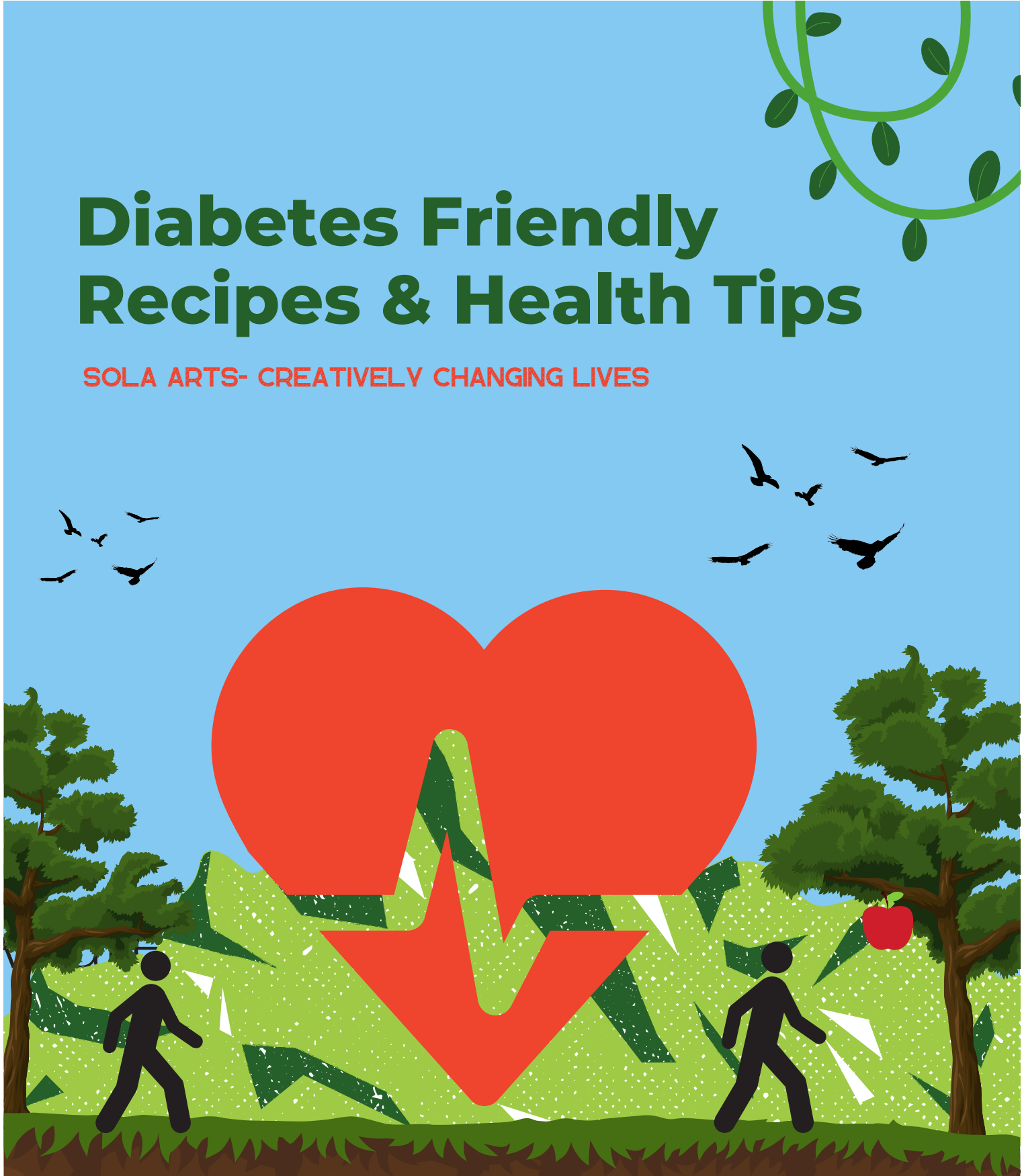


# Diabetes Friendly Recipes & Health Tips

SOLA ARTS- CREATIVELY CHANGING LIVES



We hope you enjoy this booklet as much as  
we enjoyed creating it :)



Use the QR code to see videos  
from contributors



[www.solaarts.org](http://www.solaarts.org) / [info@solaarts.org](mailto:info@solaarts.org)

This booklet is the result of a project at SOLA Arts by a fantastic group of people who have been exploring diabetes, food, nature, growing and how to live healthier. The project has involved over 20 people from different countries with 10+ languages from around the world, meeting at SOLA weekly for creative growing, art group and ESOL.

