



# *4 Ingredients* Diabetes Victoria **COOKBOOK**

Kim McCosker





## *4 Ingredients*

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Something we often hear from our community is how much you enjoy the recipes included in our member magazine and newsletters.

We are delighted to partner with 4 Ingredients More Diabetes to present this eBook, with recipes from Kim McCosker.

Our team of dietitians at Diabetes Victoria has reviewed every recipe in Kim's new cookbook, so you can confidently choose recipes that are suitable for people with diabetes.

Not only that, as the title suggests, these are simple, four-ingredient recipes to make healthy eating easier.

Thank you for being a Diabetes Victoria member.  
We hope you enjoy these tasty recipes!

**Glen Noonan**  
CEO Diabetes Victoria



# *4 Ingredients*

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The recipes in this eBook contain variable amounts of carbohydrate, which may or may not be suitable for your needs. If you are unsure how much carbohydrate is suitable for you, please see an Accredited Practising Dietitian.



## Almond & Apricot Porridge

### Ingredients

Serves 2

- 1 cup (82.5g) rolled oats
- ½ cup (61g) raw almonds
- 8 (50g) dried apricots
- 1 cup (250ml) vanilla almond milk, unsweetened

Nutritional Information per serve	
Kilojoules	1711
Total Fat	21g
-Saturated Fat	2.1g
Sodium	73mg
Carbohydrates	38.1g
-Sugar	13.1g
Fibre	9.1g
Protein	12.5g

### Method

1. In a blender, process oats, almonds and apricots for 5 seconds, or until roughly chopped.
2. Pour the oat mixture, milk and 1 cup of water into a saucepan and stir to combine.
3. Bring to a gentle boil over medium high heat.
4. Reduce heat to medium and cook, stirring often, for 5 minutes or until thick and creamy.
5. Pour the mixture into serving bowls and enjoy.

