BROWNIE RECIPE FOR DIABETICS



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The recipe is sweetened with homemade date paste, which contains a good mix of carbohydrates, fiber, vitamins, and minerals. Get the recipe from The Healthy Foodie. 5.

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Golden Door Brownies OnTrackDiabetes

Scrape into the pan and spread evenly. Bake in center of oven for 30 to 35 minutes, until brownie springs back when gently pressed in the center. Cool in the pan on a rack, and cut into 12 squares when completely cool. To serve, heat chocolate chips in a 2-cup glass measuring cup in the microwave for about 30 seconds. Stir until chocolate is melted. Drizzle a little of the chocolate over each brownie.

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Chocolate brownies Diabetes UK

You can make fruity brownies by adding 2 tbsp raisins, or try adding 2 tbsp of chopped walnuts or flaked almonds. Freezing instructions: Suitable for freezing once cooked. Freeze in individually wrapped portions. http://ebookslibrary.club/Chocolate-brownies-Diabetes-UK.pdf

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