



County Durham and Darlington Diabetes Service

Key Messages for Nov-Dec 2020

VIRTUAL DROP - IN

We are holding our first **virtual drop in** session for anyone who has attended structured education.

9TH DECEMBER 2020, 10.30—11.30AM

Grab a cuppa and join Pearl and Tina in a catch up session on Microsoft Teams; ask questions, share your progress, get some support and advice and chat with other people.

PLEASE EMAIL FOR THE LINK TO JOIN

The Microsoft Teams is **FREE APP**, please get in touch if you require any support with uploading and using it.

NEW HEALTHY LIVING APP



New **FREE APP** available for your mobile device

Please use link in the E-Mail to register

Healthy Living is a free online NHS service for people living with Type 2 diabetes, which provides knowledge and information that will support you to manage your condition.

It includes information about Type 2 diabetes and its treatments, offers advice on emotional and mental wellbeing, and helps with adopting and maintaining healthy behaviours around diet and exercise.

SHARE YOUR
STORY

Please get in touch with any feedback, comments or success stories! They all help us make sure the service is the best it can be, and inspire others to make changes and improve their health.

Email: cddft.diabeteseducation@nhs.net



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MERRY CHRISTMAS

Have A Wonderful Time



Gingerbread crème brûlée

Ingredients

- 1¾ cups heavy whipping cream
- 2 tsp pumpkin pie spice
- 2 tbsp. erythritol
- ¼ tsp vanilla extract
- 4 egg yolks
- ½ ½ clementine (optional)

Instructions

Instructions are for 6 servings. Please modify as needed.

1. Preheat the oven to 360°F (180°C).
2. Separate the eggs by cracking them and placing whites and yolks in separate bowls. This recipe only calls for yolks, so cover the egg white bowl with plastic wrap and store in the fridge for another recipe.
3. Add cream to a saucepan and bring to a boil along with the spices, vanilla extract and sweetener.
4. Add the warm cream mixture into the egg yolks, a little at a time, while whisking.
5. Pour into oven-proof ramekins or small Pyrex bowls nestled in a larger baking dish with sides. Add water to the larger dish until it's about halfway up the ramekins. The water makes the cream cook gently and evenly for a creamy and smooth result.

RECIPE

