


Diabetic Cooking™

Presents...

Sweets & Treats!



12
Recipes



Welcome, and thank you for downloading your free copy of *Diabetic Cooking Presents... Sweets & Treats!* If you thought your diabetes diagnosis meant years of nothing but bland and unappealing foods, we're here to show you there's another way. With these specially selected recipes — from Chocolate Hazelnut Mousse to Peach-Cranberry Cobbler with Corn Bread Biscuits — diabetes doesn't have to mean the end of dessert.

We hope you will enjoy these confections and encourage you to visit DiabetesSelfManagement.com/Recipes for more diabetes-friendly dishes. Here's to a happy, healthy, delicious life!

Best,

Diane Fennell

Web Editor

DiabetesSelfManagement.com

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For the Way You Live

The recipes in this publication were specially selected for people with diabetes. All are based on the principles of sound nutrition as outlined in the dietary guidelines developed by the U.S. Dept. of Agriculture and the U.S. Dept. of Health and Human Services, making them perfect for the entire family.

Diabetic Cooking recipes are not intended as a medically therapeutic program nor as a substitute for medically approved meal plans for individuals with diabetes. Instead, they contain various amounts of calories, fat, protein, cholesterol, sodium, fiber, and carbohydrate that will fit easily into an individualized meal plan designed by you and your certified diabetes educator, registered dietitian, or physician.

Each person's dietary needs are different. There is no single food plan that works for everyone. That's why we have included a nutritional analysis with each recipe. Then, no matter what your dietary goals are, you have the information you need to choose the recipes that are right for you.

A Word About Sugar

In 1994, the American Diabetes Association lifted its absolute ban on sugar from its recommended dietary guidelines. Under these guidelines, you can exchange 1 tablespoon sugar for a slice of bread, for example, because each is considered a starch exchange. The guidelines for sugar are based on scientific studies that show carbohydrate in the form of sugars does not raise blood sugar levels more rapidly than other types of carbohydrate-containing foods. What is important is the total amount of

carbohydrate eaten, not the source.

However, sweets and other foods high in sugar may also be high in fat and low in nutrients. So the better choice between an apple and a doughnut is still an easy one to make. Sugar can be eaten in modest amounts as part of a balanced diet, whether or not the person has diabetes. When figured into your meal plan, a small amount of sugar enhances a food's flavor and texture without being harmful.

If you have any questions or concerns about the use of sugar, consult your certified diabetes educator, registered dietitian, or physician for more information.

Nutritional Analysis

The nutritional analysis that appears with each recipe was calculated by an independent nutrition consulting firm. Every effort has been made by

the editors to check the accuracy of these numbers. However, because numerous variables account for a wide range of values for certain foods, nutritional analyses should be considered approximate.

The analysis of each recipe includes all ingredients listed for a recipe except ingredients labeled as "optional" or "for garnish." When a range is offered, the first amount listed is used in the calculation. If an ingredient is listed with an option, the first item is used in the calculation. Foods shown on the same plate in a photograph and foods listed as "serve with" suggestions at the end of a recipe are not included in the recipe analysis unless they're listed in the ingredient list. In recipes calling for rice or noodles, the analyses are based on rice or noodles prepared without added fat or salt, unless otherwise stated.

Understanding Our Symbols

Like everyone, you're busy – and we kept that in mind when we selected recipes for this issue. Many of the recipes in *Diabetic Cooking* can be prepared in 30 minutes or less. Others require short preparation times followed by long cooking times.

We've also included symbols to help you more easily find those recipes especially low in fat, sodium, and carbohydrates, and high in fiber.



