



Diabetes-Friendly Diwali Sweets Recipe Book

Celebrate Every Festival Without the Sugar Spike

Traditional Indian Sweets, Reimagined for Blood Sugar Control

Welcome!

Festivals are about joy, family, and yes — sweets! But for the 100+ million Indians managing diabetes, mithai season can feel like walking on a tightrope.

Good news: You don't have to choose between celebrating and your health.

This recipe book gives you **12 diabetes-friendly versions** of beloved Indian festival sweets. Same taste. Same tradition. Smart ingredients.

Eat Well, Live Better — The Indian Way

How to Use This Book



Pro Tip: Make these sweets 1-2 days before the festival. Most store well in airtight containers!

For Each Recipe You'll Find:

-  **Sweetener:** Natural alternatives used
-  **Time:** Prep + cooking time
-  **Serving:** Recommended portion size
-  **Carb Count:** Approximate carbs per serving
-  **GI Impact:** Low/Medium glycemic impact

Smart Swaps We Use:

Traditional	Our Alternative	Why It's Better
Sugar	Stevia/Monk Fruit	Zero glycemic impact
Maida	Almond/Coconut flour	High fiber, low carb
Condensed milk	Coconut cream	Lower sugar, healthier fats
Deep frying	Air frying/baking	Fewer calories

1. Guilt-Free Gulab Jamun

Soft, syrupy, and surprisingly diabetes-friendly

 **Serves:** 12 pieces |  **Time:** 45 min |  **Carbs:** 8g per piece

Ingredients

For the Jamun:

- 1 cup paneer (crumbled, room temperature)
- ¼ cup almond flour
- 2 tbsp coconut flour
- ¼ tsp cardamom powder
- Pinch of baking soda
- 1 tbsp ghee (for binding)

For the Sugar-Free Syrup:

- 1 cup water
- ½ cup erythritol or monk fruit sweetener
- 4-5 cardamom pods (crushed)
- Few strands of saffron
- 1 tsp rose water

Method

1. **Make the dough:** Mix paneer, almond flour, coconut flour, cardamom, and baking soda. Add ghee and knead into a smooth, crack-free dough. Rest 10 min.
2. **Shape:** Roll into 12 small balls (slightly smaller than traditional — they expand!)
3. **Make syrup:** Boil water with sweetener and cardamom for 5 min. Add saffron and rose water. Keep warm.
4. **Cook:** Air fry at 180°C for 12-15 min (turning halfway) OR deep fry in ghee on low heat until golden brown.
5. **Soak:** Immediately drop hot jamuns into warm syrup. Let soak for 30 min minimum.



Note: These are best enjoyed warm. Microwave 20 seconds before serving!

2. Keto Kaju Katli

The king of Indian sweets — now blood sugar friendly

Serves: 16 pieces | **Time:** 30 min | **Carbs:** 4g per piece

Ingredients

- 1½ cups raw cashews (soaked 2 hours, drained)

- ¼ cup powdered erythritol
- 2 tbsp water
- ½ tsp cardamom powder
- Pinch of saffron (soaked in 1 tbsp warm milk)
- Silver leaf (vark) for garnish (optional)

Method

- 1. Blend cashews:** Process soaked cashews until you get a smooth, buttery paste (scrape sides often).
- 2. Cook:** Transfer to non-stick pan on LOW heat. Add sweetener, cardamom, saffron milk. Stir continuously for 8-10 min until mixture thickens and leaves the sides.
- 3. Set:** Transfer to greased plate. Let cool 5 min, then roll between parchment paper to ½ cm thickness.
- 4. Cut:** While still slightly warm, cut into diamond shapes. Apply vark if using.
- 5. Cool completely** before storing in airtight container.



Pro Tip: Don't skip soaking the cashews — it makes them blend smoother and gives a better texture!