People have learnt how to grow and forage food and have responded creatively. We have explored what different foods do to your body and how healthier lifestyles can prevent type 2 diabetes. The project has also supported people with diabetes and we've had great fun.



It got us physically active and out in the countryside, in the local community, our parks and outdoors generally. In our community garden we do lots of creative activities and link with nature. Going out into the countryside we were able to go on two foraging trips and explored mushrooms, herbs, plants fruits and other things that we can eat and use for healthy food and lifestyle.

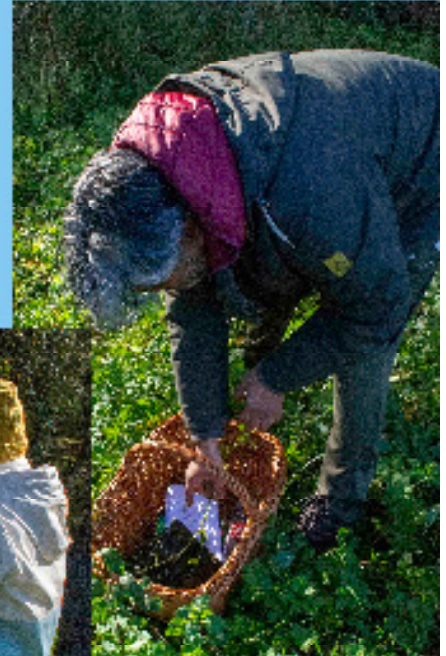
# Contents



**THIS BOOKLET IS FULL OF  
RECIPES, TOP TIPS FOR  
HEALTHY EATING,  
EXPLORING FORAGING,  
WORD SEARCH  
AND MORE...**



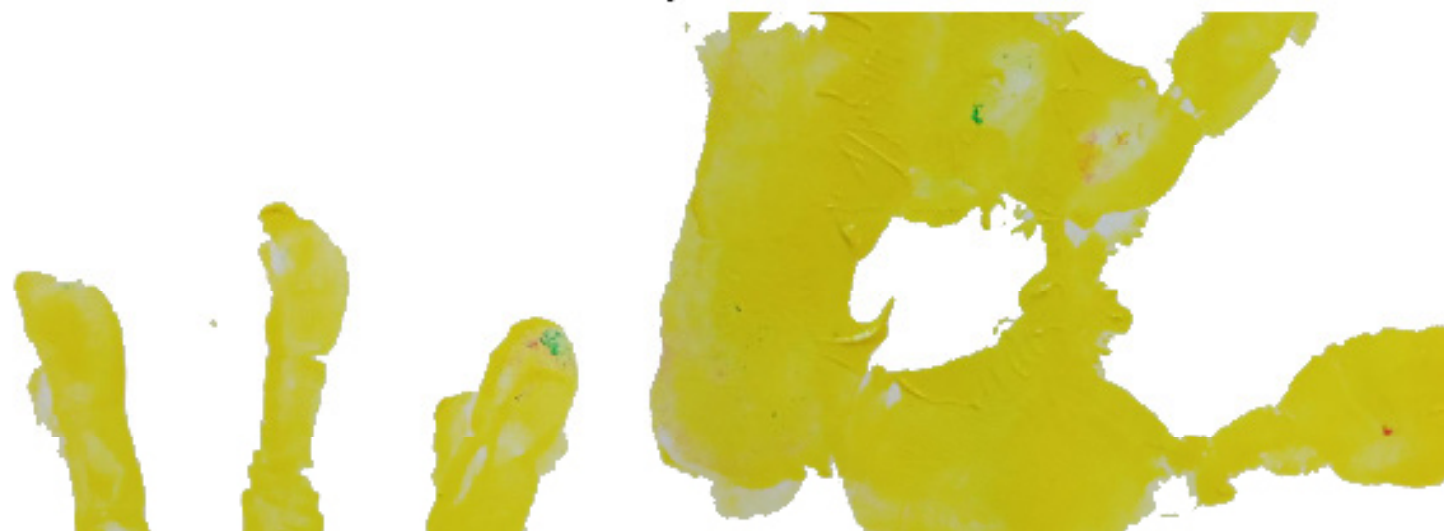
# OUR SECOND FORAGING TRIP



# Helping Hand Guide



Your hand can be used as a great way to work out portion sizes!