LOW-FAT RECIPE

Contains 3 grams or fewer of fat per serving



LOW-SODIUM RECIPE

Contains 140 milligrams or fewer of sodium per serving



LOW-CARBOHYDRATE RECIPE

Contains 15 grams or fewer of carbohydrate per serving



HIGH-FIBER RECIPE

Contains 5 grams or more of fiber per serving



Chocolate Hazelnut Mousse

MAKES 8 SERVINGS

Nutrients per Serving:

Calories 166, Total Fat 7g, Saturated Fat 2g, Protein 3g, Carbohydrates 21g, Cholesterol 1mg, Dietary Fiber 1g, Sodium 176mg

Dietary Exchange: 1½ Bread/Starch, 1½ Fat

- 1 package (4-serving size) chocolate fat-free sugar-free instant pudding and pie filling mix
- 2 cups fat-free (skim) milk
- ½ cup chocolate hazelnut spread

1½ cups light whipped topping, plus additional for garnish (optional)

Strawberries, halved (optional)

1. Prepare pudding with fat-free milk according to package directions. Whisk in hazelnut spread. Refrigerate 15 minutes.
2. Fold whipped topping into pudding. Spoon mixture into stemmed glasses or small ramekins or bowls. Refrigerate until ready to serve. Garnish with dollop of whipped topping and strawberries.

Chocolate Orange Bread Pudding

MAKES 8 SERVINGS (3/4 CUP PER SERVING) LF, LS

Nutrients per Serving:

Calories 131, Total Fat 2g, Saturated Fat 1g, Protein 6g, Carbohydrates 23g, Cholesterol 80mg, Dietary Fiber 1g, Sodium 131mg

Dietary Exchange: 1½ Bread/Starch



- ¼ cup sugar-free chocolate ice cream topping
- 8 maraschino cherries with stems (optional)

- ¼ cup sugar
- 3 tablespoons unsweetened cocoa powder
- 1½ cups fat-free (skim) milk
- 3 eggs, lightly beaten
- 1 to 2 teaspoons grated orange peel
- 1 teaspoon vanilla
- ¾ teaspoon ground cinnamon
- 4 ounces (4 cups) cubed French baguette

1. Preheat oven to 350°F. Combine sugar and cocoa in medium bowl; stir in milk, eggs, orange peel, vanilla and cinnamon until well blended.
2. Place bread cubes in ungreased 8-inch square baking dish. Pour milk mixture evenly over bread cubes.
3. Bake about 35 minutes or until a knife inserted near center comes out clean. Cool 5 to 10 minutes.
4. Spoon warm pudding into dessert dishes. Drizzle with ice cream topping and garnish with a cherry.



Dreamy Orange Pie



MAKES 10 SERVINGS

Nutrients per Serving:

Calories 160, Total Fat 4g, Saturated Fat 2g, Protein 3g, Carbohydrates 28g, Cholesterol 4mg, Dietary Fiber 2g, Sodium 139mg

Dietary Exchange: 2 Diabetic Carb Count, 2 Bread/Starch

-
- 8 whole low-fat honey graham crackers, crushed (1½ cups)
 - 2 tablespoons reduced-fat margarine, melted
 - 1 pint no-sugar-added vanilla ice cream, softened
 - 1 pint orange sherbet, softened
 - 10 tablespoons sugar-free whipped topping
 - 10 mandarin orange slices
-

1. Preheat oven to 350°F. Spray 9-inch springform pan with nonstick cooking spray.

2. Combine crumbs and margarine in medium bowl. Gently press crumb mixture on bottom and 1/2 inch up side of pan. Bake 8 to 10 minutes or until lightly browned. Cool completely on wire rack.

3. Spread ice cream evenly in cooled crust. Freeze 30 minutes or until firm to the touch. Spread orange sherbet evenly over ice cream; freeze at least 1 hour or until firm.

4. To serve, run knife carefully around edge of pan; remove side of pan. Cut into 10 slices. Top each slice with 1 tablespoon whipped topping and 1 orange slice.



