



Baking Tips For Our Mixes

To help you make the best brownies you've ever eaten, here are some tips from our kitchen:

- This brownie is delicious with added nuts. Use a minimum of one-half cup (rough chop) but you can add more. Our kitchen has used three-fourths cup with awesome results. So indulge if you are a nut lover! Nuts contain Omega-3 fatty acids and can help lower triglycerides and raise HDL and improve blood sugar control in Type II diabetics.
- One brownie contains 60% of your daily requirement of fiber. So if you don't eat enough fiber in your diet you will notice a difference. As always, eat in moderation.
- Every oven is different. If your oven takes longer to bake items go ahead and add 2 more minutes to your cook time. Check with a toothpick for a slight moist crumb.
- **Believe it or not these brownies taste best at room temperature, not fresh out of the oven.** Let them cool completely before cutting them into squares.
- Remember do **NOT** store these brownies in a sealed container of any kind or you will have fudge in the morning! Store on a plate with a towel over the top.
- With that said, we have received numerous comments that putting them in the refrigerator in a container creates a yummy brownie. We tried it and its true! They will last longer refrigerated than on the counter as well. So now after a couple of days on the counter it's off to the refrigerator till they are all gone.
- Another tip from one of our customers said they added some cinnamon and 1 TBL of instant coffee to their brownie mix for another gourmet brownie version. We tried it with ½ tsp. cinnamon and 1 TBL espresso powder and loved it.

And, of course, please contact us immediately if you have any questions or concerns at all.

<http://diabetickitchen.com/contact-us/>

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<https://diabetickitchen.myshopify.com/products/low-carb-brownie-mix>

and scrolling to the bottom of the page to the Reviews section where you can click Write A Review.

NEXT PAGE: Nut Butter Cookie Mix

Nut Butter Cookie Mix

To help you make the best cookies you've ever eaten, here are some tips from our kitchen:

- This mix was designed to make two batches if you don't have a household of people. So if you don't need 60 cookies open the can and pour mix into a measuring cup and divide the amount in half. Pour half of the mix back into the can and use the other half. Remember to divide the eggs, butter and nut butter in half as well.

- Our local grocery store has almonds and peanuts that you can grind fresh. This insures that the nut oil is still incorporated thus making a stellar cookie.

- Our test kitchen has used almond, peanut and cashew butter in a jar. When you open a jar and see that the nut and the nut oil are fully incorporated, you will have the best results in baking. If not, we found that if the nut butter has nut oil floating on top, you can stir to incorporate and add 1 tablespoon LESS of grass fed butter. This will give you the best results.

- If you like those fork marks on top of your cookie you should add 1 tablespoon LESS of grass fed butter. It will be a firmer cookie maintaining the fork prints with no compromise of flavor.

- Two cookies have 28% of your daily fiber requirements. So if you decide to eat a lot of cookies you will get results!

- **Believe it or not these cookies taste best at room temperature, not fresh out of the oven.** Remember to let them cool completely for maximum flavor.

- Remember, do **NOT** store these cookies in a sealed container of any kind or you will have gooey cookies the next day. Store on a plate with a towel over the top.

- After one of our customers shared with us that they put our brownies in the refrigerator with fantastic results, we decided to try that with the cookies too. After a couple of days on the counter, we put them in a container and placed them in the refrigerator. They tasted great and lasted longer.

- Enjoy them any time of the day. Our grandkids love it when they get a cookie for breakfast!

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Pancake & Waffle Mix

To help you make the best pancakes and waffles you've ever eaten, here are some tips from our kitchen:

- These pancakes are a canvas for your imagination. Add some spice to your batter, like cinnamon. Start with ½ teaspoon. Add more if you like a stronger flavor.
- Feeling like fall? Add some pumpkin spice instead.
- Feeling nutty? Add some chopped pecans or walnuts. You can add to the batter or sprinkle some on top of the pancake before you flip it. That way those that want nuts can have them. Those that don't won't!
- Feeling fruity? Add your favorite fruit like fresh blueberries to the batter or just sprinkle some on top with your butter and preferred topping. We personally use cinnamon whipped cream with a small amount of real maple syrup or raw local honey. You won't need a lot (and always remember to monitor your blood sugar. Because our mix contains a large amount of fiber, some people can have a small amount of maple syrup or raw honey without spiking their blood sugar. Others cannot. So ALWAYS monitor).
- Don't want to use topping? Don't! When I was making a test batch for my mother she said, "these pancakes are so good, I like them best without any syrup". Perfect! That is exactly what I was going for.
- Every stove is different. Make sure your heat is medium or you won't have a golden pancake. It will still taste good, just won't look as pretty!
- If you think your pan is too hot, cool it off between pancakes by turning it over the sink and run water over the backside. Instant cool down! Don't rinse the griddle side just the bottom/opposite side.

