

MICROWAVE OVEN | DIABETES RECIPES

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SUGAR FREE BROWNIE

INGREDIENTS	MEASUREMENT
Flour, Sifted	1½ cup
Margarine	2 tbsp
Sugar Free powder	½ cup
Baking Powder	1 tsp
Cocoa Powder	¾ cup
Walnuts	½ tbsp

Method of Preparation:

Step 1: - Mix the margarine and sugar free powder in a mixing bowl until the sugar free powder is completely dissolved.

Step 2: - Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased glass bowl and place it in the microwave oven.

Step 3: - Select micro mode, set time for 5 minutes, and press start.

Step 4: - Remove, allow to cool, and serve.

DIABETES COOKIES

INGREDIENTS	MEASUREMENT
Maida	150 gms
Suji	50 gms
Sugar free powder	50 gms
Vanilla essence	¼ tsp
Butter	100 gms
Almonds and Cashews	A few

Method of Preparation:

Step 1: - Cream the butter and sugar free powder together till it turns fluffy. Add vanilla essence followed by maida and suji. Make a dough out of this mixture.

Step 2: - Make medium-sized balls and put cashew nuts on the top of each piece.

Step 3: Arrange them on a plate and place the container on the grill mesh rack in the oven.

Step 4: - Select convection mode, set temperature at 170°C, enter 8 minutes time, and press start. Remove, allow to cool, and serve.

SUGAR FREE KHEER

INGREDIENTS	MEASUREMENT
Rice	2 cups
Milk	6 cups
Cardamom Seeds	Few
Almonds	Few
Saffron Threads, Soaked	A pinch
Pistachio Nuts	Few
Raisins (Optional)	Few
Sugar free powder	½ cup
Water as Required	
Ghee	1 tbsp

Method of Preparation:

Step 1: Take a microwave oven-safe bowl, add all the ingredients except for cardamom, almonds, saffron, pistachio, and raisins, mix well.

Step 2: - Place the bowl in the microwave oven, select micro mode, set time 12 minutes, and press start.

Step 3: When the oven beeps, remove and add cardamom, almonds, mix well and cook again for 10 minutes. Serve hot.