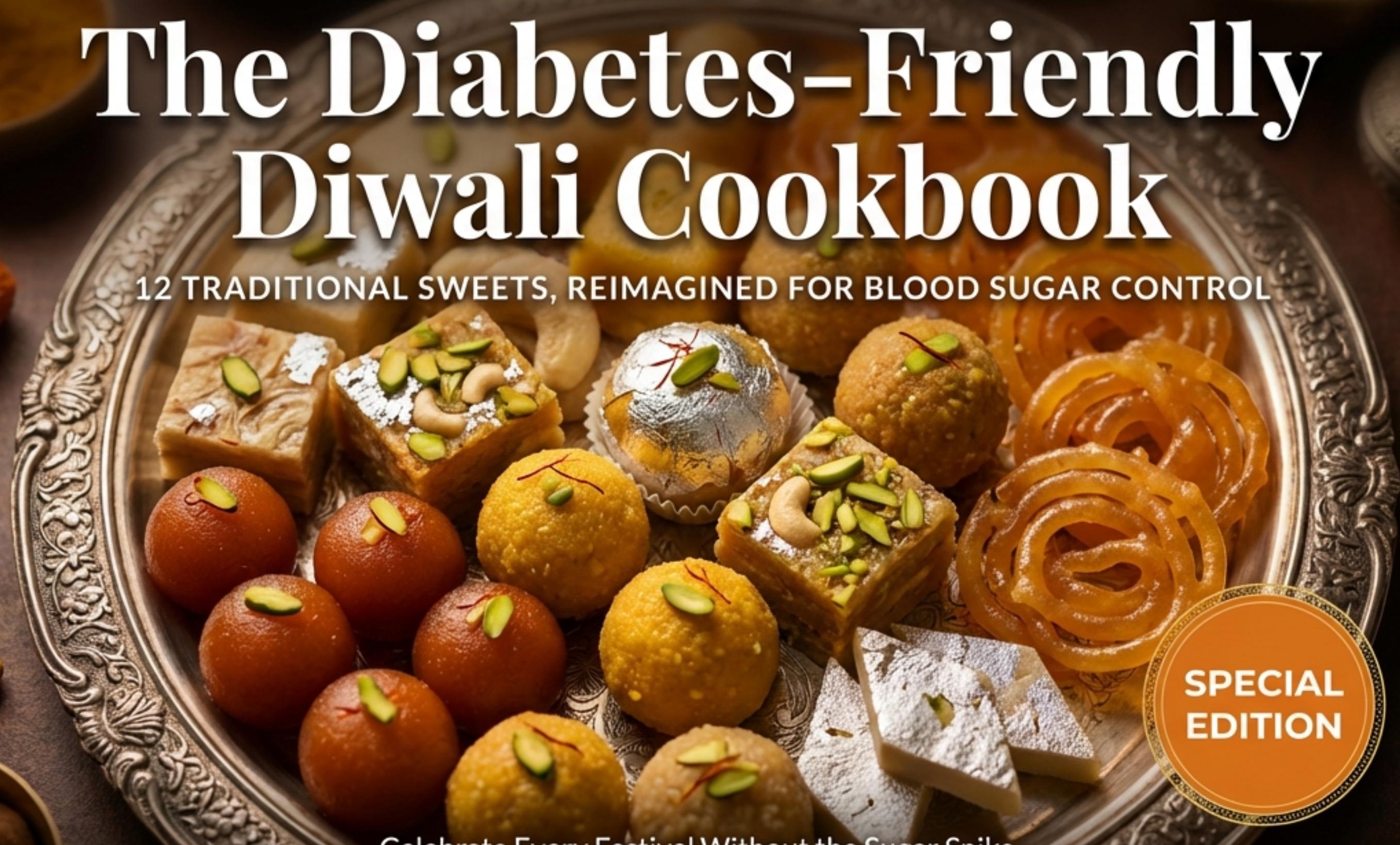


The Diabetes-Friendly Diwali Cookbook

12 TRADITIONAL SWEETS, REIMAGINED FOR BLOOD SUGAR CONTROL



SPECIAL
EDITION

Celebrate Every Festival Without the Sugar Spike.

The Science of the Swap

Welcome!

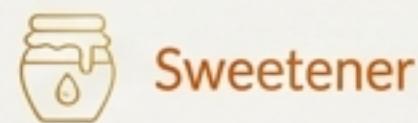
Festivals are about joy, family, and yes – sweets! But for the 100+ million Indians managing diabetes, mithai season can feel like walking on a tightrope.