Enlightened Fresh Triple-Berry Pie

MAKES 8 SERVINGS

Nutrients per Serving:

Calories 217, Total Fat 7g, Saturated Fat 2g, Protein 1g, Carbohydrates 37g, Cholesterol 2mg, Dietary Fiber 3g, Sodium 110mg

Dietary Exchange: ½ Bread/Starch, 1½ Fat, 2 Fruit

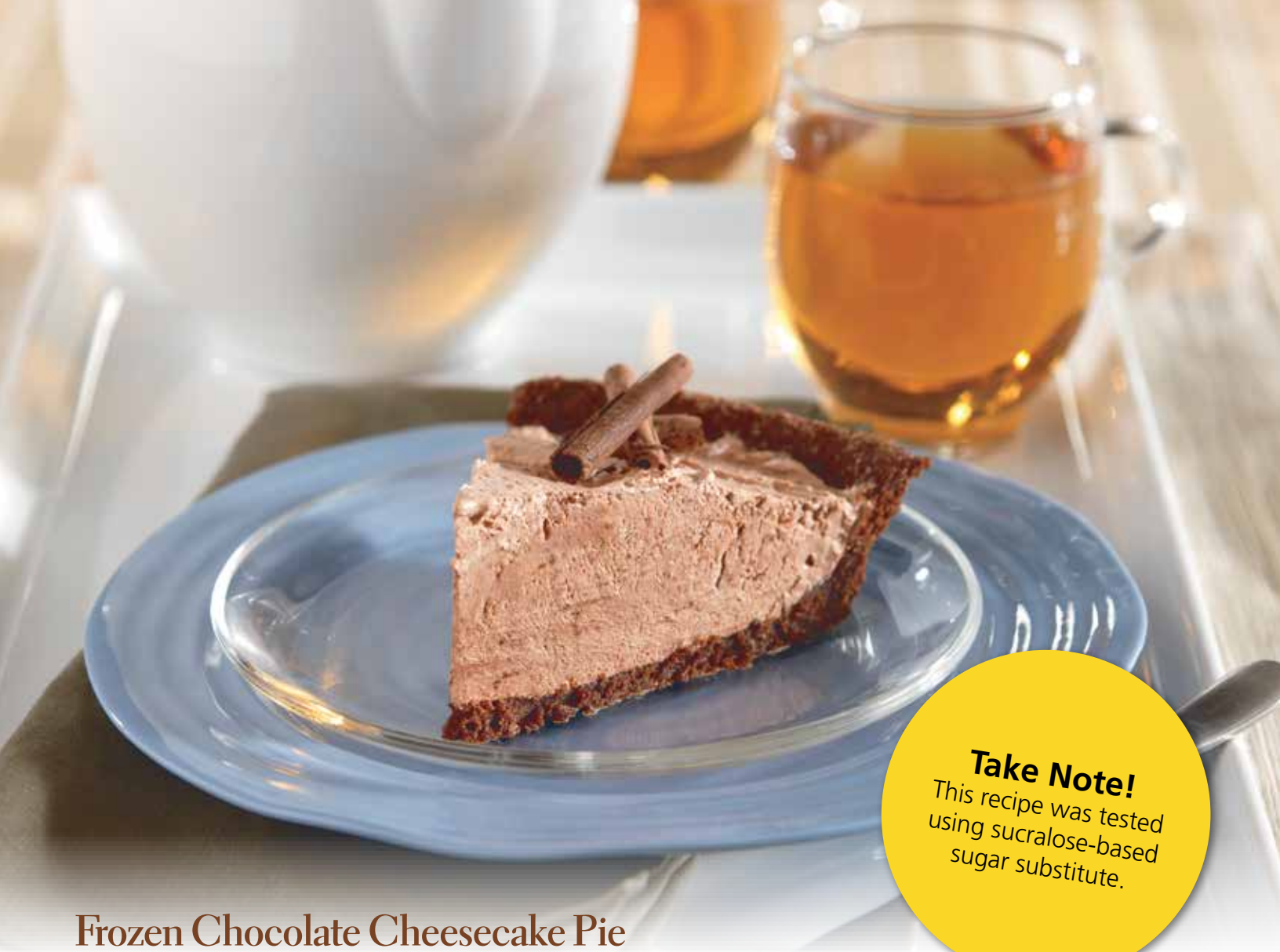
- 1 refrigerated pie crust
- 1 lemon
- 4 cups fresh strawberries, stemmed and quartered, divided
- ½ cup sugar
- ½ cup water
- 2 tablespoons cornstarch
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- ½ teaspoon vanilla or almond extract

1. Preheat oven to 475°F. Place pie crust in 9-inch deep-dish pie pan. Prick holes in bottom and sides of crust with fork. Bake 12 minutes or until light brown. Place on wire rack. Finely grate lemon peel over crust; cool completely.

