

THE  
AYURVEDIC  
BAKING BOOK  
FOR

DIABETES  
TYPE II

*Ten starter recipes, all following ayurvedic principles*



# About

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*I come from a background in business operations. After eight years of simultaneously studying yoga, cooking, and ayurveda, I left my last position in early 2019 and began creating educational workshops, and short retreats. When the pandemic hit in early 2020 I continued the workshops online and assisted creating Sweet Life Bakery + Cafe, an ayurvedic vegan cafe in northern California, with Joe Rich and others. We created an array of internationally inspired sweet and savory recipes, created the first "Ayurveda Global Cuisine" cookbook, and provided dozens of free meals each week to the local community. Since then I've been in Europe and India creating new recipes, connecting students and teachers for ayurvedic practitioner education, and developing women's specific health programs.*

*I hope that you are inspired while reading and baking from this recipe book. You can contact me for any reason! - Jennifer Day*



*Joe Rich is a chef extraordinaire and recognized master yogi. He has been called a "golden bridge" for linking the cultures of the east and the west. He has spent decades of studying great eastern teachings, which led him to create ayurvedic health clinics and kitchens in America, Europe, and soon India. He himself has been educationally and physically traveling back home to the east.*

*His most recent favorite quote is: True change only comes from love. You can't hate yourself into the person you want to become.*

*Joe would like people to consider - if you have been diagnosed with diabetes, you are going to have to change your lifestyle.*



*Victor Briere is a co-founder of the International Institute of Ayurveda, where he serves as the Chief Academic Advisor and primary clinician. He is a gifted and recognized diagnostic pulse reader, and the author of the book Pulse Unveiled. He specializes in diabetes management and repair, and will soon release his book Ayurveda for Diabetes in 2025.*

*This recipe book, and the upcoming book Ayurvedic Cooking for Diabetes Type II are both reviewed by Victor for their ayurvedic integrity.*

*You can find Victor at [www.iiayurveda.com](http://www.iiayurveda.com)*

# What's inside?

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## PAGES 1 - 2: Pantry List

*First, check out the sample pantry ingredients list we put together after many discussions with prominent Ayurvedic doctors in America and India. You may notice that we avoid ingredients which are listed online as OK for people with diabetes. Ayurveda takes a more sophisticated approach to health than many of the online resources do. We emphasize ingredients which range from neutral to beneficial for people with diabetes. Did you know that barley and millet flours are beneficial for you if you are living with diabetes?*

## PAGES 3 - 12: Recipes

*Almond Cookies*

*Snickerdoodle Cookies*

*Coconut Macaroon Cookies*

*Chocolate Chip Cookies*

*Rosemary and Olive Scones*

*"Milk & Honey" Scones*

*Lemon Poppyseed Scones*

*Almond Scones*

*Southern Style Flaky Biscuits*

*Barley Pizza*

## PAGE 13: Another disclaimer about this book

*Because we want to emphasize the importance of working directly with your medical / health professional team.*

# Pantry List

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We would like to provide a disclaimer about this pantry list.

The most important ingredient in your diet for diabetes is the relationship you have with your doctor and/or health team. This recipe book is NOT meant to be preventative, diagnostic, prescriptive, or curative.

This list was created with the advice of ayurvedic doctors. Check out the upcoming books “Ayurvedic Cooking for Diabetes Type II,” a collection of ten savory meals and pantry ingredients, and “Ayurveda for Diabetes,” a comprehensive compilation of interviews with ten of the world’s most prestigious ayurvedic doctors.

You can find out more at [www.iiayurveda.com/books](http://www.iiayurveda.com/books).