FOR WAFFLES:

Follow the instructions on the back of the can and **add 1 tablespoon of water** to the mix and ingredients listed on the can. Waffles need a thinner batter.

You can individualize your waffle flavors exactly the same way as the pancake ideas listed above.

Cook according to your waffle iron instructions. Mine has an automatic timer so they are perfect every time.

The size of your waffle iron will determine how many waffles you will get.

My waffle iron is 8 inches in diameter and will make 3 heart shape waffles (3 inches at the widest part). I use 2 tablespoons of batter for each one of the hearts. Spread the batter to the perimeters of each waffle – (no matter what iron you have). This recipe will make 8 of my heart waffles. If you need a visual, you can see my waffle iron online at:

<http://diabetickitchen.com/waffles/>

Top with melted butter, fruit, nuts and/or cinnamon whipped cream if desired. Enjoy!

PLEASE NOTE:

If you are using 2 tablespoons of prepared batter, you will get 8-9 (4 inch) pancakes or waffles per recipe. So if you have a larger waffle iron and use more than 2 tablespoons of prepared batter you will need to do the math for your nutritional information per pancake or waffle.

When you place the batter on your griddle you will need to spread it around to create the 4-inch pancake. It will spread a little on its own after it starts cooking. A 4-inch pancake is much easier to flip as well.

And, of course, please contact us immediately if you have any questions or concerns at all.

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NEXT PAGE: Cheesy Bread Mix

Cheesy Bread Muffin Mix

What type muffin pan are you using? Metal, glass or silicone? Each bake differently. Lighter colored or shiny metal is the best for even browning. While darker metals can cause over browning. Glass conducts heat very well but doesn't brown very well. Silicone Pans are great if you are really worried about sticking but they are a poor heat conductor and brown very little.

With that said, all of that applies to typical ingredients. Like all purpose flour and sugar. We don't use either in our mixes. What we found is that the silicone, while it doesn't conduct heat the same as metal, worked well with our ingredients because it allowed the muffins to rise and cook in the way they should. The metal pan cooked faster so you needed less time at the same temperature.

So here is what we found out in our test kitchen for the cheesy bread muffins:

METAL pan: Bake at 350 degree for 20 minutes for the MINI muffins.
Remove from pan immediately to a wire rack to cool.

Bake at 400 degrees for 21 minutes for the CLASSIC (regular size) muffin.
Leave in the pan for 3 minutes for easier muffin release from pan. Then place on a wire rack to cool.

SILICONE pan: Bake at 350 degree for 24 minutes for the MINI muffins.
Leave in the pan for 5 minutes for easier muffin release from pan.

Bake at 375 degrees for 26 minutes for a CLASSIC muffin.
Leave in the pan for 3 minutes for easier muffin release from pan.

TIPS:

Have you ever had those little Brazilian Cheesy Bread rolls at a Brazilian Steak house? Well these are your low carb healthier version. And wow! They are versatile.

- If you like them a little chewier reduce cooking by one minute.
- Vary your flavor with the intensity of the cheese. Yes, the label says Extra Extra Sharp Cheddar. That was not a typo! They still will not have a strong cheese flavor. Why? Because we are not using all purpose flour. Sunkernal flour is a stronger flavor. So don't be afraid of a very sharp cheddar.
- WHITE sharp cheddar. Yes. It will be cheesy and moist but will not be seen in the muffin. Besides there is no cow that I know of that has orange or yellow milk. So cheese color is an additive. That's making your body work harder to process it.
- I actually baked these with a white sharp cheddar and put my sugar free Strawberry Cinnamon Jam on them for the grandkids. While they thought that was odd to put cheese and jam together, they actually loved them and wanted more.
- Make it savory. Add some garlic powder and some chopped chives or scallions. This is my personal favorite.
- They are fabulous when you want a little bread with your soup, stew or chili.