2. Combine 1 cup strawberries, sugar, water and cornstarch in blender; blend until smooth. Transfer to large saucepan. Bring to a boil over medium-high heat. Boil 1 minute, stirring constantly. Remove from heat. Let stand 10 to 15 minutes to cool slightly.

3. Add remaining strawberries, blueberries, raspberries and vanilla to strawberry mixture; stir gently. Spoon into crust. Cover with plastic wrap. Refrigerate until firm. Cut into 8 slices.





Take Note!
This recipe was tested
using sucralose-based
sugar substitute.

Frozen Chocolate Cheesecake Pie

MAKES 10 SERVINGS

Nutrients per Serving: Calories 150, Total Fat 5g, Saturated Fat 3g, Protein 3g, Carbohydrates 21g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 360mg

Dietary Exchange: 1½ Bread/Starch, 1 Fat

- 1¼ cups chocolate graham cracker crumbs (about 15 squares)
- 1 tablespoon cocoa powder
- ¼ cup sugar substitute (see note)
- 2 tablespoons margarine, melted
- 1 egg white, beaten
- 1 package (4-serving size) chocolate sugar-free instant pudding
- 1 package (4-serving size) cheesecake sugar-free instant pudding
- 1¼ cups low-fat (1%) milk
- ⅛ teaspoon almond extract
- 2 cups reduced-fat whipped topping, thawed
- Dark chocolate curls for garnish (optional)

1. Preheat oven to 350°F. Lightly coat 9-inch pie pan with cooking spray.
2. Combine graham cracker crumbs, cocoa powder and sugar substitute in small bowl or food processor. Add margarine and egg white and mix well. Pour crumbs into pie pan and press into pan with fingers to form crust. Bake crust 8 to 10 minutes, remove from oven and cool.
3. In medium bowl place pudding mixes, milk and almond extract and beat with electric mixer until smooth (mixture will be thick). Fold in whipped topping and spoon filling into crust. Freeze 2 hours or until firm. Remove pie from freezer 15 to 20 minutes before slicing and serving. Top with chocolate curls, if desired.

Mocha Angel Food Cake with Raspberry Sauce

MAKES 1 (10-INCH) ROUND CAKE (14 SLICES)

Nutrients per Serving:

Calories 137, Total Fat 1g, Saturated Fat 1g, Protein 4g, Carbohydrates 30g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 69mg

Dietary Exchange: 2 Bread/Starch



3. Fold flour mixture ingredients into egg whites in four parts, mixing well after each addition. Pour batter into ungreased 10-inch tube pan; smooth top. Tap pan gently on countertop several times to remove air bubbles.

4. Bake 40 minutes or until toothpick inserted near center of cake comes out clean. Cool completely. Run thin-bladed knife or spatula around outer edge and inside tube. Invert cake onto rack; invert again onto serving plate.

5. Place raspberries in food processor or blender; process until smooth. Strain raspberries; stir in sugar and lemon juice. Spoon sauce over cake just before serving.

1 teaspoon vanilla

Raspberry Sauce

1½ cups fresh raspberries

2 teaspoons sugar

1 to 2 teaspoons lemon juice

1. Place rack in center of oven; preheat to 325°F.

2. Sift cake flour and cocoa into medium bowl. Add salt and ¾ cup sugar; mix well. Beat egg whites in large bowl with electric mixer until foamy. Add cream of tartar; beat until soft peaks form. Gradually add remaining ¾ cup sugar; beat about 5 minutes or until peaks are glossy and firm but not stiff. Beat in espresso mixture and vanilla.

Cake

¾ cup cake flour

¼ cup unsweetened cocoa powder (natural or Dutch process)

⅛ teaspoon salt

1½ cups sugar, divided

12 egg whites at room temperature

1 teaspoon cream of tartar

2 teaspoons instant espresso powder dissolved in 2 teaspoons water

Take Note!
This cake can be wrapped well in plastic wrap and kept at room temperature up to 3 days. The raspberry sauce can be stored in a tightly covered container in the refrigerator up to 5 days.



