

Sugar Free Sprinkles!!

Sometimes you just want sprinkles. But it is hard to duplicate something that is pure sugar into a sugar free version, right? Well, my friend KT Tevlin made it look super easy!!

If you are on the THM Facebook boards, especially the official THM Diabetic board then you will recognize her name. She is one of the awesome Diabetic board Administrators. She also happens to live close to me so I get the privilege of seeing her in person a few times a year!

This past weekend she brought this special treat to our THM Admin Retreat. Sugar Free sprinkles! She even had them packaged in these super cute containers with labels! As soon as I tried them I asked her if I could share her recipe with you all and she was gracious enough to say yes!

Tonight I enjoyed the Rainbow Sprinkles on some strawberry Tummy Tucking Ice Cream!





What you will need:

[Swerve Confectioners](#)

[Glucomannan](#)

[Vanilla](#) (or other flavoring)

[Mineral salt](#)

[Food coloring](#)

Water

Sugar Free Sprinkles



- 1/3 cup Swerve Confectioners
- 1/4 tsp glucomannan
- 1/8 tsp vanilla (or other flavoring)
- 1/8 tsp mineral salt
- Food coloring
- Approx 1 Tablespoon water (add in slowly until piping consistency)

1. Mix all ingredients together until smooth.
2. Place mixture into ziploc bags and cut off a tiny bit of the tip. Pipe in lines on parchment paper, cut once they start to release from paper, dry for several hours or place in dehydrator for 30-40 minutes (I used dehydrator method)

The Rainbow sprinkles are made with natural food coloring from India Tree. Ingredients :BLUE: glycerin, deionized water, vegetable juice and spirulina. RED: vegetable juice, glycerin, deionized water, turmeric. YELLOW: glycerin, turmeric and deionized water.

Note that the Cherry Vanilla and Pina Colada* sprinkles are made with artificial food coloring (Wilton Icing Colors).

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