

# DIABETIC SNACK RECIPES

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### **Diabetic Snacks Recipes**

Choosing healthy snacks can be difficult when you have diabetes. One way to make chickpeas easy to snack on is by roasting them, which.

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Cauliflower Rice Salad What did we do before cauliflower rice? For example, a 1-cup gram serving of blueberries provides 4 grams of fiber, which helps slow digestion and stabilize blood sugar levels after eating 10

Honey mustard, sweet pepper strips and a hint of nutmeg jazz up the set. The key is to plan your favourite snacks so they fit into your overall diet and watch your portion sizes. This smoothie is fruit-flavored with peach, banana Diabetic Snack Recipes mango but it's got chard in it for added vitamins K, C, and A. With protein powder, coconut, ground flaxseed, and almond butter, feel free to enjoy these bars guilt-free.

Since avocados are quite high in calories, it is best to stick with a serving size. You can simply mix them together, or layer them on top of each other to make a parfait. By the end of the study, they experienced significant reductions in their fasting blood sugar levels.