Peach-Cranberry Cobbler with Corn Bread Biscuits

MAKES 6 SERVINGS

Nutrients per Serving:

Calories 184, Total Fat 5g, Saturated Fat 3g, Protein 3g, Carbohydrates 33g, Cholesterol 46mg, Dietary Fiber 3g, Sodium 226mg

Dietary Exchange: 1 Bread/Starch, 1 Fat

- 1/4 teaspoon salt
- 2 tablespoons cold butter
- 1 egg
- 3 tablespoons fat-free (skim) milk

- 1 package (16 ounces) frozen unsweetened sliced peaches, thawed
- 1 cup fresh or frozen cranberries or raspberries
- 1/3 cup orange juice
- 1/4 cup packed brown sugar
- 2 tablespoons plus 1/3 cup all-purpose flour, divided
- 1/8 teaspoon ground allspice
- 3 tablespoons yellow cornmeal
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder

1. Preheat oven to 400°F. Combine peaches, cranberries and orange juice in large bowl. Combine brown sugar, 2 tablespoons flour and allspice in separate bowl; stir into peach mixture. Spoon about 1/2 cup peach mixture into each of 6 (8-ounce) custard cups or ramekins.

2. For biscuits, combine remaining 1/3 cup flour, cornmeal, granulated sugar, baking powder and salt in medium bowl. Cut in butter with two knives or pastry blender until mixture resembles coarse crumbs. Whisk egg and milk in small bowl. Stir egg mixture into flour mixture with fork just until moistened. Spoon biscuit topping evenly over peach mixture.

3. Bake 20 to 25 minutes or until toothpick inserted into topping comes out clean.



Peachy Vanilla Smoothie



MAKES 2 SERVINGS

Nutrients per Serving:

Calories 110, Total Fat 0g, Saturated Fat 0g, Protein 6g,
Carbohydrates 20g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 120mg