*Grains/Flours:* Almond, Buckwheat, Barley, Millet, Oat, Quinoa

*Misc:* Arrowroot Powder (not Cornstarch), Baking Powder, Baking Soda, Fresh or Instant Yeasts in small quantity

*Spices/Herbs:* Anise, Basil, Cardamom, Cilantro, Cinnamon, Coriander, Cumin, Fennel, Fenugreek (Methi), Ginger, Mint, Nutmeg, Oregano, Paprika, Parsley, Pippali, Rosemary, Sage, Star Anise, Thyme, Turmeric, Himalayan Pink or Sea Salt (little)

*Essences/Extracts:* Almond, Lavender, Lemon, Orange, Rose Petals, Vanilla

*Sweetener:* Honey (- 1 TBL per serving)

*Milks (all unsweetened):* Almond, Coconut, Hemp, Soy

# Pantry List

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*Oils:* Avocado, Coconut, Olive, Sesame, Sunflower, Ghee in small amounts

*\*\* A note about oils - choose cold pressed, unrefined oils. They should have color rather than being clear (except coconut which is of course always clear).*

*Vinegars:* White, Apple Cider, Coconut, Grape, Rice, Balsamic (no sugar) - about 1 TBL per batch

*Chocolates:* 100% Chocolate (no sugar), 100% Cocoa Powder (no sugar)

*Seeds:* Flax, Poppy, Pumpkin, Sunflower

*Nuts:* Almonds, Hazelnuts

*Misc (all with no sugar added):* Apple Sauce (avoid mixing fruit and gain as much as possible), Desiccated Coconut Shreds, Pumpkin Puree, Sweet Potato Puree

*AVOID IN PARTICULAR:* Cornstarch, Molasses, Chia Seeds, Dates, Licorice, Hot Spices (ie. Cayenne), Avocado Oil, Sesame Oil, Cashews, Chestnuts, Pecans, Walnuts



## Almond Cookies with Honey Drizzle

PREP TIME: 5 MIN    BAKING TIME: 12 MIN    SERVES: 8

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*"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease." Thomas Edison*

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### Ingredients

2 Cups Barley Flour  
1 Cup Almond Flour  
1 1/2 tsp Baking Soda  
1/2 tsp Salt  
1/2 Cup Soy Milk, Unsweet  
1/2 Cup Sunflower Oil  
\* Optional: 1/2 TBL Almond  
Extract and 1/2 tsp Vanilla  
Extract  
  
2/3 Cup Blanched, Sliced  
or Sliced Almonds  
  
Honey to Drizzle (~ 1 + 1/2  
tsp per cookie)

### Directions

1. Preheat the oven to 175°C.
2. Mix the dry ingredients together into a medium bowl. Mix the wet ingredients into a second bowl.
3. Begin mixing the wet ingredients into the dry ingredients slowly, until a wet but moldable consistency forms - it should take most if not all of the wet ingredient mixture depending on your specific flour.
4. When you have the right consistency, mix as many of the almond slices in that you would like.
5. Create discs with the dough about 1/2" high, to make about 16 small cookies.
6. Bake for 12 minutes.
7. Let the cookies cool, and drizzle with a natural honey right before serving (~ 1 to 1 1/2 tsp per cookie).

### NOTES:

- Serving size is two cookies.



## Snickerdoodle Cookies with Cinnamon Drizzle

PREP TIME: 5 MIN    BAKING TIME: 14 MIN    SERVES: 8

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*"One cannot think well, love well, sleep well, if one has not dined well." Virginia Woolf*

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### Ingredients

1 1/8 Cup Barley Flour  
1/2 tsp Baking Soda  
Pinch of Salt  
1/2 TBL Cinnamon Powder

1/8 Cup Soy Milk, Unsweet.  
1/4 Cup Apple Sauce,  
Unsweetened  
1/4 Cup Sunflower Oil

Honey and additional  
Cinnamon Powder to create  
a drizzle

### Directions

1. Preheat the oven to 175°C.
2. Mix the dry ingredients together into a medium bowl. Mix the wet ingredients into a second bowl.
3. Begin mixing the wet ingredients into the dry ingredients slowly, until a wet but moldable consistency forms.
4. If the dough is too soft, then refrigerate it for 15 minutes.
5. When you have the right consistency, create discs with the dough about 1/2" high, to make about 16 small cookies.
6. Bake for 10-14 minutes. The cookies will be soft but well formed, and will hold together when they are done.
7. While baking, put about 1/4 cup of honey into a bowl, and mix cinnamon powder in until it creates a thick but spreadable paste.
8. Let the cookies cool, and drizzle with the cinnamon honey right before serving (~ 1 to 1 1/2 tsp per cookie).

