

# AI CookBook



*Your ultimate guide for sweet diabetic recipes*

# APPLE CIDER CHOCOLATE CHIP BARS



- 1. Preheat the oven.**
  
- 2. In a bowl, mix together:**
  - 1/2 cup apple cider or orange juice
  - 1 large egg, room temperature
  - 1/2 cup sugar
  - 2/3 cup light brown sugar
  - 1/2 tablespoon canola oil
  - 1 teaspoon baking powder
  - 1 teaspoon vanilla extract
  - 1/4 cup apple butter
  - 2/3 teaspoon peppermint extract
  - 1/3 teaspoon salt
  
- 3. Pour the mixture into a baking dish.**
- 4. Bake in the preheated oven for 30 minutes.**
- 5. Let it cool before serving.**



# CHEW CHOCOLATE CHIP OATMEAL COOKIES



- 1. Preheat the oven.**
  
- 2. In a bowl, mix together:**
  - 1/3 cup buttermilk
  - 2 large eggs, room temperature
  - 1/4 cup packed brown sugar
  - 1 cup quick-cooking oats
  - 6 tablespoons unsalted butter softened
    - 3/4 teaspoon baking powder
    - 2 teaspoon vanilla extract
    - 1/2 teaspoon ground cinnamon
    - 1/4 teaspoon salt
  - 3 ounces semisweet or bittersweet chocolate
  
- 3. Pour the mixture into a baking dish.**
- 4. Bake in the preheated oven for 30 minutes.**
- 5. Let it cool before serving.**



# CHOCOLATE OATMEAL MUFFINS



1. Preheat the oven.

2. In a bowl, mix together:

- 1 tablespoon light corn syrup blended with 3 tablespoons lukewarm water
  - 4 large egg whites
  - 1 cup granulated artificial sweetener
  - 2 cups quick-cooking oats
  - 2 cups butter melted
  - 1/4 tablespoon canola oil
  - 1 teaspoon baking soda
- 2 1/4 tablespoons unsweetened cocoa powder American-style or Dutch-process
  - 1/2 teaspoon vanilla extract
  - 1/4 teaspoon salt
- 2 1/4 ounces semisweet or bittersweet chocolate

3. Pour the mixture into a baking dish.

4. Bake in the preheated oven for 30 minutes.

5. Let it cool before serving.