# Guacamole

## Ingredients

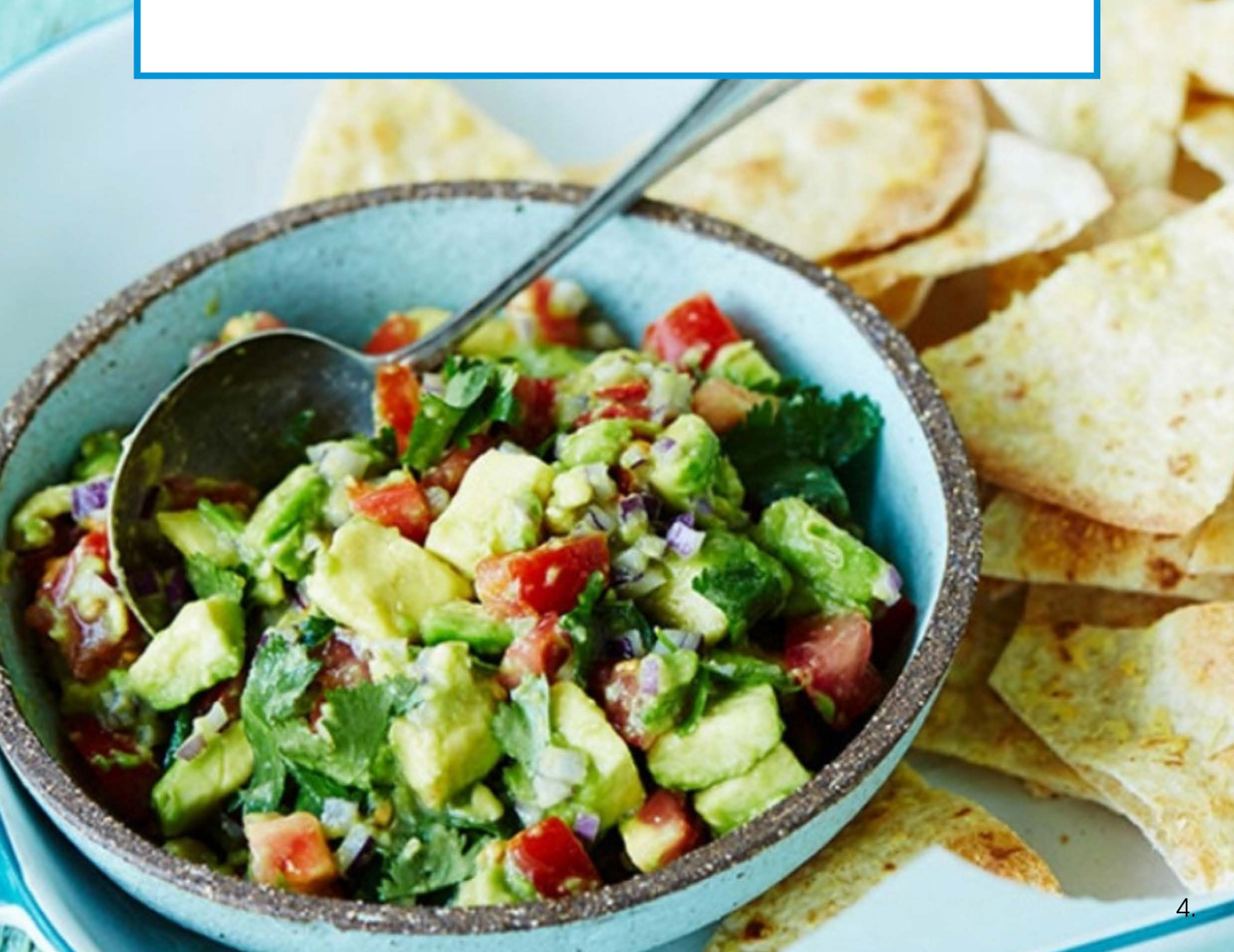
Serves 4

- 1 avocado, diced (300g)
- 1 vine-ripened tomato, diced (150g)
- ½ red onion, finely diced (75g)
- ½ cup (10g) fresh coriander leaves

Nutritional Information per serve	
Kilojoules	369
Total Fat	7.2g
-Saturated Fat	1g
Sodium	8.8mg
Carbohydrates	2.1g
-Sugar	1.8g
Fibre	5.1g
Protein	1.5g

## Method

1. Into a bowl, place the avocado (reserving the seed), add remaining ingredients, season with cracked pepper and mix to combine.
2. Place the seed back into the dip to help prevent discoloration, cover with cling wrap and refrigerate until needed.





## Parmesan & lime grilled corn

### Ingredients

Serves 4

- 4 corn on the cob (160g each), in husks
- 2 tbsp. (40g) butter, reduced-fat
- 1 tsp. (4g) lime zest
- 2 tbsp. (15g) finely grated Parmesan cheese

Nutritional Information per serve	
Kilojoules	986
Total Fat	11.6g
-Saturated Fat	6.4g
Sodium	206.7mg
Carbohydrates	20.4g
-Sugar	8.8g
Fibre	6.4g
Protein	9.5g

### Method

1. Preheat a grill to medium high heat.
2. Peel husks 2/3 down and tie with a piece of the husk. This will form a handle for gripping.
3. Soak corn husks in cold water for 10 minutes.
4. Meanwhile, blend butter and lime zest in a small bowl.
5. Grill the corn for 10 to 15 minutes turning once or twice.
6. Place on a serving platter and spread with butter mixture; sprinkle with Parmesan.
7. Season with sea salt and pepper before serving.

OPTIONAL: When adding lime to the butter, if you have it, add a pinch of chilli powder too. Not necessary, but very complimentary.

# Feta & beetroot salad

## Ingredients

Serves 4

- 200g mixed salad leaves
- 250g baby beetroot, cut in half
- 150g reduced-fat feta cheese
- 3 tbsp. (60ml) caramelised balsamic vinegar

## Method

1. Simply mix the salad, beetroot and crumbled feta together in a bowl.
2. Drizzle with the caramelised balsamic vinegar.

Nutritional Information per serve	
Kilojoules	882
Total Fat	7.4g
-Saturated Fat	4.7g
Sodium	610.4mg
Carbohydrates	22.4g
-Sugar	21.3g
Fibre	3.6g
Protein	11.1g





# Salmon pesto potato salad

## Ingredients

Serves 4

- 800g sweet potato, peeled and cut into even 4cm x 4cm chunks
- 4 x 180g salmon fillets
- 150g bag baby spinach
- 2 tbsp. (50g) basil pesto

## Method

1. Preheat oven 180°C.
2. Place the sweet potatoes on a baking tray and season with sea salt and cracked pepper.
3. Cook for 15 minutes or until tender.
4. After 5 minutes, place the salmon fillets on another baking tray, season with cracked pepper and bake for 10 minutes.
5. Remove both, place the cooked sweet potato into a large bowl, add the spinach and pesto and toss to combine.
6. To serve, place the delectable salad on a plate nestled next to a salmon fillet.