3. Sugar-Free Besan Ladoo

Grandma's recipe, upgraded for your health

 **Serves:** 15 ladoos |  **Time:** 35 min |  **Carbs:** 6g per ladoo

Ingredients

- 2 cups besan (gram flour)
- ½ cup ghee

- ½ cup powdered monk fruit sweetener
- ½ tsp cardamom powder
- 2 tbsp chopped almonds
- 2 tbsp chopped pistachios

Method

- 1. Roast besan:** Heat ghee in a heavy pan. Add besan and roast on LOW heat for 20-25 min, stirring constantly. It should turn golden and smell nutty.
- 2. Cool slightly:** Remove from heat. Let cool 5 min (still warm but not hot).
- 3. Mix:** Add sweetener, cardamom, and nuts. Mix well.
- 4. Shape:** While still warm, shape into 15 balls. Press firmly — they'll hold together better.
- 5. Garnish:** Press a sliver of pistachio on top of each ladoo.



Important: The besan MUST be roasted properly on low heat. Undercooked besan tastes raw; overcooked becomes bitter.

4. No-Sugar Gajar Halwa

Winter's favorite, now year-round friendly

 **Serves:** 8 portions |  **Time:** 50 min |  **Carbs:** 12g per serving

Ingredients

- 500g carrots (grated — use red carrots for authentic color)
- 2 cups unsweetened almond milk
- ¼ cup ghee
- ½ cup powdered erythritol
- ½ tsp cardamom powder

- 2 tbsp chopped almonds
- 2 tbsp raisins (optional — adds natural sweetness)
- 1 tbsp khoya (optional, for richness)

Method

- 1. Cook carrots:** Add grated carrots and almond milk to a heavy-bottomed pan. Cook on medium heat, stirring often, until milk is absorbed (20-25 min).
- 2. Add ghee:** Add ghee and continue cooking for another 10 min, stirring frequently.
- 3. Sweeten:** Add sweetener, cardamom, and khoya (if using). Mix well and cook 5 more min.
- 4. Garnish:** Top with toasted almonds and raisins.



Serving Suggestion: Enjoy warm with a dollop of sugar-free whipped cream!

5. Healthy Coconut Barfi

Simple, delicious, and naturally low-carb

Serves: 20 pieces | **Time:** 25 min | **Carbs:** 3g per piece

Ingredients

- 2 cups desiccated coconut
- ½ cup coconut cream
- ¼ cup powdered stevia blend
- ¼ tsp cardamom powder
- Pinch of saffron
- Chopped pistachios for garnish

Method

- 1. Toast coconut:** Dry roast coconut on low heat for 3-4 min until slightly golden. Remove half for later.
 - 2. Make mixture:** Add coconut cream, sweetener, cardamom, and saffron to the pan with remaining coconut. Cook on low heat, stirring, until thick (8-10 min).
 - 3. Add texture:** Mix in reserved toasted coconut.
 - 4. Set:** Press firmly into greased tray. Sprinkle pistachios on top and press gently.
 - 5. Cool & cut:** Refrigerate 2 hours. Cut into squares or diamonds.
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6. Diabetes-Friendly Rasmalai

Bengal's pride, made smart

 **Serves:** 8 pieces |  **Time:** 1 hour |  **Carbs:** 7g per piece

Ingredients

For Rasgullas:

- 1 liter full-fat milk
- 2 tbsp lemon juice
- 1 tbsp almond flour

For Sugar-Free Syrup:

- 4 cups water
- ½ cup erythritol

For Rabdi:

- 2 cups unsweetened almond milk
- ¼ cup heavy cream

- 3 tbsp powdered monk fruit
- ½ tsp cardamom powder
- Pinch of saffron
- Chopped pistachios

Method

- 1. Make chenna:** Boil milk, add lemon juice to curdle. Strain through muslin, wash with cold water. Squeeze out excess water.
 - 2. Knead:** Add almond flour to chenna. Knead for 8-10 min until smooth and crack-free.
 - 3. Shape:** Make 8 flat discs.
 - 4. Make syrup:** Boil water with erythritol.
 - 5. Cook:** Add discs to boiling syrup. Cover and cook 15 min on medium heat. They'll puff up.
 - 6. Make rabdi:** Simmer almond milk and cream until reduced by half. Add sweetener, cardamom, saffron.
 - 7. Assemble:** Gently squeeze syrup from rasgullas, place in rabdi. Refrigerate 4 hours. Garnish with pistachios.
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7. Low-Carb Mohanthal