Your hand is consistent in size and means your portions will also be consistent. This is a great way to track calories, nutrients and healthy choices!





# How to grow carrots



## How to grow carrots:

**Sow carrots in March - June**

**They like well drained soil. We grew ours in deep pots.  
Thin out the seedling once they have germinated  
Water regularly You will get carrots in 14-16 weeks.**

## Health benefits of eating carrots

**Carrots contain carotenoids which are good for skin health and our immune systems. They also contain vitamin C which helps our immune system too.**

**Carrots contain fibre, which helps us feel fuller for longer. This also helps with diabetes type 2 management.**

## Carrots & Hummus

**Swapping carrots and hummus for crisps as a snack will leave you fuller for longer, and provide protein and fibre.**

# Persian Soup

## Ingredients (Serves 4)

- 3 tbsp olive oil
- 4 onions, 2 roughly chopped, 2 thinly sliced
- 2 tsp ground turmeric
- 3 garlic cloves, finely chopped
- 400g tin chickpeas, drained
- 100g/3½oz small brown lentils
- 400g tin haricot beans, drained
- 1 litre/1¾ pint vegetable stock
- 40g/1½oz butter
- 100g/3½oz linguine or Iranian reshtey noodles
- 200g/7oz spinach
- 30g/1oz fresh parsley
- 20g/¾oz fresh coriander
- 15g/½oz fresh mint
- 2 x 250ml/9fl oz tubs soured cream

## Method

- Heat the olive oil in a pan and fry the onions for 5 minutes. Add the turmeric, garlic and cook for another 5 minutes.
- Add the chickpeas, lentils and haricot beans to the onions and pour in the stock. Leave for 30 minutes, stirring.
- When the beans have simmered for 30 minutes, add the noodles to the pot and cook for a further 10 minutes.
- Roughly chop the spinach, along with the parsley, coriander and mint.
- Stir the spinach and herbs into the noodles and beans. You can add soured cream and more onions on top when ready to eat.



# Rosehip & Orange Vinegar

## What you will need:

20-30 rosehips approx

1 Orange

4-6 Bamboo skewers

- collect rosehips, these can be bought or foraged for.
- prick the rosehips with a pin twice
- peel and cut orange rind
- push pieces of onto a bamboo skewer
- Put the skewer into sterilised bottle or jar and pour over white wine vinegar
- leave to infuse for 2 weeks before use

Rosehips are said to have 20 times more vitamin C than oranges .