### NOTES:

- The serving size is two cookies,
- Normally we would avoid combining fruit and grains. Here, it is an infrequent treat!



## Coconut Macaroon Cookies

PREP TIME: 10 MIN    BAKING TIME: 14 MIN    SERVES: 8

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*"Build a longer table!" Unknown*

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### Ingredients

1 1/2 TBL Flax Seed, Ground  
1/2 Cup Water

1 1/2 Cups Unsweetened  
Coconut Shreds  
Small Pinch of Salt

1/2 tsp Vanilla Extract  
1/4 tsp Almond Extract  
1/8 Cup Coconut Oil,  
Melted

Honey to drizzle

### Directions

1. Preheat the oven to 150°C.
2. Mix the flax seed and water, and set aside for at least five minutes.
3. Mix the coconut shreds and salt together into a medium bowl. Pour all of the flax seed + water and extracts onto the shreds and stir together.
4. Begin mixing the oil into the coconut shreds slowly, until a wet but moldable consistency forms - it should take most if not all of the oil.
5. When you have the right consistency, create tight balls with about 2 TBL (1/8 Cup) of the mixture, to make about 16 macaroons.
6. Bake for 10 - 14 minutes until the balls turn golden or very brown.
7. Let the macaroons cool completely to set, and drizzle with a natural honey right before serving (~ 1 to 1 1/2 tsp per macaroon).

### NOTES:

- The serving size is two macaroons.





## Chocolate Chip Cookies

PREP TIME: 5 MIN    BAKING TIME: 12 MIN    SERVES: 8

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*"Food has certain effects. Not only is our physical body built and maintained according to the food we eat, but our inner nature is also conditioned by it." Swami Chinmayananda*

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### Ingredients

2 Cups Barley Flour  
1/2 Cup Rolled Oats  
2 tsp Baking Powder  
3/4 tsp Baking Soda  
1/4 tsp Salt  
1/2 tsp Cinnamon  
  
1/3 Cup Sunflower Oil  
1/3 Cup Soy Milk, Unsweet  
  
3/4 Cup 100% Dark  
Chocolate Chips, no sugar  
  
100% Dark Cocoa Powder,  
no sugar  
Honey to Drizzle (~ 1 + 1/2  
tsp per cookie)

### Directions

1. Preheat the oven to 170°C.
2. Mix the dry ingredients together into a medium bowl, except the chocolate chips. Mix the wet ingredients into a second bowl.
3. Begin mixing the wet ingredients into the dry ingredients slowly, until a wet but moldable consistency forms - it should take most if not all of the wet ingredient mixture depending on your specific flour. If the mix is still too dry, then slowly add equal parts oil + milk until you get the ideal texture.
4. When you have the right consistency, fold in the chocolate chips.
5. Create discs with the dough about 1/2" high, to make about 16 small cookies. Bake for 12 minutes, until the cookies are golden and soft, but not squishy.
6. Put about 1/4 cup of honey into a bowl, and mix in cocoa powder until it creates a thick but spreadable paste.
7. Drizzle with the honey right before serving (~1 1/2 tsp per cookie).

### NOTES:

- The serving size is two cookies.