Gujarat's treasured sweet, health-conscious version

 **Serves:** 20 pieces |  **Time:** 40 min |  **Carbs:** 5g per piece

Ingredients

- 2 cups besan
- ½ cup ghee (divided)
- ¼ cup almond flour

- ½ cup powdered erythritol
- ¼ cup warm water
- ½ tsp cardamom powder
- Pinch of saffron
- Sliced almonds and pistachios

Method

- 1. Make crumbs:** Mix besan with 2 tbsp ghee and almond flour. Rub until you get breadcrumb texture. Sieve to remove lumps.
 - 2. Roast:** Heat remaining ghee. Add besan mixture and roast on LOW heat for 15-20 min until golden and fragrant.
 - 3. Add sweetener:** Mix sweetener with warm water and saffron. Add to roasted besan. Stir quickly.
 - 4. Set:** Transfer to greased tray. Press firmly and evenly. Score into squares while warm.
 - 5. Garnish:** Press nuts on top of each piece.
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8. Sugar-Free Peda

Mathura's gift to festival celebrations

 **Serves:** 18 pedas |  **Time:** 25 min |  **Carbs:** 4g per peda

Ingredients

- 200g homemade khoya (or store-bought)
- ¼ cup powdered monk fruit sweetener
- ½ tsp cardamom powder
- Pinch of nutmeg
- Saffron strands
- Chopped pistachios

Method

- 1. Crumble khoya:** Break khoya into small pieces in a non-stick pan.
 - 2. Cook:** Heat on LOW, stirring constantly, until it softens and comes together (5-7 min).
 - 3. Sweeten:** Add sweetener, cardamom, nutmeg, and saffron. Mix well.
 - 4. Cool:** Let mixture cool until you can handle it.
 - 5. Shape:** Roll into 18 balls, then flatten slightly. Make traditional fork pattern on top.
 - 6. Garnish:** Top with pistachio sliver.
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9. Healthy Sooji Halwa

Quick, comforting, and surprisingly light

 **Serves:** 6 portions |  **Time:** 20 min |  **Carbs:** 10g per serving

Ingredients

- ½ cup sooji (semolina)
- 2 tbsp ghee
- 1½ cups hot water
- ¼ cup powdered erythritol
- ½ tsp cardamom powder
- 2 tbsp raisins
- 2 tbsp cashew pieces
- Pinch of saffron

Method

- 1. Toast nuts:** Fry cashews and raisins in 1 tsp ghee until golden. Set aside.

- 2. Roast sooji:** Add remaining ghee to pan. Roast sooji on medium heat for 5-7 min until golden and aromatic.
- 3. Add water:** Carefully add hot water (it will splutter!). Stir continuously.
- 4. Cook:** Add sweetener, cardamom, and saffron. Cook until water is absorbed and halwa leaves the sides.
- 5. Serve:** Garnish with toasted nuts and raisins. Serve warm.



Pro Tip: Using hot water (not cold) prevents lumps!

10. Almond Pinni Ladoo

Punjab's winter special — protein-packed version

 **Serves:** 12 ladoos |  **Time:** 30 min |  **Carbs:** 7g per ladoo

Ingredients

- 1 cup almond flour
- ½ cup desiccated coconut
- ¼ cup ghee
- ¼ cup powdered jaggery alternative (or monk fruit)
- 2 tbsp chopped mixed nuts
- ½ tsp cardamom powder
- ¼ tsp dry ginger powder
- 1 tbsp edible gum (gond) — fried until puffed

Method

- 1. Roast almond flour:** Dry roast on low heat for 3-4 min.
- 2. Toast coconut:** Add coconut, roast together for 2-3 min.

