

Recipes for Cooking Demo on Feb 11, 2026

Greek Yogurt Chocolate Mousse

Recipe from: <https://diabetesfoodhub.org/recipes/greek-yogurt-chocolate-mousse>

6 servings of Heaping 1/3 cup with 1/3 cup raspberries and 1 tbsp whipped topping

Ingredients:

6 mini sugar-free dark chocolate bars (chopped)

2 cups, Plain Nonfat Greek yogurt (non-fat)

2 tbsp honey or 4 packets artificial sweetener

1 tsp vanilla extract

1/4 cup skim milk

6 tbsp whipped topping (non-fat)

2 cup fresh raspberries

Instructions:

1. Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.
2. In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more, then add the chocolate, a small amount at a time, beating in between additions.
3. Once all of the chocolate is mixed into yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping

Spinach Yogurt Dip

Recipe from: <https://diabetesfoodhub.org/recipes/spinach-yogurt-dip>

24 servings of 2 Tbsps.

Ingredients:

- 1 cup Plain Nonfat Greek yogurt (non-fat)
- 1 cup frozen spinach (thawed and squeezed dry, chopped)
- 1 cup ranch-flavored salad dressing powder mix

Instructions:

1. In a food processor or blender, puree the cottage cheese. Add to a medium bowl.
2. Add the yogurt, spinach and ranch dressing powder and whisk together. Refrigerate for at least 30 minutes, up to overnight.
3. Serve with assorted vegetables for dipping.

Chicken Apple Salad

Recipe from: <https://diabetesfoodhub.org/recipes/creamy-chicken-apple-salad>

- 8 servings of 1/2 cup
- 2 cup cooked chicken breast (chopped)
- 2 stalks celery (diced)
- 2 medium green onions (chopped)
- 1 Jonagold apple (finely diced)
- 3 tbsp walnuts (chopped)
- 1/4 cup light mayonnaise
- 1/4 cup yogurt (plain, fat-free)
- 1/2 lemon (juiced)
- 1/8 tsp black pepper

Instructions:

1. In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts
2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
3. Serve salad over your choice of lettuce leaves, bread or crackers.