Nutritional Information per serve	
Kilojoules	2281
Total Fat	26.8g
-Saturated Fat	3.9g
Sodium	328mg
Carbohydrates	31.6g
-Sugar	13.3g
Fibre	6.3g
Protein	43.3g



# Italian Meatballs

## Ingredients

Serves 4

- 500g extra lean beef mince
- 1 egg (51 g)
- ¼ cup (72g) basil pesto, plus extra to serve
- 500g jar pasta sauce

## Method

1. Combine mince, egg and basil pesto.
2. Season then form in to 6cm meatballs.
3. In a non-stick frying pan over medium heat, add the meatballs and cook, turning, for 6 to 7 minutes until browned all over.
4. Reduce heat and add the pasta sauce, season, cover and simmer for 10 to 15 minutes.

OPTIONAL: Serve with a little dollop more of basil pesto and some freshly scattered Mozzarella and basil leaves. Serve with Smart Pasta (it's a brand) for twice the protein and 25% less carbohydrates than regular pasta.

Nutritional Information per serve	
Kilojoules	1384
Total Fat	15.6g
-Saturated Fat	3.8g
Sodium	886.1mg
Carbohydrates	12.5g
-Sugar	6.9g
Fibre	3.2g
Protein	33.3g





## Salmon patties

### Ingredients

Serves 4

- 3 eggs (51g each)
- 1 can (400g) pink salmon, drained and flaked (or tuna)
- 2 x 180g zucchini, grated, squeeze gently to remove excess liquid
- 1 x 130g turnip, grated

### Method

1. Into a large bowl, place all the ingredients and season with cracked pepper.
2. Stir well to combine.
3. Using damp or floured hands, roll the mixture into 12 cakes.
4. Refrigerate for 20 minutes.
5. Preheat the oven to 180°C. Line a baking tray with baking paper.
6. Place the cakes on the prepared tray and bake until golden, about 25 minutes, turning halfway through.

OPTIONAL: Serve with a fresh garden salad and wedge of lemon to drizzle.

Nutritional Information per serve	
Kilojoules	909
Total Fat	13.5
-Saturated Fat	2.6g
Sodium	141.7mg
Carbohydrates	2.8g
-Sugar	2.8g
Fibre	1.6g
Protein	28g

# Lemon raspberry bark

## Ingredients

Serves 4

- 3 cups (780g) Greek Yoghurt
- 2 tbsp. (40g) honey
- 1 lemon, zest and 1 tbsp. (20ml) lemon juice
- 1 punnet (125g) fresh raspberries

## Method

1. Line a rectangular 30 x 20cm baking tray with baking paper.
2. In a bowl mix together yoghurt, honey and lemon juice.
3. Pour the mixture across the prepared tray.
4. Dot with raspberries and lemon zest.
5. Freeze for at least 4 hours or until hardened.
6. Slice to enjoy.

Nutritional Information per serve	
Kilojoules	772
Total Fat	9.8g
Saturated Fat	6.3g
Sodium	76mg
Carbohydrates	14.8g
Sugar	14.7g
Fibre	0.9g
Protein	5.8g





# *4 Ingredients* More Diabetes **COOKBOOK**

Kim McCosker

All recipes in this eBook were sourced from 4 Ingredients More Diabetes. [To buy the whole recipe book click this link.](#)

Author Kim McCosker was 10 years old when her youngest brother was diagnosed with type 1 diabetes. “My family and I learnt to inject insulin on an orange and what to do if his blood glucose dropped too low,” she explains.

“His diagnosis completely changed our daily eating and drinking habits for the better.”

Kim wrote the cookbook for her brother, who never let having diabetes stop him from doing anything he wanted to do.

4 Ingredients More Diabetes was reviewed by Diabetes Victoria dietitians.