- 3. Add ghee:** Pour in ghee, mix well. Cook 5 min on low.
 - 4. Combine:** Remove from heat. Add sweetener, fried gond, nuts, cardamom, and ginger powder.
 - 5. Shape:** While warm, form into 12 tight balls.
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11. No-Bake Chocolate Barfi

Modern twist for chocolate lovers

 **Serves:** 16 pieces |  **Time:** 15 min + setting |  **Carbs:** 4g per piece

Ingredients

- ½ cup almond butter
- ¼ cup coconut oil (melted)
- ¼ cup unsweetened cocoa powder
- 3 tbsp powdered erythritol
- ½ tsp vanilla extract
- Pinch of salt
- Sea salt flakes for topping

Method

- 1. Mix:** Combine almond butter, coconut oil, cocoa, sweetener, vanilla, and salt.
 - 2. Pour:** Transfer to a lined 8x8 inch tray.
 - 3. Top:** Sprinkle sea salt flakes.
 - 4. Set:** Freeze 2 hours until firm.
 - 5. Cut:** Slice into small squares. Store in refrigerator.
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12. Saffron Shrikhand

Maharashtra's yogurt dessert — naturally lower carb

 **Serves:** 6 portions |  **Time:** 15 min + straining |  **Carbs:** 8g per serving

Ingredients

- 2 cups thick Greek yogurt (full fat)
- ¼ cup powdered erythritol
- ½ tsp cardamom powder
- Generous pinch of saffron (soaked in 2 tbsp warm milk)
- 1 tbsp chopped pistachios
- 1 tbsp chopped almonds

Method

- 1. Strain yogurt:** If not using Greek yogurt, hang regular yogurt in muslin for 4-6 hours.
 - 2. Whisk:** Beat hung curd until smooth and creamy.
 - 3. Flavor:** Add sweetener, cardamom, and saffron milk. Mix well.
 - 4. Chill:** Refrigerate at least 2 hours.
 - 5. Serve:** Garnish with chopped nuts. Enjoy chilled.
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Smart Shopping List

Sweeteners (Stock These!):

- Erythritol (powdered)
- Monk fruit sweetener
- Stevia drops or powder

Flours:

- Almond flour
- Coconut flour
- Besan (gram flour)

Dairy & Alternatives:

- Paneer
- Khoya
- Full-fat milk
- Coconut cream
- Greek yogurt
- Unsweetened almond milk

Nuts & Dry Fruits:

- Cashews (raw)
- Almonds (whole + sliced)
- Pistachios
- Desiccated coconut

Essentials:

- Ghee
 - Cardamom (powder + whole pods)
 - Saffron strands
 - Rose water
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Portion Control Guide

Even sugar-free sweets have calories! Here's your festival guide:

Sweet	One Serving	Max/Day
Gulab Jamun	1 piece	2
Kaju Katli	2 pieces	4
Besan Ladoo	1 ladoo	2
Gajar Halwa	3 tbsp	½ cup
Barfi	2 pieces	4
Rasmalai	1 piece	2

 **Remember:** Sugar-free ≠ unlimited! These are treats, not everyday foods. Monitor your blood sugar and adjust portions accordingly.

Festival Meal Timing Tips

Best times to enjoy sweets:

-  After a protein-rich meal
-  Mid-morning (10-11 AM)
-  Early evening (4-5 PM)

Times to avoid:

-  First thing in the morning (empty stomach)
-  Late night (after 8 PM)
-  With other high-carb foods

The Plate Method: Fill your plate with veggies and protein FIRST. Add your sweet as the finale — your body handles it better that way!

Resources

-  **YouTube:** [Health Gheware](#) More diabetes-friendly recipes, cooking demos, and health tips!
 -  **Blog:** [health.gheware.com/blog](#) Deep-dive articles on diabetes management the Indian way.
 -  **Website:** [health.gheware.com](#) Tools, calculators, and more free resources.
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Disclaimer

This recipe book is for educational purposes only and is not intended as medical advice.

All individuals, especially those with diabetes or other health conditions, should consult with their healthcare provider before making dietary changes.

Individual responses to foods vary. Always monitor your blood sugar levels and adjust portions based on your personal readings.

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Made with ❤️ for the Indian diabetes community

Eat Well, Live Better — The Indian Way

 Wishing you a healthy, happy festival season! 