# Salad

## Chop

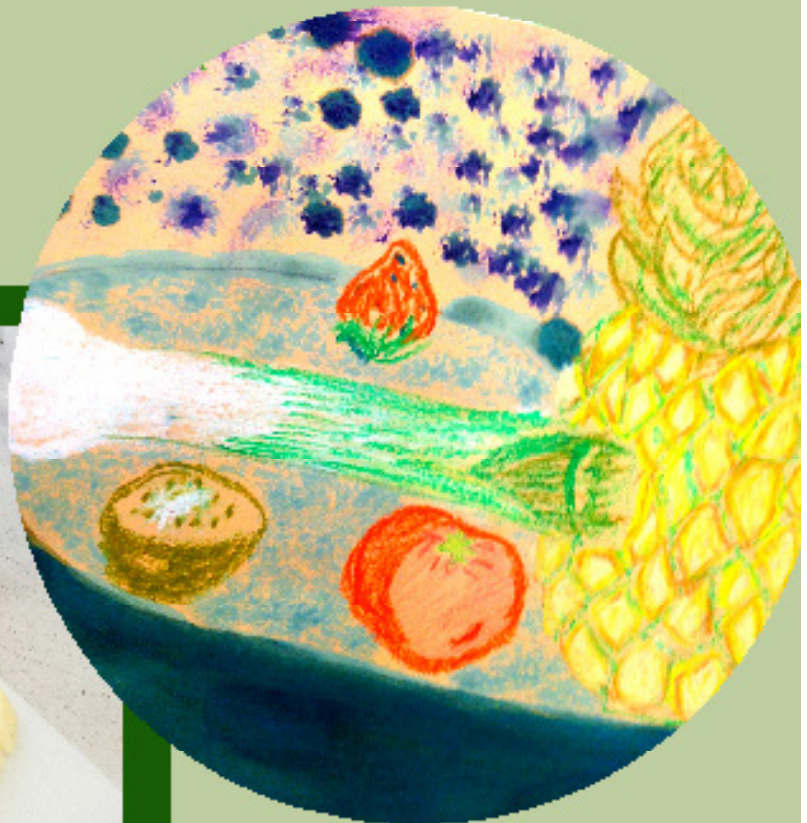
Lettuce  
Tomato  
Basil  
Cucumber  
Cabbage  
Carrot  
Onion

## Add

Beetroot  
Sweetcorn  
Pomegranate  
Tuna or Meat

## Dress with

Lemon Juice  
Vinegar  
Sea Salt  
Pepper  
Sumac  
Olive Oil or Corn oil






# Lemon Scrub

## Ingredients

- the left over lemon from your hummus recipe, zest and juice from a lemon
- 1 cup of sugar or salt to make the scrub
- 2 tablespoons of olive oil or coconut oil

## Method

- juice and zest 1 lemon.
- Pour sugar or salt into a bowl, add in the oil, lemon juice and zest. Mix well.
- store in an airtight container in the fridge.



Skin care is really important for people with diabetes. Looking after yourself, reducing stress, and relaxing can help prevent this. Washing with warm water and moisturising is recommended.

Looking after yourself and reducing stress, and relaxing can help prevent this.

This would also make a nice gift, just put scrub in a jar and decorate with ribbon etc.

**This should not be used on sensitive, dry or irritated skin.**

# Helping Hands

This hand shows the different portion sizes for protein and fat in a meal.

Your thumb, from the knuckle to the tip of your finger nail, is a way to measure oil/nuts/fats.

Protein, such as meat or fish, should be no bigger than the size of your palm.



**Protein**

**Fat**

# Spaghetti with meat.

## Ingredients:

- 2 portions spaghetti
- 1 large onion diced
- 1 chicken stock cube
- 250g ground beef (mince meat)
- 2 tea spoons olive oil
- 1 tin of tomatoes



## Method:

- Put the spaghetti in boiling water to soften, 5-6 minutes.
- Meanwhile fry the onion until soft and transparent, and then add the meat and stir until cooked through.
- Add the spaghetti and finally the tomatoes, and chicken stock cube and let it simmer for 10 minutes. Add more water if necessary
- Season to taste. Enjoy !

# Regrowing Celery

We kept the stump from the celery we used in the celery and apple soup.



Place stump in a suitable sized container and leave it in water to grow leaves and roots.

You can plant it in soil when it gets bigger.

The leaves can be used in recipes to add the flavour of celery.

Celery is a good source of both soluble and insoluble fibre, so is filling and good for digestion. It contains vitamins and minerals, including potassium and calcium, which are important for heart health. It also contains folate, for embryo health and Vitamin K, for blood clotting.

# Foraging experience

A HEALTHIER WAY TO ENJOY FOOD



We went on a foraging trip last year, it was a unique experience. It is true that you should watch what you eat if you want to live a longer and healthier life.



So, apart from walking in the forest which is good exercise, we learned that there is edible food even on the ground.

From mushrooms and edible leaves to fruit like figs, we found a lot of ingredients which we cooked our lunch with later that day.