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

Pro Tip

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

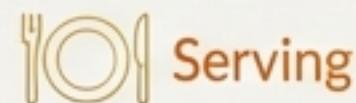
Legend



Sweetener



Time



Serving



GI Impact

Traditional	Our Alternative	Why It's Better
	 Stevia/Monk Fruit	Zero glycemic impact Low GI
	 Almond/Coconut Flour	High fiber, low carb FIBER RICH
	 Coconut Cream	Lower sugar, healthy fats HEALTHY FATS
	 Air Frying/Baking	Fewer calories LOWER CAL.

01. Guilt-Free Gulab Jamun



8g Carbs

Serves 12 | 45 min

Ingredients List: Paneer, almond flour, coconut flour, ghee, baking soda, cardamom. **Syrup:** Water, erythritol, saffron, rose water.

1. Knead paneer/flour mix into smooth dough.
2. Shape 12 balls.
3. Boil syrup with spices.
4. Air fry (180°C, 12-15 min) or deep fry low heat.
5. Soak in warm syrup 30+ min.

Note: Microwave 20 secs before serving.

02. Keto Kaju Katli



4g Carbs

Serves 16 | 30 min

Ingredients List: Soaked raw cashews, powdered erythritol, saffron milk, silver leaf.

1. Blend soaked cashews to smooth paste.
2. Cook with sweetener on LOW heat until thick (8-10 min).
3. Roll between parchment to $\frac{1}{2}$ cm thick.
4. Apply vark and cut into diamonds while warm.



Pro Tip: Don't skip soaking cashews for smoother texture.

03. Sugar-Free Besan Ladoo



6g Carbs

Serves 15 | 35 min

Ingredients:

Coarse Besan, ghee, monk fruit, almonds/pistachios.

1. Roast besan in ghee on LOW heat (20-25 min) until nutty aroma.
2. Cool slightly.
3. Mix in sweetener and nuts.
4. Shape firmly into balls while warm.

Must roast on low heat; undercooked tastes raw.

04. No-Sugar Gajar Halwa



12g Carbs

Serves 8 | 50 min

Ingredients:

Red carrots, almond milk, ghee, erythritol, khoya (opt), raisins.

1. Cook carrots in almond milk until absorbed (20-25 min).
2. Add ghee, cook 10 min.
3. Add sweetener and khoya.
4. Garnish with nuts.

Enjoy warm with sugar-free whipped cream.

05. Healthy Coconut Barfi



3g Carbs

Serves 20 | 25 min

Ingredients: Desiccated coconut, coconut cream, stevia blend, saffron.

1. Lightly toast coconut.
2. Cook coconut cream, sweetener, and saffron until thick.
3. Mix in toasted coconut.
4. Set in greased tray, top with pistachios, chill 2 hours before cutting.

06. Diabetes-Friendly Rasmalai



7g Carbs

Serves 8 | 1 hour

Ingredients:
Milk + lemon juice (chenna), almond flour, erythritol.

Rabdi: Almond milk, heavy cream, monk fruit, saffron.

1. Make chenna from curdled milk.
2. Knead with almond flour, shape discs.
3. Boil in erythritol water 15 min.
4. Simmer almond milk/cream for Rabdi.
5. Soak discs in Rabdi, chill 4 hours.

07. Low-Carb Mohanthal



5g Carbs

Serves 20 | 40 min.

Ingredients: Besan, ghee, almond flour, erythritol, warm water, saffron, nuts.

Steps:

1. Mix besan/ghee/almond flour to breadcrumb texture.
2. Roast in ghee on LOW heat (15-20 min).
3. Add sweetener mixed with water/saffron.
4. Set in tray, score squares, top with nuts.

08. Sugar-Free Peda



4g Carbs

Serves 18 | 25 min.

Ingredients: Khoya, powdered monk fruit, cardamom, nutmeg, saffron.

Steps:

1. Crumble khoya, cook on LOW until soft (5-7 min).
2. Add sweetener and spices.
3. Cool slightly, roll into balls.
4. Flatten and make traditional fork pattern.

09. Healthy Sooji Halwa



10g Carbs

Serves 6 | 20 min

Ingredients: Sooji, ghee, hot water, erythritol, raisins, cashews.

1. Roast sooji in ghee (medium heat, 5-7 min).
2. Carefully add hot water.
3. Cook until absorbed, add sweetener/saffron.
4. Garnish with toasted nuts.

Pro Tip: Use hot water to prevent lumps.