## Rosemary Olive Scones

PREP TIME: 10 MIN    BAKING TIME: 18 MIN    SERVES: 8

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*"If you can't feed a hundred people, then just feed one." Mother Teresa*

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### Ingredients

2 Cups Millet/Barley Flour  
1 TBL Baking Powder  
1/4 tsp Baking Soda  
1/2 tsp Salt  
1 TBL Fresh Rosemary, finely chopped  
1 tsp Oregano Flakes  
  
3 oz (1/3 cup) Coconut Oil, hardened in the fridge  
  
1/2 Cup + 2 TBL Soy Milk, unsweetened, chilled  
2 TBL Olive oil  
1 tsp Apple Cider Vinegar  
  
14 Olives, rinsed, roughly chopped

### Directions

1. Preheat the oven to 190°C.
2. Put the dry ingredients into a food processor or bowl and mix quickly. Add the hardened coconut oil and process, or cut in with a pastry cutter, until it is a sand-like texture. Add the liquids and mix until it just begins to turn into a ball.
3. Now add the olives. If in a food processor then it will finish processing into a ball; if in a bowl, then simply fold them in.
4. Take out the mixture and place it onto a floured surface. Roll or press it into a circular disc about 1" high. Cut it with a knife like a pizza into eight pieces, and place on a parchment lined baking tray.
5. Bake for 14-18 minutes, until the tops begin to turn golden brown.
6. Remove them from the oven and let sit for 5-10 minutes. This allows them to set fully.

### NOTES:

- The serving size is one scone.
- Based on the type of the flour you use, you may notice that these scones may not fluff up as you expect.
- Modify for different flavors - ie. use Veggies with other herbs.



## “Milk & Honey” Scones

PREP TIME: 10 MIN    BAKING TIME: 18 MIN    SERVES: 8

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*“Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.” Albert Einstein*

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### Ingredients

2 Cups Millet/Barley Flour  
1 TBL Baking Powder  
1/4 tsp Baking Soda  
1/2 tsp Salt  
  
3 oz (1/3 cup) Coconut Oil,  
hardened in the fridge  
  
1/2 Cup + 2 TBL Soy Milk,  
unsweetened, chilled  
1 tsp Apple Cider Vinegar  
1/2 TBL Vanilla Extract  
1/2 tsp Almond Extract

Honey to Drizzle (1 TBL per  
scone)

### Directions

1. Preheat the oven to 190°C.
2. Put the dry ingredients into a food processor or bowl and mix quickly. Add the hardened coconut oil and process, or cut in with a pastry cutter, until it is a sand-like texture. Add the liquids and mix until it just begins to turn into a ball.
3. Take out the mixture and place it onto a floured surface. Roll or press it into a circular disc about 1" high. Cut it with a knife like a pizza into eight pieces, and place them on a parchment lined baking tray.
4. Bake for 14-18 minutes, until the tops begin to turn golden brown.
5. Remove them from the oven and let sit for 5-10 minutes. This allows them to set fully and finish drying inside.

### NOTES:

- The serving size is one scone.
- Based on the type of the flour you use, you may notice that these scones may not fluff up as you expect.



## Lemon Poppyseed Scones

PREP TIME: 10 MIN    BAKING TIME: 18 MIN    SERVES: 8

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*"What you do makes a difference. And you have to decide what kind of difference you want to make." Jane Goodall*

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### Ingredients

2 Cups Millet/Barley Flour  
1 TBL Baking Powder  
1/4 tsp Baking Soda  
1/2 tsp Salt  
2 TBL Dark Poppyseeds  
Zest of 1 Large Lemon

3 oz (1/3 cup) Coconut Oil,  
hardened in the fridge

1/2 Cup + 2 TBL Soy Milk,  
unsweetened, chilled

1/2 TBL Fresh Lemon Juice

Honey to Drizzle (1 TBL per  
scone)

### Directions

1. Preheat the oven to 190°C. Put the dry ingredients into a food processor or bowl and mix quickly. Add the hardened coconut oil and process, or cut in with a pastry cutter, until it is a sand-like texture. Add the liquids and mix until it just begins to turn into a ball.
2. Take out the mixture and place it onto a floured surface. Roll or press it into a circular disc about 1" high. Cut it with a knife like a pizza into eight pieces, and place them on a parchment lined baking tray.
3. Bake for 14-18 minutes, until the tops begin to turn golden brown.
4. Remove them from the oven and let sit for 5-10 minutes. This allows them to set fully and finish drying inside.

