







## LOW CARBOHYDRATE RECIPES

In between meals, if your child is hungry and has a good blood sugar, but prefers not to take insulin at that snack time..... You could try some new and innovative low carbohydrate recipes. Take a peek and try these out!! Keep in mind low carbohydrate diets are not needed for pediatric diabetes overall. However, this will give you more options when your child wants to graze. Some of these recipes are over 5 grams of carbohydrate/serving, but with the fiber content most likely will not affect your blood sugar. It is important to watch your overall blood sugar patterns with any new recipe.

Aarti Sachdeva, MS, RD & Lisa Ameer, MSNH, RD, CDE

Recipe Name		Link to the recipe
Cauliflower Hash browns		<a href="https://www.lowfatlowcarb.com/recipe/cauliflower-hash-browns/">https://www.lowfatlowcarb.com/recipe/cauliflower-hash-browns/</a>
Cauliflower Spanish Rice		<a href="https://www.lowfatlowcarb.com/recipe/spanish-riced-cauliflower/">https://www.lowfatlowcarb.com/recipe/spanish-riced-cauliflower/</a>
Egg Muffins:		<a href="https://www.lowfatlowcarb.com/recipe/low-carb-egg-muffins/">https://www.lowfatlowcarb.com/recipe/low-carb-egg-muffins/</a>
Celery Root French fries		<a href="https://www.lowfatlowcarb.com/recipe/celery-root-french-fries/">https://www.lowfatlowcarb.com/recipe/celery-root-french-fries/</a>
Spicy Cauliflower, Kale fritters		<a href="https://www.lowfatlowcarb.com/recipe/spicy-kale-cauliflower-fritters/">https://www.lowfatlowcarb.com/recipe/spicy-kale-cauliflower-fritters/</a>
Marinated green beans		<a href="https://www.lowfatlowcarb.com/recipe/marinated-green-beans-cilantro-garlic/">https://www.lowfatlowcarb.com/recipe/marinated-green-beans-cilantro-garlic/</a>

<p><b>Lemon Garlic Zucchini noodles recipe</b></p>		<p><a href="https://www.lowfatlowcarb.com/recipe/lemon-garlic-zucchini-noodles-recipe/">https://www.lowfatlowcarb.com/recipe/lemon-garlic-zucchini-noodles-recipe/</a></p>
<p><b>Crispy turnip fries</b></p>		<p><a href="https://www.lowfatlowcarb.com/recipe/crispy-turnip-fries/">https://www.lowfatlowcarb.com/recipe/crispy-turnip-fries/</a></p>
<p><b>Baked kale chips</b></p>		<p><a href="http://nomnompaleo.com/post/2648091289/baked-kale-chips">http://nomnompaleo.com/post/2648091289/baked-kale-chips</a></p>
<p><b>Tofu bites</b></p>		<p><a href="http://www.myrecipes.com/recipe/tofu-bites">http://www.myrecipes.com/recipe/tofu-bites</a></p>
<p><b>Slow cooker Mexican shredded chicken</b></p>		<p><a href="https://www.lowfatlowcarb.com/recipe/slow-cooker-mexican-shredded-chicken/">https://www.lowfatlowcarb.com/recipe/slow-cooker-mexican-shredded-chicken/</a></p>
<p><b>Ceviche Lettuce Wraps</b></p>		<p><a href="http://www.food.com/recipe/ceviche-lettuce-wraps-378896">http://www.food.com/recipe/ceviche-lettuce-wraps-378896</a></p>
<p><b>Mexican style tuna stuffed Avocados</b></p>		<p><a href="http://www.quericavida.com/recipes/mexican-style-tuna-stuffed-avocados/4a73ea68-9d1a-43aa-ac92-9c16a25e579c?p=1">http://www.quericavida.com/recipes/mexican-style-tuna-stuffed-avocados/4a73ea68-9d1a-43aa-ac92-9c16a25e579c?p=1</a></p>
<p><b>Cauliflower Pizza Crust</b></p>		<p><a href="https://www.momypotamus.com/easyrecipe-print/44544-0/">https://www.momypotamus.com/easyrecipe-print/44544-0/</a></p>
<p><b>Cauliflower rice spicy tuna roll</b></p>		<p><a href="http://www.wickedspatula.com/cauliflower-rice-spicy-tuna-rolls/?print">http://www.wickedspatula.com/cauliflower-rice-spicy-tuna-rolls/?print</a></p>