FORAGING

# Turkish Tabbouleh

## Ingredients

- 2 dessert spoons sunflower oil
- 2 dessert spoons olive oil
- 1 1/2 cup fine white bulgar wheat
- 2 tablespoons double concentrate tomato paste
- Hot pepper paste to taste
- 1 teaspoon of ground cumin
- 1 teaspoon of chilli powder
- 1 cup chopped parsley
- 1 small diced onion
- 2 cups of boiling water



## Method

1. Put the sunflower oil in a pot and let it heat, adding the chopped onion and cooking until it turns a golden colour.
2. Add tomato paste and pepper paste while mixing it all together.
3. Add boiling water, cumin, chilli powder and bring to the boil while mixing for 3 minutes.
4. Turn off the hob and add the bulgar wheat and olive oil, mixing well.
5. Cover the mix for one hour.
6. After this time, add the chopped parsley.
7. The texture should be like dough, shape it like a kebab.
8. Enjoy!

# spinach soup

## Ingredients

- 1 handful spinach
- 1/2 cup rice
- 2 eggs
- 1 chopped onion
- Garlic - to taste
- 2 tomatoes chopped
- 1 potato chopped
- A pinch of salt
- 1 litre water
- 1 vegetable stockcube



## Method

- Put the water and stock cube in the pan and bring to the boil
- Add onion, garlic and tomato.
- Then add the rice with the potatoes.
- Crack the eggs and whisk them in continually till cooked
- Finally add the spinach and cook for 15 minutes, add salt to taste.





# Helping Hands

A serving of carbs = A cupped hand



This could include grains, legumes,  
a medium piece of fruit.

Hands scale with the individual.

Taller people may need more food, and have bigger hands, therefore eating larger portions. Smaller people need less food, and have smaller hands, therefore smaller portions.



# Calendula Tea

Calendula tea is a healthy option to substitute in the place of any other hot drink, for example black tea or coffee.



Calendula tea has some incredible benefits such as antioxidants and anti-inflammatory effects. Calendula is full of carotenoids and flavonoids. It may help you to relax and get you to sleep as well as relieve stress. It can also be used as a face toner, to improve skin health and may relieve muscle fatigue or soreness.

A few studies indicate that calendula may improve heart health. We may use calendula tea to relieve sore throats, blisters, inflamed gums, or thrush. Drinking the tea could help with gastric ulcers, congested lymph nodes and may help break a fever by causing a sweat.

**It is not recommended for pregnant women.**





# Foraging Trip

Last year we went on a foraging trip, with a professional forager, who knows about the different foods and where we can find them in a natural environment.

We felt very free with a lot of trees and good air, free of pollution. It's a relaxing experience where you can learn about different foods, for example, different mushrooms, leaves, and fruits.

We found some animals, like ducks, squirrels and insects. I remember trying to photograph a squirrel which was a funny experience because the squirrel modelled for me.



# BLACKBERRY VINEGAR



## To make the vinegar:

We went for a walk to pick our blackberries in the local park. You could also buy blackberries from a local shop, Farmers market, or supermarket.

After the berries are thoroughly washed, put them into a sterilised glass bottle or jar.

Pour over the white wine vinegar until the berries are covered and leave this to infuse for at least 2 weeks in a cool, dark place.





# Hummus

## Ingredients

- 400g tin of chickpeas
- 1 Lemon
- Tahini
- 2 Garlic cloves
- Olive oil

## Method

- Add 400g tin of chickpeas, drained and rinsed, to a bowl with ½ lemon juiced, and 2 tablespoons of tahini.
- Blend this together with garlic and olive oil.
- Add more lemon juice if wanted.
- Drizzle olive oil on the top

**\* Why not try adding: smoked paprika, cumin, or other herbs and spices to your taste.**

**Paprika has many great benefits for the body, preventing inflammation and improving blood sugar levels.**



# Apple and Celery Soup

## Ingredients

- 1 large cooking apple
- 2 sticks celery
- 1 onion chopped
- 1 small potato chopped
- 1 teaspoon of oil
- Vegetable stock cube
- 1 litre water



## Method

- Fry onion in oil until soft in a pan
- Add water and stock cube to the pan, bring to the boil
- Add celery and apple
- Simmer for 30 mins or until the vegetables are soft