### NOTES:

- The serving size is one scone.
- Based on the type of the flour you use, you may notice that these scones may not fluff up as you expect.



## Almond Scones

PREP TIME: 10 MIN    BAKING TIME: 18 MIN    SERVES: 8

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*The voice of the intuition is calling. But you don't know it's language, so you just hear it as noise!*

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### Ingredients

2 Cups Millet/Barley Flour

1 TBL Baking Powder

1/4 tsp Baking Soda

1/2 tsp Salt

1 tsp Cardamom Powder

3 oz (1/3 cup) Coconut Oil,  
hardened in the fridge

1/2 Cup + 2 TBL Soy Milk,  
unsweetened, chilled

1/2 tsp White Vinegar

1/2 TBL Almond Extract

1/3 Cup Blanched, Sliced  
Almonds

Honey to Drizzle (1 TBL per  
scone)

### Directions

1. Preheat the oven to 190°C.
2. Put the dry ingredients (except almonds) into a food processor or bowl and mix quickly. Add the hardened coconut oil and process, or cut in with a pastry cutter, until it is a sand-like texture. Add the liquids and mix until it just begins to turn into a ball.
3. Now add the almonds. If using a food processor then it will finish processing into a ball; if in a bowl, then simply fold them in.
4. Take out the mixture and place it onto a floured surface. Roll or press it into a circular disc about 1" high. Cut it with a knife like a pizza into eight pieces, and place on a parchment lined baking tray.
5. Bake for 14-18 minutes, until the tops begin to turn golden brown.
6. Remove them from the oven and let sit for 5-10 minutes. This allows them to set fully.
7. Serve by drizzling honey. Optionally add culinary grade floral items mixed into the honey, like rose or lavender.

### NOTES:

- The serving size is one scone.
- Based on the type of the flour you use, you may notice that these scones may not fluff up as you expect.



## Southern Style Biscuits

PREP TIME: 10 MIN

WAIT TIME: 30 MIN

BAKING TIME: 18 MIN

SERVES: 8

### Ingredients

1/2 Cup Coconut Oil, Room Temperature

1 tsp Sunflower Lecithin (optional, but better)

1 Cup Soy Milk, Unsweet

1 TBL Apple Cider Vinegar

2 1/2 Cups Barley Flour

1 1/2 TBL Baking Powder

1/2 tsp Baking Soda

3/4 tsp Salt

1 TBL Granulated Sugar

### Directions

1. Place the coconut oil into a small bowl, then mash the sunflower lecithin into it with your fingers. Put it in the fridge to harden.
2. Wait 10 minutes to continue, to allow the oil to harden. Then, mix the soy milk and apple cider vinegar in a small bowl and set aside.
3. In a medium bowl or food processor, mix the flour, baking powder, baking soda, salt, and sugar.
4. Take the coconut oil out of the fridge. Pulse it in the food processor, or cut it into the flour with a pastry cutter, until the hardened oil pieces are the size of peas or smaller.
5. Slowly mix in the milk / vinegar mixture, until it has become a sticky batter which is not too wet. You may not use all the liquids, depending on your flour. Don't overmix, or the biscuits won't rise.
6. Put the dough on a floured surface, and gently knead / mold it with your hands. Then roll or press it into a flat rectangle.
7. Fold it over twice to get three layers. Then pat it to be 1" high.
8. Use a 2" cookie cutter to cut as many as possible. Re-roll the scraps and repeat the process. You will get about 16 biscuits.
9. Place the biscuits on a parchment lined baking sheet and put it in the fridge for 30 minutes.
10. Preheat the oven to 210°C.
11. Bake until golden brown and soft to the touch - about 18 minutes.

### Notes:

- The folding process gives the biscuits a flakey texture.
- The serving size is two biscuits.