STORAGE:

- Like all of our products they don't dry out easily. If you are going to leave them out, place them on a plate covered with a towel if you have any left. Not in a covered or sealed container.
- Place in a zip lock and put in the refrigerator.
- They freeze well. Place in a zip lock in the freezer.

What's your favorite way to enjoy them?

What flavors do you add?

What do you serve them with?

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NEXT PAGE: Chocolate Muffin Mix/Pumpkin Spice Muffin

Gourmet Chocolate Muffin Mix Pumpkin Spice Muffin Mix

What type muffin pan are you using? Metal, glass or silicone? Each bake differently. Lighter colored or shiny metal is the best for even browning. While darker metals can cause over browning. Glass conducts heat very well but doesn't brown very well. Silicone Pans are great if you are really worried about sticking but they are a poor heat conductor and brown very little.

With that said, all of that applies to typical ingredients. Like all purpose flour and sugar. We don't use either in our mixes. What we found is that the silicone, while it doesn't conduct heat the same as metal, worked well with our ingredients because it allowed the muffins to rise and cook in the way they should. The metal pan cooked faster so you needed less time at the same temperature.

Also ... while the mix instructions direct you to grease the pan with butter, you can use a BAKERY spray with excellent results. A bakery spray contains oil and flour.

So here is what we found out in our test kitchen for the chocolate and pumpkin spice muffins:

METAL pan: Bake at 375 degrees for 21 minutes for the CLASSIC (regular size) muffin. Leave in the pan for 3 minutes for easier muffin release from pan. Then place on a wire rack to cool.

SILICONE pan: Bake at 375 degrees for 22 minutes for a CLASSIC muffin. Gently loosen the sides to release the steam. Leave in the pan for 3 minutes for easier muffin release from pan.

OPTIONAL: Make them even more decadent and add a real Whipped Cream topping/frosting and they become a birthday treat!



Whipped Cream Topping/Icing

Prep time: 5 mins Serves: 12

INGREDIENTS

- 1/2 cup Heavy Whipping Cream (Organic Valley)
- 6 drops Liquid Stevia

METHOD

1. If you have an iSi mini whip, use it! Mix the cream and stevia and follow the directions for the mini whip. The great thing is anything you don't use, you can put back in the refrigerator and use it for a different recipe.
2. If you are doing it with your mixer, place the ingredients in the mixing bowl and beat until firm peaks. You can pipe it, dollop it, spread it or use your iSi to frost any dessert.

You can flavor it with vanilla stevia, real vanilla extract or add some cinnamon to the cream. It's your choice.

NUTRITIONAL INFO

Per Serving: Calories 33 | Fat 4g | Net Carbs 0g

STORAGE:

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- Place in a zip lock and put in the refrigerator.
- They freeze well. Place in a zip lock in the freezer.

What's your favorite way to enjoy them?

What flavors do you add?

What do you serve them with?

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NEXT PAGE: Banana Muffin Mix

Gourmet Banana Muffin Mix

What type muffin pan are you using? Metal, glass or silicone? Each bake differently. Lighter colored or shiny metal is the best for even browning. While darker metals can cause over browning. Glass conducts heat very well but doesn't brown very well. Silicone Pans are great if you are really worried about sticking but they are a poor heat conductor and brown very little.

With that said, all of that applies to typical ingredients. Like all purpose flour and sugar. We don't use either in our mixes. What we found is that the silicone, while it doesn't conduct heat the same as metal, worked well with our ingredients because it allowed the muffins to rise and cook in the way they should. The metal pan cooked faster so you needed less time at the same temperature.

So here is what we found out in our test kitchen for the banana muffins:

METAL pan: Bake at 375 degrees for 21 minutes for the CLASSIC (regular size) muffin. Leave in the pan for 3 minutes for easier muffin release from pan. Then place on a wire rack to cool.

SILICONE pan: Bake at 375 degrees for 22 minutes for a CLASSIC muffin. Gently loosen the sides to release the steam. Leave in the pan for 3 minutes for easier muffin release from pan.

STORAGE:

- Like all of our products they don't dry out easily. If you are going to leave them out, place them on a plate covered with a towel if you have any left. Not in a covered or sealed container.
- Place in a zip lock and put in the refrigerator.
- They freeze well. Place in a zip lock in the freezer.

