



diabetes-friendly superfood bowls

Enjoy some of our favorite diabetes-friendly recipes created by our dietitian. Each recipe incorporates ingredients from the American Diabetes Association list of “Diabetes Superfoods.” Each of these foods have a low glycemic index and provides key nutrients that are lacking in the typical western diet such as calcium, potassium, fiber, magnesium, and vitamins A, C, and E.



BEANS



DARK GREEN LEAFY VEGETABLES



CITRUS



FAT-FREE MILK & YOGURT



SWEET POTATOES



BERRIES



TOMATOES



WHOLE GRAINS



FISH HIGH IN OMEGA-3 FATTY ACIDS



NUTS



Citrus Berry Bowl

makes 2 servings
carb grams per serving: 20g
diabetic exchange: 2 fat | 1 fruit | 0.5 non-fat dairy

Ingredients

- 1½ cups siggi's 0% vanilla yogurt
- 1 cup frozen mixed berries
- 1 orange, skin removed and sliced
- ¼ cup walnuts, chopped

Preparation

In a saucepan, heat frozen berries and ½ tablespoon of water over medium heat with lid on, stirring occasionally. When berries have defrosted and formed a sauce, remove from heat (about 5-10 minutes). Set aside to cool.

Top vanilla siggi's yogurt with oranges slices, berry sauce, and walnuts.

Nutrition Facts (per serving)

Calories 230, Protein 19g, Total Fat 10g, Saturated Fat 1g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrates 20g, Fiber 4g, Sugars 10g



Sweet Potato & Black Bean Bowl

makes 5 servings
carb grams per serving: 24g
diabetic exchange: 1 non-fat dairy | 0.5 starch

Ingredients

- 3½ cups siggi's 0% plain yogurt
- 1 medium sweet potato, cut into half inch cubes
- canola oil, as needed
- salt and pepper to taste
- 1 tsp olive oil
- 2 cloves garlic
- 1 can (15oz) unsalted black beans
- ¼ tsp cumin
- 2 Tbs cilantro, chopped
- 1 tomato, chopped

Preparation

Preheat oven to 420°F. Toss sweet potato cubes in canola oil to lightly coat. Season with salt and pepper to taste. Bake for 20 minutes, or until tender.

Heat olive oil in a saucepan over medium heat. Add garlic and sauté until fragrant (about 1 minute). Add black beans, cumin, and 1 tablespoon of water, and stir to combine. Lower heat, and simmer for 20 minutes with lid on. Remove from heat, and stir in half of the cilantro. Season with salt and pepper to taste.

Top plain siggi's yogurt with roasted sweet potato, black beans, and tomato. Garnish with remaining cilantro.

Nutrition Facts (per serving)

Calories 190, Protein 21g, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 80mg, Total Carbohydrates 24g, Fiber 6g, Sugars 6g



Nordic Bowl

makes 1 serving
carb grams per serving: 10g
diabetic exchange: 1 non-fat dairy

Ingredients

- ¾ cup siggi's 0% plain yogurt
- 2 tsp fresh dill, finely chopped
- 1 Tbs farro, cooked
- ½ tsp lemon juice
- 1-2 slices of smoked salmon
- 1 Tbs cucumbers, diced

Preparation

Mix siggi's with half of the dill. In a separate bowl, dress farro with lemon juice.

Top the dill and siggi's mixture with the lemon farro, smoked salmon, cucumber, and garnish with the remainder of dill.

Nutrition Facts (per serving)

Calories 150, Protein 25g, Total Fat 2g, Saturated Fat 0g, Cholesterol 20mg, Sodium 71mg, Total Carbohydrates 10g, Sugars 4g