

December 2024 Newsletter

Dickinson County

Diabetes Support Group

Memorial Health System



YOU'RE INVITED
To the Second Annual
HOLIDAY
COOKIE
EXCHANGE!

Cookies are a beloved holiday tradition, but they can be challenging for those managing diabetes since they tend to be high in carbohydrates, particularly sugar. As a group, we often talk about our favorite recipes and ways to make them more suitable for diabetics. This month, let's share some of our favorite diabetic-friendly cookie recipes with the group!

Please join us on December 3, 2024, for a little holiday fun and some yummy cookies!

Here are some simple guidelines:

- 1) All cookies should be diabetic friendly
- 2) Please bring at least 1 dozen to share
- 3) Print out copies of the recipe to share
- 4) Bring a container to carry away cookies at the end

The When and Where:

Dickinson County
Diabetes Support Group
meets the first Tuesday of
every month at 3:00 PM in
the Nichols Education
Center.

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center
2 - parking in the back)

Sugar Free Christmas Cookies

Source: sugarfreelondoner.com

Ingredients:

- 2.5 cups almond flour
- ½ cup powdered sweetener
- 2 egg whites large
- 2 teaspoon cinnamon
- 1 teaspoon ground coffee (optional)

Sugar-Free Icing

- ½ cup powdered sweetener
- 1 tablespoon water



Directions:

1. Preheat the oven to 300 degrees.
2. Beat the egg whites until they hold soft peaks. Slowly mix in the powdered sweetener until the mixture is stiff.
3. Add the almond flour and spices and stir until combined.
4. Form a dough ball and roll it out around ½ to 1 cm thick between 2 sheets of baking paper.
5. Place in the freezer to chill for around 15 minutes. This is an important step - it makes cutting out the dough much easier.
6. Remove from the freezer, lift the top baking paper sheet and use a cookie cutter to cut out shapes. Place on a baking tray lined with parchment paper.
7. Bake for about 12-15 minutes.
8. Let cool completely, then ice with sugar free icing - ½ cup powdered sweetener mixed with 1 tablespoon water.

Serving size: 1 cookie; Recipe Yield: 20 servings

Nutrition facts per serving: 76 calories, 6.6 g fat, 2 mg sodium, 2.6 g carbohydrate, 0.6 g sugars, 1.4 g fiber, 3.1 g protein.



For Information on Diabetes Support Group, please contact:
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