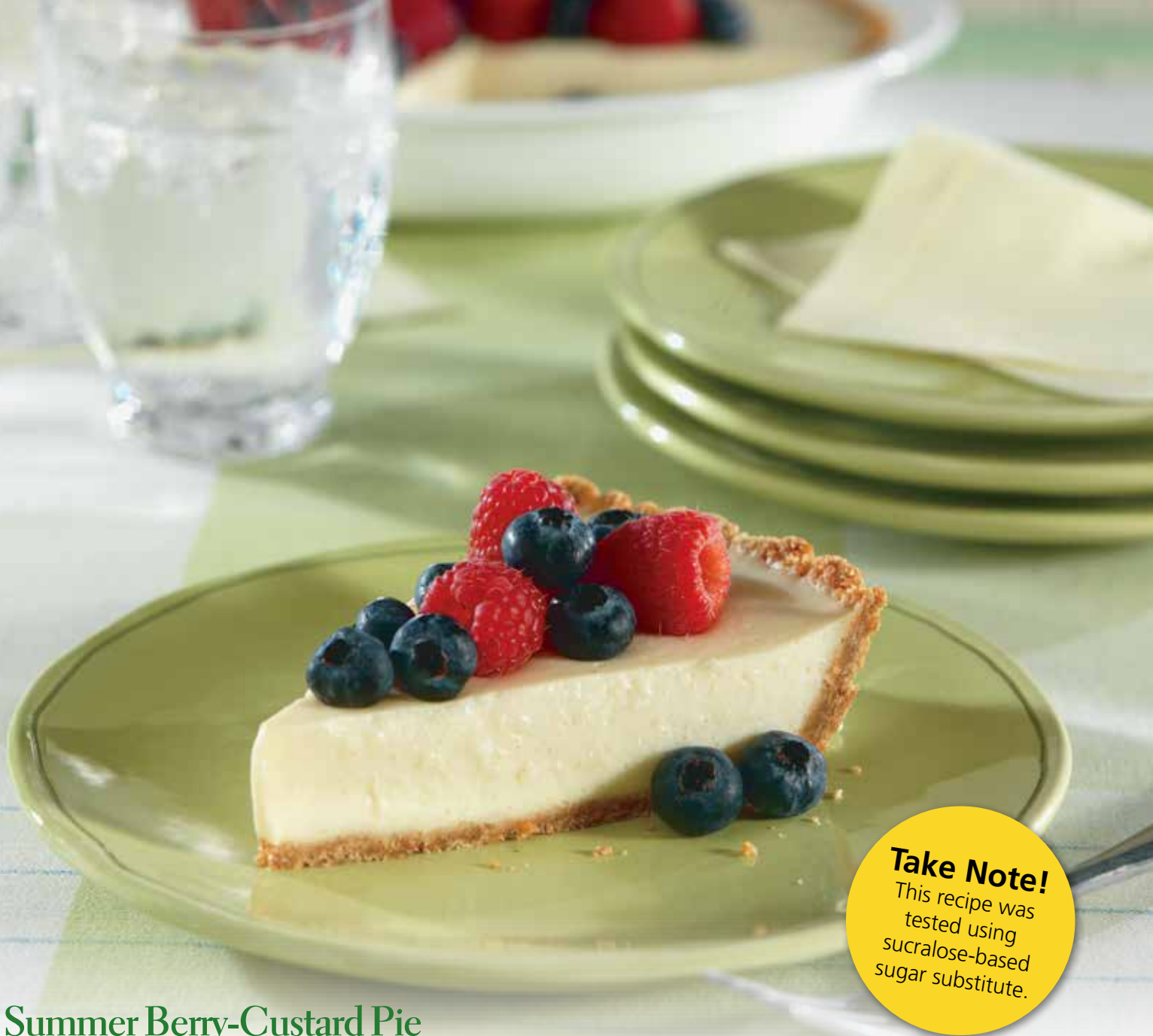
Dietary Exchange: 1 Fruit, 1 Meat

- 1 medium peach, peeled and pitted
 - $\frac{3}{4}$ cup fat-free (skim) milk
 - $\frac{1}{2}$ cup crushed ice
 - $\frac{1}{4}$ cup plain nonfat Greek yogurt
 - 1 tablespoon sugar
 - $\frac{1}{4}$ teaspoon vanilla
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1. Combine peach, milk, ice, yogurt, sugar and vanilla in blender; blend until smooth.

2. Pour into 2 tall glasses. Serve immediately.





Take Note!
This recipe was
tested using
sucralose-based
sugar substitute.

Summer Berry-Custard Pie

MAKES 8 SERVINGS

Nutrients per Serving:

Calories 176, Total Fat 6g, Saturated Fat 3g,
Protein 8g, Carbohydrates 24g, Cholesterol
42mg, Dietary Fiber 1g, Sodium 154mg

Dietary Exchange: ½ Bread/Starch, 1 Fat,
½ Milk

- 9 whole graham crackers
- ¼ cup egg whites
- 2 tablespoons butter, melted
and cooled
- 1 cup low-fat (1%) milk
- 1 egg
- ½ cup sugar substitute (see note)
- 3 tablespoons cornstarch

Pinch salt (optional)

- 1½ cups plain low-fat Greek
yogurt
- 2 teaspoons vanilla
- 1½ cups fresh blueberries or
rasp berries (or a combination
of both)

1. Preheat oven to 350°F. Spray 9-inch
glass pie plate with nonstick cooking
spray.

2. Place graham crackers in food
processor and process until finely
ground. Transfer to medium bowl and
stir in egg whites and butter. Press
mixture into bottom and up side of
prepared pie plate. Bake 10 minutes.

Cool completely.

3. For filling, combine milk, egg, sugar
substitute, cornstarch, and salt, if
desired, in medium saucepan. Cook over
medium heat 5 to 8 minutes or until
mixture comes to a boil and thickens,
whisking constantly. Remove from heat;
stir in yogurt and vanilla.

4. Spoon filling into crust. Press plastic
wrap directly onto surface of filling.
Refrigerate 4 hours or until firm. Top
with berries just before serving.