BLEND

\* Add: chopped parsley at the end to decorate if desired





# Healthy Food

B	A	K	A	P	R	I	C	O	T	S	K	U	C
R	R	B	R	L	C	O	D	N	L	L	S	M	H
E	T	R	A	E	R	L	N	A	U	I	N	T	E
A	I	O	S	M	A	T	S	I	P	V	M	W	R
D	C	C	P	O	N	R	Q	L	O	P	O	E	R
O	H	O	B	N	B	G	U	Y	V	N	L	U	Y
P	O	L	E	C	E	B	A	N	A	N	A	E	T
S	L	L	R	B	R	F	S	F	M	C	V	S	O
A	E	I	R	X	R	P	H	L	I	R	O	E	M
L	S	M	Y	N	Y	D	D	O	L	A	C	C	A
M	Y	O	G	U	R	T	I	Q	K	B	A	H	T
O	A	H	S	P	I	N	A	C	H	P	D	E	O
N	X	F	I	G	A	R	L	I	C	A	O	E	V
M	D	C	P	L	S	H	E	L	L	F	I	S	H
I	N	C	A	N	T	A	L	O	U	P	E	E	Q
P	E	A	N	U	T	S	M	G	I	N	G	E	R

MILK  
YOGURT  
APPLE  
BANANA  
BROCOLLI  
CHERRY  
CHEESE  
BREAD  
APRICOTS

AVOCADO  
CANTALOUPE  
RASPBERRY  
TOMATO  
CRANBERRY  
LEMON  
LIME  
FIG  
ONION

ARTICHOLES  
GINGER  
SPINACH  
SQUASH  
GARLIC  
PEANUTS  
SHELL FISH  
SALMON  
CRAB



# Benefits of foraging



Foraging is major way of getting free and fresh food, which are packed with nutrients. You may get into the habit of tasting new things (plants, herbs, wild fruits), and learning about different types of wild food.

Foraging can help to reduce food bills and may help cooking skills and adventurousness in the kitchen. It can give you the opportunity to get out of the house, care for the environment and enjoy free time in the fresh air, reducing stress and getting exercise whilst having fun!

All these benefits are great for helping to control Type 2 Diabetes.



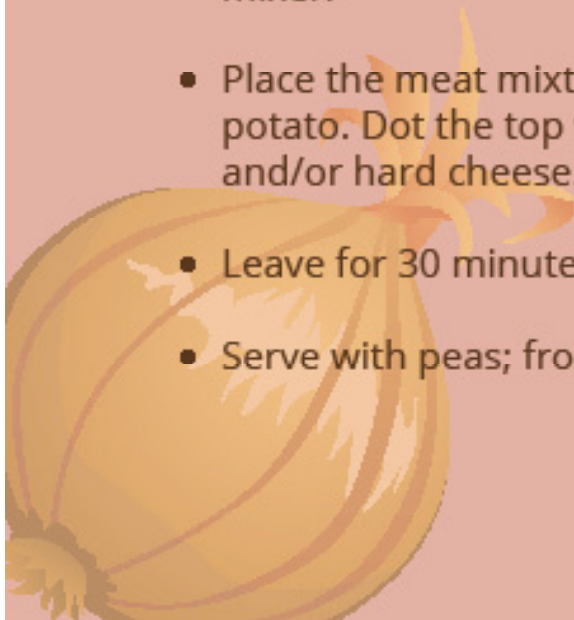
# Low Fat Tasty Cottage Pie

## Ingredients

- 150g lean minced meat; Lamb or Beef (preferably 5% fat)
- 2 large carrots peeled and chopped into bit-size chunks
- 150 ml stock; vegetable, beef or lamb stock cube
- 1 very large or 2 medium white onions finely chopped
- 1 large stick or 2 small sticks of celery; chopped
- 3 cloves of garlic (optional)
- 1.5 kilo potatoes, cut in to medium sized pieces

## Method

- Fry the onion until softened , then add the meat and cook until no longer red.
- Put the stock cube into the water to dissolve it
- Put the stock into a large pan, add the carrots, meat, onions, celery, and garlic. Cook for 15 minutes.
- Add the potatoes to a large pan and boil for 15-20 minutes until soft.
- Mash the potatoes with a potato masher or hand-held electric mixer.
- Place the meat mixture in an oven dish, top with the mashed potato. Dot the top with a small amount of butter/margarine, and/or hard cheese.
- Leave for 30 minutes in the oven at gas mark 6 or 190 electric.
- Serve with peas; frozen or tinned.



