low-carb berries such as raspberries and strawberries. ”



Berry Good Blueberry Smoothie



PREP TIME
5 minutes



SERVINGS
2



CARB COUNT
24.9 grams

INGREDIENTS

400ml canned unsweetened coconut milk
120ml unsweetened almond milk
150g blueberries (fresh or frozen)
4 tbsp pea protein powder
1 tsp vanilla extract
Handful mint leaves, to serve

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	24.9g	Salt	0.7g
Calories	588	Dietary Fibre	6.9g
Total Fat	50g	Total Sugars	14.5g
Saturated Fat	43.1g	Protein	17.3g
Cholesterol	0g		

 Allergen advice: *Soya, tree nuts*

DIRECTIONS

Whizz the blueberries, pea protein powder, vanilla and almond milk in a blender or food processor.

Add the coconut milk and blend again.

Leave in the fridge to chill if necessary, otherwise pour into two glasses and top with mint leaves to garnish.

Fiona Cook, Diabetes Dietitian, says:

“ This low-carb alternative to traditional smoothies makes a delicious breakfast accompaniment or between-meals snack.

If you decide to have this smoothie as a between meal drink, it is likely to cause a rise in your blood glucose levels. If you are on insulin injections, you can correct this rise at your next meal. If you use an insulin pump, you may need a small dose of bolus insulin to cover the carbs in the smoothie

Don't forget to add to your carb count if you drink it with a meal.

Always opt for unsweetened, calcium-fortified milk if you can, and if you opt to use different fruits or cows' milk, you'll need to adjust the carb count.

Always check your serving size alongside the recipe. ”



Moreish Blood Orange Virgin Margarita



PREP TIME
20 minutes



SERVINGS
6



CARB COUNT
40.5 grams

INGREDIENTS

Simple syrup:

240g caster sugar
240 ml water

Margarita:

1 tbsp blood orange zest
240 ml blood orange juice, chilled
120 ml lime juice
300 ml sparkling water or soda water
2 tbsp simple syrup

To serve:

1 tbsp good quality / Kosher salt
Wedge of lime
Tray of ice cubes
6 slices of blood orange
6 sprigs of rosemary

NUTRITIONAL INFORMATION

per serving

Total Carbohydrate	40.5g	Salt	3g
Calories	164	Dietary Fibre	3.1g
Total Fat	0.4g	Total Sugars	30.2g
Saturated Fat	0.1g	Protein	1.2g
Cholesterol	0g		

DIRECTIONS

For the simple syrup, add the sugar and water to a saucepan and simmer on the hob, stirring until the sugar has completely dissolved.

Take off the heat, pour into a jug and set aside to cool.

Sprinkle the blood orange zest on a small plate and add the salt. Stir gently together.

In a pitcher, combine the orange juice, lime juice and simple syrup. Shake well.

Coat the rims of 6 glasses with the wedge of lime, then dip in the salt and zest mix until nicely coated.

Fill each glass with ice cubes and carefully pour the cocktail mix into each one.

Pop a slice of blood orange on each rim and add a sprig of rosemary as a garnish.

Fiona Cook, Diabetes Dietitian, says:

“ Although this is a great refreshing drink containing a lot of good micronutrients, it does contain refined sugars which can cause your blood glucose levels to rise quickly. To slow down the effects of this drink on your blood glucose levels, I would recommend having this alongside a meal – add the carb count to your meal total and give appropriate insulin alongside. It's a good idea to monitor the effect of the margarita on your glucose levels, as more sugary drinks can be more difficult to manage. if you decide to add alcohol to this drink, be mindful that alcohol has a lowering effect on blood glucose levels and so giving bolus insulin for the carbs in the drink should be done with extreme caution. I would always advise you to speak with your diabetes team before giving additional insulin for drinks containing alcohol. Be mindful of your portion size in comparison to the recipe – it could be easy to have more than one serving! ”

***Share your home-made fakeaways
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Bon appetit!



The information provided is not intended to be used for medical diagnosis or treatment or as a substitute for professional medical advice. Please consult your physician or qualified health provider regarding your condition and appropriate medical treatment. Individual symptoms, situations and circumstances may vary.

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