Three-Fruit Crumble

MAKES 4 SERVINGS

Nutrients per Serving:

Calories 169, Total Fat 4g, Saturated Fat 1g, Protein 3g, Carbohydrates 34g, Cholesterol 1mg, Dietary Fiber 4g, Sodium 158mg

Dietary Exchange: 2 Bread/Starch, ½ Fat

- 1 large sweet apple (such as Jonagold or Gala), peeled and cut into 1-inch pieces
- 1 large ripe pear, peeled and cut into 1-inch pieces
- ½ cup fresh cranberries
- 2 tablespoons apricot fruit spread
- 1 tablespoon sugar substitute (see note)
- ½ teaspoon ground cinnamon, divided
- ⅛ teaspoon salt
- ⅛ teaspoon ground ginger
- 1 tablespoon water
- 1 teaspoon all-purpose flour

- ½ cup high-fiber cereal with small clusters
- ¼ cup old-fashioned oats
- 2 teaspoons packed brown sugar
- 1 tablespoon margarine, cut in small pieces
- ⅓ cup plain nonfat Greek yogurt
- 1½ teaspoons granulated sugar
- ⅛ teaspoon vanilla

1. Preheat oven to 350°F. Spray 8-inch square baking dish with nonstick cooking spray.

2. For filling, combine apple, pear, cranberries, fruit spread, sugar substitute, 1/4 teaspoon cinnamon, salt and ginger in large bowl. Stir water into flour in small bowl until smooth. Add to fruit mixture; mix well. Spoon into prepared baking dish.

3. For topping, combine cereal, oats, brown sugar and remaining ¼ teaspoon cinnamon in medium bowl. Add margarine; mix with fingers to form coarse crumbs. Sprinkle over fruit.

4. Bake 40 to 45 minutes or until fruit is tender and bubbly and topping is golden brown.

5. Combine yogurt, granulated sugar and vanilla in small bowl until well blended. Spoon crumble into four bowls; top with dollop of yogurt mixture.

Take Note!

This recipe was tested using sucralose-based sugar substitute.



Tropical Green Shake



MAKES 2 (8 OUNCE) SERVINGS

Nutrients per Serving:

Calories 130, Total Fat 0g, Saturated Fat 0g, Protein 2g, Carbohydrates 32g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 20mg

Dietary Exchange: 1 Bread/Starch, ½ Fruit, ½ Vegetable

- 1 cup ice cubes
- 1 cup packed stemmed kale
- 1 cup frozen tropical fruit mix (see note)
- ½ cup reduced-sugar orange juice beverage
- 2 tablespoons honey or agave nectar

1. Combine ice, kale, tropical fruit mix, orange juice and honey in blender; blend until smooth.

2. Pour into two glasses.

Take Note!

Tropical mix typically contains pineapple, mango and strawberries along with other fruit.



Tropical Sugar Cookie Bars



MAKES 24 BARS

Nutrients per Serving:

Calories 68, Total Fat 4g, Saturated Fat 1g, Protein 1g, Carbohydrates 9g, Cholesterol 9mg, Dietary Fiber 1g, Sodium 12mg

Dietary Exchange: 1 Bread/Starch, ½ Fat

- 1 package (17½ ounces) sugar cookie mix
- ⅓ cup canola oil
- 1 egg
- ½ cup apricot fruit spread
- 1 teaspoon grated fresh ginger
- 1 can (8 ounces) pineapple tidbits, drained
- 1 fresh mango, peeled, seeded and diced
- 1 medium kiwi, peeled and diced
- 2 cups fresh strawberries, stemmed and diced

1. Preheat oven to 350°F. Line bottom and sides of 13X9-inch baking pan with foil. Coat foil with nonstick cooking spray.

2. Stir cookie mix, oil and egg in medium bowl until well mixed. Spread dough evenly in pan.

3. Bake 23 minutes or until golden. Gently lift cookie out of pan using foil. Cool completely on wire rack.

4. Place fruit spread in small microwavable bowl. Microwave on HIGH 1 minute or until slightly melted. Stir in ginger. Spread apricot mixture evenly over cookie. Arrange fruit over top. Cut into 24 bars.