OPTIONAL: Make them Banana NUT Muffins by adding pecan pieces to the batter and sprinkling some on top.

- Add 4 TSP of pecan pieces to the wet mix until fully incorporated.
- After you've poured batter into muffin cups, take 2 TSP of pecan pieces and sprinkle equally on top of batter in each cup.

What's your favorite way to enjoy them?

What flavors do you add?

What do you serve them with?

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NEXT PAGE: Chocolate Cake & Cupcake Mix

Gourmet Chocolate Cake & Cupcake Mix

STORAGE:

- Like all of our products they don't dry out easily. If you are going to leave your cake on a cake plate, turn a large bowl upside down for a cover (if you don't have one that goes with your cake plate).
- Store in the refrigerator if you haven't eaten it all after the third day.

TOPPINGS FOR YOUR CAKE:

WHIPPED CREAM TOPPING

You can find this recipe at Diabetic Kitchen online.

½ cup heavy whipping cream

6 drops of liquid Stevia.

Optional: Add vanilla bean paste or cinnamon to make it more decadent.

Add to mixing bowl and beat until firm peaks form.

Add sliced strawberries to each slice of cake.

CHOCOLATE BUTTERCREAM ICING

1 cup butter, softened to room temperature

1 cup Whey Low Powdered sweetener

4 TBL Cocoa Powder

2 TBL Whipping Cream

10 drops NOW Liquid Stevia

Place all ingredients in a mixing bowl and blend with an electric mixer until completely combined.

Spread on sides and top of cake.

Slice and serve.

NEXT PAGE: Cinnamon Donut Mix

Cinnamon Donut Mix

PIPING THE BATTER

My favorite and least messy way to fill those donut pans is by piping the batter. How do you do that? Easy.

Prepare your batter.

You will need a tall glass, a zip plastic bag, scissors.

Place the plastic bag into the tall glass with one corner of the baggie being pointed to the bottom of the glass. You will be filling that corner. Fold the opening back over the edges of the glass. This will make it very easy to fill and you won't have a mess on the edges of the bag because they are folded back out of the way.

Using your mini spatula get all of the batter into the baggie that is in the tall glass. Once filled, bring the edges of the baggie together and squeeze the batter to that one corner. Twist the baggie at the top of the batter so that it will not come out the top.

Now snip a small piece of the corner so that the batter will come out.

Squeeze gently and pipe into the prepared donut wells. You will NOT fill the well. Divide between the 6 wells. If there is some batter left in the baggie, go back and add some to the wells that might not have enough. It will most likely be the first 1 or 2 wells because I tend to be stingy thinking there won't be enough!

Each well will be about 1/3 full if you are using the Wilton metal donut pan.

Enjoy!

Believe it or not these donuts are good plain.

But if you must ... there are many ways to top them. Here are two of our favorites.

Cream Cheese Icing/Glaze:

½ cup Whey Low Powder Sweetener

2-3 TBL Whipping Cream

2 TBL Cream Cheese, room temperature

1 TBL Butter, unsalted, room temperature

½ tsp Vanilla

1/8 tsp Cinnamon

Mix all ingredients together in a small bowl. Take one completely cooled Diabetic Kitchen donut and dip and twirl in the icing. Place on a wire rack.

Cinnamon Sweetener Icing

½ cup Whey Low Type D Sweetener

½ TBL Cinnamon

3 TBL Butter, unsalted, melted

Melt butter into bowl. Set aside.

Stir remaining 2 ingredients in a small bowl.

Dip quickly the completely cooled Diabetic Kitchen donut into butter, then into the cinnamon mixture. You can do both sides or just one.

Place on wire rack.

STORAGE:

- Like all of our products they don't dry out easily. If you are going to leave them out, place them on a plate covered with a towel if you have any left. NOT in a covered or sealed container.
- Store in the refrigerator if you put them in a zip lock or sealed container.
- They freeze well. Place in a zip lock in the freezer.

We would love to know your favorite way to enjoy Diabetic Kitchen Drinking Chocolate! And, of course, please contact us immediately if you have any questions or concerns at all.

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So, there you have tips on all our current mixes. You might want to stick these tips in your most used cookbook so they'll be there next time you prepare one of our products.

As always, thanks for supporting our site :-)

Vic and Lisa Johnson
Diabetic Kitchen