10. Almond Pinni Ladoo



7g Carbs

Serves 12 | 30 min

Ingredients: Almond flour, desiccated coconut, ghee, jaggery alternative, edible gum (gond), dry ginger.

1. Roast almond flour and coconut.
2. Add ghee, cook 5 min.
3. Mix in sweetener, fried gond, and ginger.
4. Shape tight balls while warm.

11. No-Bake Chocolate Barfi



4g Carbs

Serves 16 | 15 min + Set

Ingredients: Almond butter, coconut oil, cocoa powder, erythritol, vanilla, sea salt flakes.

Steps:

1. Mix all liquid/powder ingredients.
2. Pour into lined tray.
3. Sprinkle sea salt.
4. Freeze 2 hours.

12. Saffron Shrikhand



8g Carbs

Serves 6 | 15 min + Strain

Ingredients: Greek yogurt, powdered erythritol, saffron milk, pistachios.

Steps:

1. Whisk yogurt until creamy.
2. Mix in sweetener and saffron milk.
3. Chill 2+ hours.
4. Garnish with nuts.

The Smart Shopping List



Sweeteners

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



Flours

- Almond flour
- Coconut flour
- Besan



Dairy & Alternatives

- Paneer & Khoya
- Full-fat milk & Greek yogurt
- Coconut cream & Almond milk



Nuts & Essentials

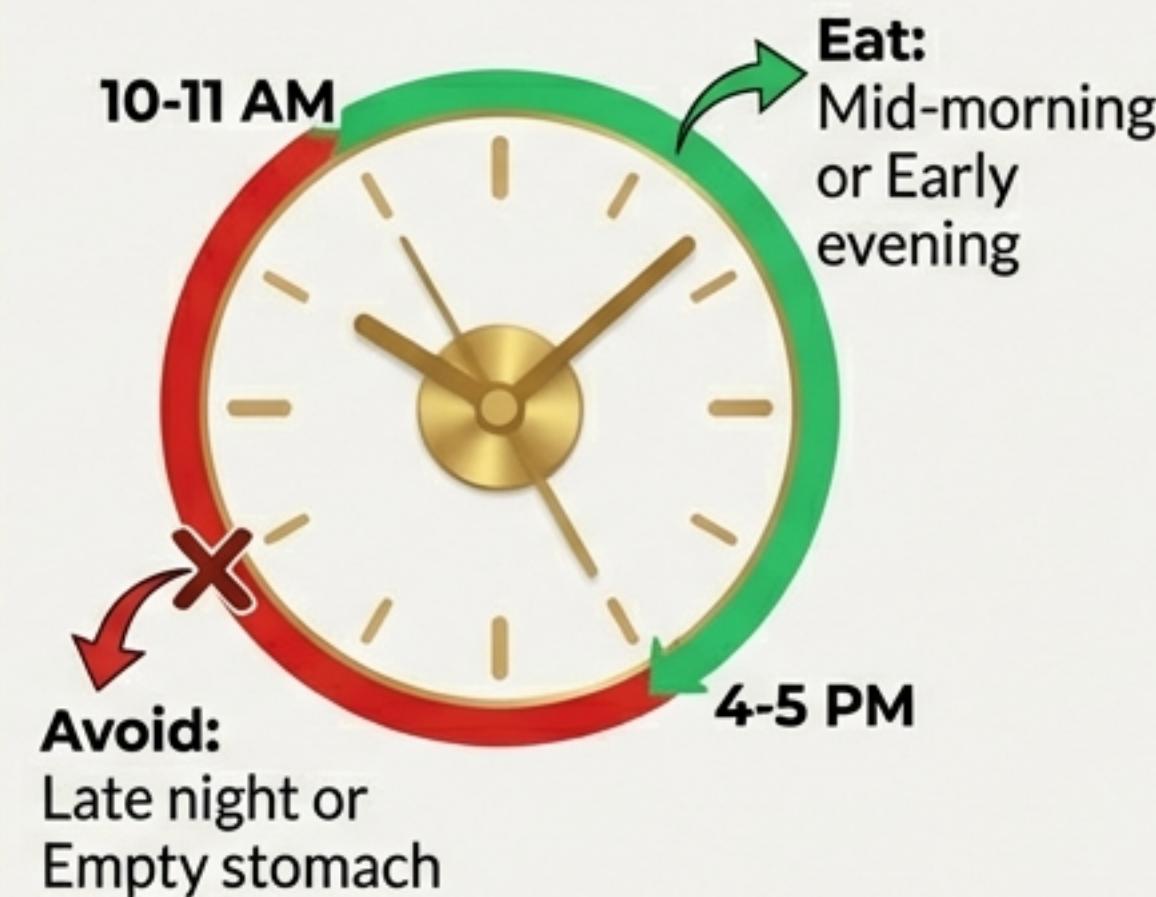
- Cashews, Almonds, Pistachios
- Ghee
- Cardamom, Saffron, Rose water