We really hope that you enjoy the recipes and that you explore and understand more about healthier lifestyles, understand more about ways to step developing or managing Type 2 Diabetes.

We also hope this booklet gives ideas for how you can improve your quality of life.



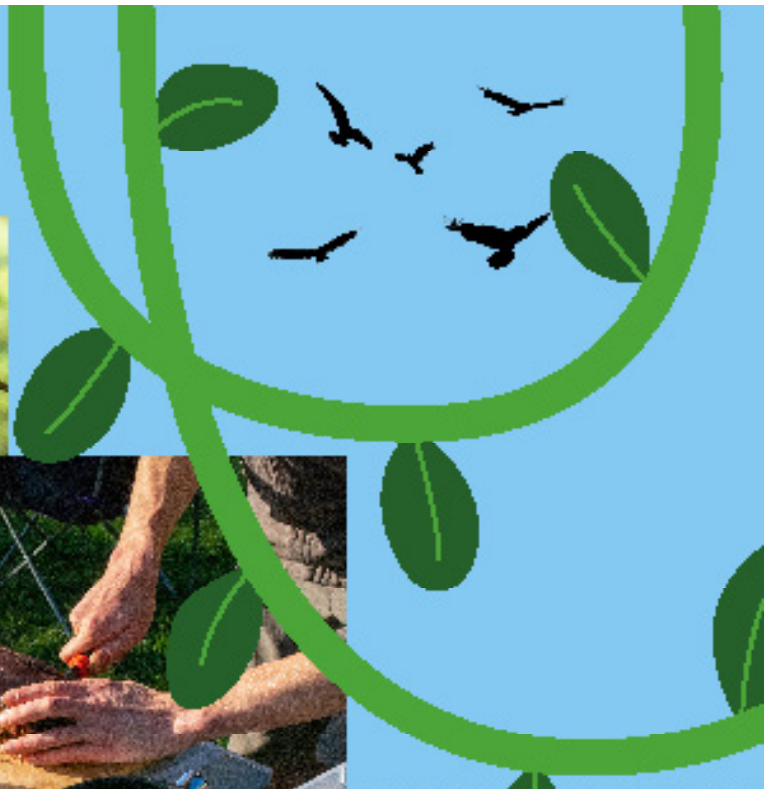
With special thanks to everyone who got involved;

Rosie, James, Jimmy, Marta, Olga, Jocelyn, Farida, Roya Z, Enma, Cristina, Jaime, Mohammad, Raouf, Susan, Mohamed, Jamil, Mohammedain, Sheila, Manuel, Flor, Carlos, Karen, Dastan, Omed, Mohammed, and all the families at SOLA.

Thanks also to the SOLA Staff and Volunteers who have made this happen; Laura, Ouerdia, Alix, Mervat, Tony, Shumon, Roya M Z, Catherine and Adele.

Finally, thanks to support from; Liverpool Clinical Commissioning Group, the Directions project (ESF and DWP), ERathbone Trust, JMF and LCVS.

# FORAGING TRIP LUNCH



We have also been working alongside Mahmud, who we know as Mr Falafel Man. Mahmud has a food van that serves pretty healthy foods. He has been working with us for this project to create diabetes friendly recipes, particularly with his falafels, thinking about portion sizes and what goes into his falafel wrap.

We are joining Mahmud and his falafel van in Kensington, Anfield and Toxteth sharing falafels and this booklet with people from the local communities.

You might of had a free falafel from us on our tour with Mahmud in March 2022. If you've missed us, why not try out one of Mahmud's diabetes friendly falafels or other tasty snacks. Here's where he is in the week:

## Mahmud's Falafel Van Timetable

Mon-Thurs = Kensington Lidl 11 am- 6pm

Fri-Sat = Mulgrave Street Mosque 11 am- 6pm

