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Divabetic is a U.S. based nonprofit health and wellness organization, which supports and empowers those living with, at risk of and affected by diabetes.



Visit Divabetic on the web at www.divabetic.org for more information, inspiration and motivation to make a difference in the fight against diabetes.

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155 North Dean Street
Englewood, NJ 07631



Celebrity Chef Sam Talbot *Blueberry Mojito*

a Truvia Natural Sweetener Recipe



Blueberry Mojito
Serves 4

Ingredients

- 4 lemon wedges
- 4 lime wedges
- 16 blueberries
- 20 mint leaves
- Crushed ice
- 1 ounce fresh lime juice
- 2 ounces fresh lemon juice
- 8 ounces of your favorite rum (aged)
- 16 packets of Truvia™ natural sweetener

Directions

In a cocktail shaker muddle the blueberries, mint leaves and lemon-lime wedges. Add the crushed ice, lemon and lime juice and Truvia™ natural sweetener and shake well. Strain over cubed or crushed ice and garnish with lemon wedge and mint sprig. Enjoy!



This recipe is reprinted with permission of Truvia. For more recipes, visit www.truvia.com.



Sam Talbot is Executive Chef of Imperial #9, a sustainable seafood restaurant, located in the Mondrian Hotel Soho in New York City. Sam is also the Executive Chef at the Surf Lodge in Montauk, NY.

Sam's inventive dishes have garnered praised from *The New York Times*,

New York Magazine, the Daily News, the New York Post, Zink Magazine, Time Out New York and Forbes Magazine. He has traveled the world exploring his culinary passions and expanding his vision, cooking and eating in some of the world's best restaurants—and some of the worst.

Sam was a semi-finalist on Bravo's acclaimed series "Top Chef" and voted the viewers "Fan Favorite" for the season.

Diagnosed at a young age with juvenile diabetes, Sam lives every hour with a profound understanding



of the impact of food on life and life on food. That understanding has become a uniquely driving force for his cooking style and recipes.

www.samtalbot.com



Click the tag below or visit www.divabetic.org to hear or download Sam's interview on *Studio d* with Mr. Divabetic.

We thank Sam Talbot for sharing his *From Diagnosis to Super Dude* story and inspiration with the Divabetic community.