## Barley Pizza

PREP TIME: 15 MIN    WAIT TIME: 30 MIN    BAKING TIME: 25 MIN    SERVES: 2-5

### Ingredients

2 1/4 tsp Instant Yeast  
1 1/2 tsp Granulated Sugar  
3/4 Cup Warm Water

2 - 2 1/2 Cups Barley Flour  
3/4 tsp Salt  
2 1/2 TBL Olive Oil

Toppings - like squashes,  
root veggies, greens, olives...

Pizza Sauce - make yours, or  
use recipes from our  
"Ayurvedic Cooking for  
Diabetes," which is found at:  
[www.ilayurveda.com/books](http://www.ilayurveda.com/books)

12" Pizza Disc or Cast Iron  
Skillet

### Notes:

- We found barley flour turned out better than other flours.
- The serving size is two slices.

### Directions

1. Place the instant yeast, sugar, and warm water into a large bowl and stir it together with a wooden spoon. Leave for 5 minutes.
2. Add one cup of barley flour, salt, and the olive oil, and stir again. Cover with a damp kitchen towel. Leave for another 5 minutes.
3. Slowly add barley flour, mixing with the wooden spoon along the way. When the dough begins pulling away from the bowl, start using your hands to knead it. The dough is ready when it is wet and malleable, but not sticking to the sides of the bowl. This dough does not need to be kneaded like traditional pizza dough.
4. Make a ball with the dough. Put a very thin coating of olive oil around it. Place it in the bowl and cover again. Leave for 30 mins.
5. During this time, precook your toppings and prepare your sauce. Precook your toppings by slicing or shredding your vegetables. Place them in a small pot with a bit of water, and boil until veggies are cooked and the water is evaporated (or strain the water out).
6. Prepare your sauce. Avoid tomatoes, garlic, onion, and other ingredients which are agitating to diabetes.
7. After 30 minutes, preheat your oven to 215°C. Spread the dough out on your pizza disc or skillet. Smooth it out across. If using a cast iron, then use a fork to poke holes across the crust. Brush a thin layer of olive oil across the crust.
8. Bake for 10 minutes, until the crust is golden and no longer squishes when you touch it.
9. Add your sauce and toppings, then bake for an additional 10-12 minutes. When the pizza is almost ready then take it out, add any greens and olives, and put it back in the oven to finish baking.

## Disclaimer

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The most important ingredient in your diet for diabetes is the relationship you have with your doctor and/or health team. These recipes are NOT meant to be preventative, diagnostic, prescriptive, or curative. Please consult your doctor regarding your dietary needs.

This recipes were created with the advise of ayurvedic doctors. Check out our upcoming book “Ayurvedic Cooking for Diabetes Type II” for a list of savory meals and pantry ingredients! You can also find our original recipe book “Ayurveda Global Cuisine” which was released in 2022.

Visit [www.iiayurveda.com/books](http://www.iiayurveda.com/books) to find all current and upcoming books, including:

*Ayurveda Global Cuisine,  
ten delicious recipes all following ayurvedic principles*

*The Ayurvedic Baking Book for Diabetes Type II*

*The Ayurvedic Cookbook for Diabetes Type II*

as well as other ayurvedic books such as *Pulse Unveiled* and *Ayurveda for Diabetes*



"Grazie per i deliziosi biscotti!" - D.C. e famiglia,  
Montepulciano Italy

"These are fantastic recipes. I've now put them on the  
menu at my cafe!" - Q., Sidhpur, HP, India

"Now I have recipes to happily bring to family  
gatherings and holiday events." - P.G., California

We interviewed and gained advice from prestigious  
ayurvedic doctors in the U.S., Europe, and India about  
Diabetes Type II - distinguished as "premeha" in ayurveda.

Enclosed you will find a pantry list and ten starter recipes for  
yourself and family members. The ingredients range from  
neutral to beneficial for Diabetes Type II.

This book is part of a recipe book series, which includes:  
"Ayurveda Global Cuisine," "Ayurvedic Baking for Diabetes  
Type II," and "Ayurvedic Cooking for Diabetes Type II."  
Contact IIA if you have further interest in diabetes.



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