



Supporting people living with diabetes

# The Glucerna Recipe Book

Recipes with ingredients for your health and enjoyment!

 **Abbott**  
life. to the fullest™



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For more information and recipes  
visit [glucerna.com.au](http://glucerna.com.au)

# What is Glucerna?

GLUCERNA IS LOW GI AND CAN BE ADDED TO YOUR FAVOURITE MEALS\*†

Maintaining steady blood glucose levels can help you stay ahead of the curve!

## Glucerna contains:

-  A slow-release carbohydrate blend to help manage blood glucose levels<sup>2-4</sup>
-  A unique fat blend to help support a healthy heart<sup>5</sup>
-  4x Myo-Inositol†, which has been shown to support insulin sensitivity<sup>1,6-8</sup>
-  Key nutrients to help support immunity<sup>1,9</sup>
-  Prebiotic fibre to support gut health<sup>1,10,11</sup>

\*Formulated to support people living with diabetes or impaired glucose tolerance, as part of a diabetes management plan including diet and exercise.†

†Compared to Glucerna S434 per serving.

**References:** 1. Glucerna® Product Label. 2. Dávila LA, et al. *Nutrients*. 2019;11(7):1477. 3. Devitt A, et al. *J Diabetes Res Clin Metab*. 2012;1(1):20. 4. Mottalib A, et al. *Nutrients*. 2016;8(7):443. 5. West SG, et al. *Diabetologia*. 2005;48:113–22. 6. Bevilacqua A, et al. *Int J Endocrinol*. 2018;2018:1968450. 7. Dang NT, et al. *Biosci Biotechnol Biochem*. 2010;74(5):1062–7. 8. Yamashita Y, et al. *J Agric Food Chem*. 2013;61 (20):4850–4. 9. Eat Right. Support Your Health With Nutrition. 2019; Available at: <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>. Accessed: 4 May 2021. 10. Sabater-Molina M, et al. *J Physiol Biochem*. 2009;65(3):315–28. 11. Fasting N, et al. *J Am Coll Nutr*. 2008;27(2):356–66.



# Glucerna Liquid Recipes



# Green Power Smoothie made with low GI ingredients

**Preparation time**  
2 minutes

**Cooking time**  
3 minutes

**Serves**  
Serves 1

## Ingredients

- 220 ml Glucerna Vanilla Liquid
- 2 cups baby spinach
- 1 small frozen banana
- 2 tsp chia seeds

## Method

1. Blend ingredients in a blender. Enjoy!

Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
302 cal	14 g	9 g	1 g	37 g	15 g	9 g	260 mg





# Iced Mock Shake made with low GI ingredients

**Preparation time**  
2 minutes

**Cooking time**  
3 minutes

**Serves**  
Serves 1

## Ingredients

- 220 ml Glucerna Vanilla Liquid
- 1 tsp instant coffee (more if you like it stronger)
- 1/3 cup natural yoghurt
- 2 tsp cocoa powder
- 1 tsp natural sweetener (e.g. Stevia)
- 1/2 cup crushed ice

## Method

1. Blend ingredients in a blender. Enjoy!

### Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
297 cal	14 g	14 g	5 g	27 g	11 g	3 g	230 mg

# Lemon & Chia Seed Loaf made with low GI ingredients

**Preparation time**  
10 minutes

**Cooking time**  
45-50 minutes

**Makes**  
Makes 10 slices

## Ingredients

- 2 cups almond flour
- 2 tsp baking powder
- ¼ cup chia seeds
- 2 eggs, whisked
- 220 ml Glucerna Vanilla Liquid
- ¼ cup honey\*
- ¼ cup olive oil
- Rind and juice of 2 lemons

## Method

1. Preheat your oven 180°C. Line or grease a loaf tin and set aside for later.
2. In a large bowl, combine all ingredients together and mix well until no lumps remain and a thick batter forms.
3. Pour the batter into the lined/greased loaf tin. Place in the middle of your preheated oven and bake for 45-50 minutes or until a knife inserted in the centre comes out clean.

*\*Pure floral honey varieties such as iron bark, red gum, stringy bark, yapunya and yellow box have a low glycaemic index (GI); more common blended honeys have a medium GI.*

Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
255 cal	7 g	20 g	2 g	11 g	9 g	4 g	68 mg





# Tzatziki Dip made with low GI ingredients

**Preparation time**  
10 minutes

**Refrigeration time**  
1 hour

## Ingredients

- 100 ml Glucerna Vanilla Liquid
- ½ small Lebanese cucumber
- 1 cup thick whole milk Greek yoghurt
- 1½ tbsp fresh lemon juice
- 2 garlic cloves, grated
- ½ tsp sea salt
- 1 tbsp chopped dill
- ½ tbsp olive oil

## Method

1. Grate the cucumber into a bowl. Squeeze the liquid out of the grated cucumber directly over the sink to discard the liquid.
2. Add the remaining ingredients together in the bowl and stir.
3. Refrigerate for 1 hour before serving.

