

Green Drinks



Ingredients:

1 tablespoon almond butter or peanut butter (no sugar added)

1 cup apple slices

1 cup fresh or frozen greens (spinach, kale, Swiss chard)

1 cup water

1 teaspoon lemon juice

A few drops of liquid Stevia to sweeten, if desired

Directions: Wash greens. Place all ingredients in the blender and blend until smooth. Add water as necessary to get the consistency you like.

Makes 1 serving. Nutrition per serving:

Kcal (energy) 196 calories

Protein 4.81 grams

Fat 9.75 grams

Carbohydrate 28.09 grams

Fiber 4.15 grams

Net Carbohydrate 23.94 grams

Top reasons this food is a diabetes-friendly recipe:

- 1. Healing plant components in apple (apple polyphenols) prevent the body from absorbing sugar and also help lower cholesterol. Both of these actions help reduce blood sugar and prevent heart disease. Using the whole plant, not the juice, balances blood sugar**
- 2. Greens support healthy liver function. A healthy liver = better blood sugar regulation.**
- 3. Liquid stevia enhances sweetness without adding any sugar. Choose liquid stevia because powdered stevia is sometimes combined with sugar(s). Also fresh stevia leaves can be used.**