Lifestyle Guide: Eat Smart

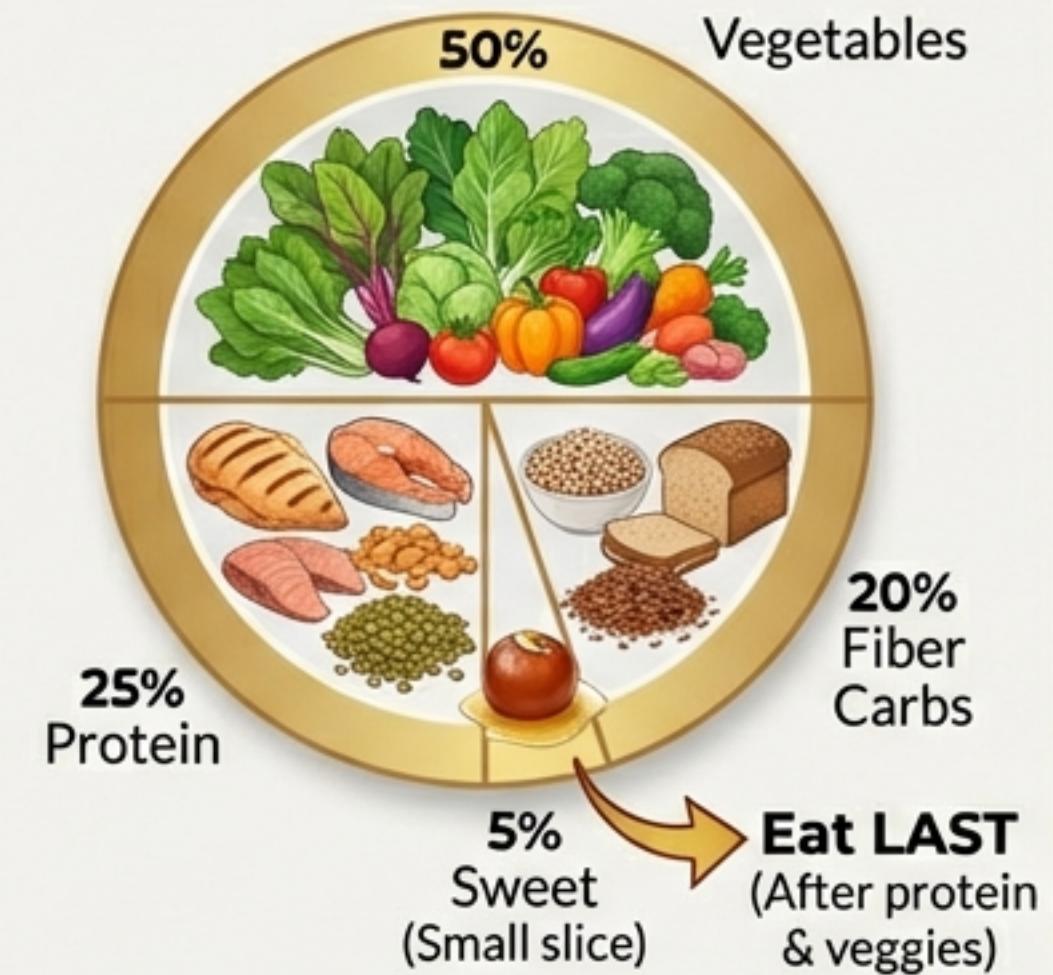
1. The Portion Matrix

Sweets	Max Daily Intake
Gulab Jamun/Besan Ladoo/Rasmalai	2 /day
Kaju Katli/Barfi	4 /day
Gajar Halwa	½ cup /day

2. Timing is Everything



3. The Plate Method



Sugar-free ≠ unlimited! Monitor your blood sugar.

More Resources



YouTube: Health Gheware

Cooking demos and
health tips.



Blog: health.gheware.com/blog

Deep-dive articles on
diabetes management.



Website: health.gheware.com

Free tools and calculators.

Disclaimer: This recipe book is for educational purposes only and is not intended as medical advice.
Individuals should consult healthcare providers. Individual responses vary—monitor your levels.

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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!