## Nutrition Information

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
482 cal	19 g	31 g	15 g	29 g	20 g	4 g	808 mg



# Lemongrass Chicken Curry with Chilli & Lime, made with low GI ingredients

## Preparation time

10 minutes

## Cooking time

20 minutes

## Serves

Serves 5

## Ingredients

- 500 g sliced chicken breast
- 1 large red capsicum, thinly sliced
- 1 cup frozen peas
- 1 cup salt-reduced chicken stock
- 300 ml low-fat coconut milk
- 100 ml Glucerna Vanilla Liquid
- Juice of 1 lime
- 1 tbsp fish sauce
- 2 tsp olive oil

## Curry Paste

- 4 garlic cloves, chopped
- 2 x 2 cm chunk ginger, chopped
- 2 lemongrass stalks, bashed (to enhanced flavour) and chopped
- 2 red chillis (medium heat), diced
- 1 brown onion, diced

## Method

1. To make the curry paste, blend paste ingredients together in a food processor.
2. Add oil to a pan on medium heat and stir fry the chicken until browned in spots or cooked through, about 5-8 minutes. Transfer the chicken to a plate and set aside.
3. Using the same pan on medium heat, fry the curry paste for 2 minutes, then add the capsicum and cook until softened, about 2 minutes. Add the chicken back in, the chicken stock, coconut milk, Glucerna Liquid, peas, lime juice and fish sauce and stir until evenly combined.
4. Simmer on low heat for 15 minutes. Remove from heat.

## Serving suggestion

Serve with basmati or brown rice



### Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
225 cal	27 g	7 g	4 g	10 g	7 g	5 g	505 mg

# Glucerna Powder Recipes





# Healthy Chocolate Ricotta Mousse with low GI ingredients

**Preparation time**  
10 minutes

**Refrigeration time**  
30 minutes - Overnight

**Serves**  
Serves 4

## Ingredients

- 1 cup ricotta cheese
- ¼ cup natural yoghurt
- 10 scoops Glucerna Chocolate Powder
- 1 tsp unsweetened cocoa powder
- 1 punnet (125 g) fresh raspberries

## Method

1. Form mousse by blitzing ricotta, yoghurt, cocoa powder and Glucerna Powder in a blender or food processor.
2. Scoop mousse into 4 small cups and refrigerate for at least 30 minutes or refrigerate overnight.
3. Top with raspberries before serving.

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
251 cal	13 g	13 g	6 g	19 g	9 g	4 g	242 mg

# Chocolate Banana 'Nice' Cream with low GI ingredients

**Preparation time** 3 minutes      **Cooking time** 7 minutes      **Serves** Serves 1

## Ingredients

- 1 small frozen banana
- 30 ml milk
- 3 scoops Glucerna Chocolate Powder
- 1 tsp shredded coconut (for garnish)

## Method

1. Blend banana, Glucerna Powder and milk in a blender until it forms a smooth ice-cream texture. You may need to stop and scrape down the sides of the blender. Do not overmix.
2. Garnish with shredded coconut.

### Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
241 cal	8 g	8 g	2 g	32 g	15 g	5 g	156 mg





# Creamy Avocado Smoothie with low GI ingredients

**Preparation time**  
2 minutes

**Cooking Time**  
3 minutes

**Serves**  
Serves 1

## Ingredients

- 5 scoops Glucerna Vanilla Powder
- 1 cup low-fat milk
- ½ small avocado
- ½ frozen banana
- 1 cup crushed ice

## Method

1. Blend ingredients in a blender. Enjoy!

### Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
464 cal	21 g	19 g	4 g	49 g	25 g	9 g	308 mg

# Chocolate Raspberry Cheesecake with low GI ingredients

**Preparation time**  
20 minutes

**Setting time**  
Overnight

**Serves**  
Serves 8

## Ingredients

- 10 scoops Glucerna Chocolate Powder
- 250 g low-fat cream cheese
- ½ cup natural yoghurt
- 1 cup fresh raspberries
- 1 tsp vanilla extract
- 2 tbsp cocoa powder
- 100 g dark chocolate (>60% cocoa), melted
- 2 tsp unflavoured gelatine powder
- ¼ cup water

## Method

1. In a small, heat-safe bowl, place the water and sprinkle the gelatine evenly on top. Mix to combine well, allow the mixture to sit for a few minutes until the gelatine swells. Place the bowl in a saucepan of barely simmering water and leave until the gelatine has completely dissolved and turned transparent. Note: Boiling destroys gelatine’s ability to set. Set the gelatine aside to cool.
2. In a large bowl using an electric mixer, beat the cream cheese, yoghurt, Glucerna Powder, cocoa powder, vanilla extract and melted chocolate together. Scrape down the sides as needed. While still mixing, slowly pour in the gelatine mixture, and continue to mix until smooth.
3. Pour the batter into a small 20 cm round pan. Smooth the top out with a spatula. Add the raspberries on top and gently press them into the mixture.
4. Place the pan in the refrigerator and let it set overnight.

Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
236 cal	7 g	15 g	9 g	16 g	8 g	3 g	198 mg





# Chocolate Coconut Muffins with low GI ingredients

**Preparation time**  
5 minutes

**Cooking Time**  
10 minutes

**Serves**  
Makes 6 muffins

## Ingredients

- ¾ cup light coconut milk
- ½ cup almond meal
- 6 scoops Glucerna Chocolate Powder
- ⅓ cup dark chocolate chips
- 2 tbsp shredded coconut
- 1 egg
- 1 tbsp cocoa powder
- 1 tsp baking powder

## Method

1. Preheat the oven to 200°C.
2. Use spray oil to lightly line a muffin/cupcake tray.
3. Mix all ingredients in a bowl, leaving a small amount of coconut to sprinkle on top of each muffin.
4. Divide batter evenly amongst 6 muffins. Sprinkle remaining coconut on top.
5. Bake in the oven for 10–12 minutes or until a skewer comes out clean. Leave to cool for 5 minutes before serving.

Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
188 cal	5 g	8 g	5 g	20 g	7 g	3 g	199 mg

# Chai & Pistachio Panna Cotta with low GI ingredients

**Preparation time** 10 minutes      **Chilling time** 3-4 hours      **Serves** Serves 4

## Ingredients

- 5 scoops Glucerna Vanilla Powder
- 100 ml milk
- 2 leaf gelatine sheets
- 200 g natural yoghurt
- 175 ml buttermilk
- 1 tsp vanilla bean paste
- ½ tsp dry chai spice mix
- 20 g natural sweetener (e.g. Stevia)
- ¼ cup pistachios, finely chopped

## Method

1. Gently heat the milk in a pan until it steams, about 2 minutes.
2. Soak the gelatine in a bowl of cold water until floppy, then drain and squeeze out excess water.
3. Take the milk off the heat, then stir in the gelatine until dissolved. Cool slightly, then stir in the yoghurt, buttermilk, vanilla bean paste, chai spice mix, sweetener and Glucerna Powder.
4. Pour the milk mixture into 4 small glasses. Chill for 3-4 hours and top with crushed pistachios before serving.

Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
204 cal	10 g	10 g	3 g	19 g	13 g	2 g	118 mg







# Roasted Eggplant & Chickpea Curry with low GI ingredients

**Preparation time**  
10 minutes

**Cooking Time**  
35 minutes

**Serves**  
Serves 5

## Ingredients

- 3 scoops Glucerna Vanilla Powder
- 2 small eggplants, cubed
- 400 g can chickpeas
- 400 g can diced tomatoes
- 400 ml can low-fat coconut milk
- 4 tbsp yellow curry paste
- 4 garlic cloves, finely chopped
- 1 onion, finely chopped
- 1 tbsp olive oil

## Method

1. Preheat the oven to 200°C. Place eggplant on a lined baking tray, drizzle with ½ tablespoon olive oil and place in the oven for 15 minutes.
2. Meanwhile, in a large saucepan, heat ½ tablespoon of oil over medium heat, add the onions and garlic, and fry for 3–4 minutes or until onions are golden brown, stirring occasionally.
3. Reduce heat to low. Add the diced tomatoes, coconut milk, chickpeas and yellow curry paste and stir.
4. Add the eggplant and simmer for 20 minutes. The sauce should reduce and thicken slightly.
5. Remove from heat and add the Glucerna Powder and stir to combine.

## Serving suggestions

Serve with basmati or brown rice and coriander.

Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
239 cal	7 g	13 g	6 g	20 g	9 g	8 g	411 mg

# Asian Meatballs with low GI ingredients

**Preparation time**  
20 minutes

**Cooking time**  
10-12 minutes

**Makes**  
Makes 30 meatballs

## Ingredients

### Meatballs

- 3 scoops Glucerna Vanilla Powder
- 500 g chicken mince
- 1 tbsp minced garlic
- 2 tsp minced fresh ginger
- 2 tbsp low-sodium soy sauce
- 1 egg, lightly beaten
- 1 cup almond flour
- 1 bunch coriander, finely chopped

### Dipping Sauce

- 2 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 2 tsp sesame seeds

## Method

1. Preheat oven to 180°C
2. In a large bowl, mix together meatball ingredients until well combined. Using wet hands, shape into balls, making approximately 30 meatballs. Place them on a greased baking dish and spray them with oil.
3. Bake for 10-12 minutes, or until meatballs are golden on the outside and no longer pink on the inside.
4. While the meatballs are baking, whisk together all of the sauce ingredients until blended.
5. Serve the meatballs with the dipping sauce.

## Serving suggestions

Serve with basmati rice and steamed greens or in lettuce cups.

Nutrition Information - Per 5 meatballs

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
269 cal	23 g	16 g	3 g	8 g	2 g	3 g	308 mg





For more information and recipes  
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Glucerna is available in your local pharmacy in Vanilla  
and Chocolate Powder and Vanilla Liquid.



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**Food for Special Medical Purposes. Use only under medical supervision.**

Please note that when cooking with Glucerna there may be minor loss of some nutrients.

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