

Tasty Sweets for Diabetics

So-Easy Fruit Cooler

Serves 9

- ♥ 3/4 cup crushed ice (or 6 ice cubes)
- ♥ 1 orange, peeled and cut into chunks
- ♥ 1 banana, peeled and cut into chunks
- ♥ 12 oz. can of diet ginger ale



Mix ice, orange, and banana in blender until ice is dissolved. Add ginger ale and mix again. Pour into glasses and serve.

Serving Size: 1/4 cup
Per serving: 60 calories; 15g carbohydrates; 1g protein; 0g fat

Strawberry Shake

Serves 3

- ♥ 1 cup skim or low-fat milk
- ♥ 3/4 cup strawberries (fresh or frozen, unsweetened)
- ♥ 1/2 cup low-fat frozen vanilla yogurt

Put milk and berries in blender. Blend 10 seconds. Add yogurt and blend until smooth. Serve immediately.



Serving Size: 3/4 cup
Per serving: 75 calories; 11g carbohydrates; 4g protein; 1g fat

Black Cherry Salad

Serves 9

- ♥ 8 oz. package non-fat cream cheese
- ♥ 14 oz. can black sweet cherries, drained; reserve juice
- ♥ 1/4 cup cold water
- ♥ 1 small (4 servings) package sugar-free cherry gelatin
- ♥ 1 cup boiling water
- ♥ 8 oz. non-fat whipping cream



Place cream cheese in a bowl. Add 2 tablespoons of the reserved cherry juice and 1/4 cup cold water. Beat well with an electric mixer. Mix gelatin with boiling water and add to cream cheese mixture; blend well. Fold in drained cherries and whipped topping; blend well. Pour into 9-by-13 inch pan and refrigerate several hours.

Serving Size: 1 3-by-4 inch square
Per serving: 105 calories; 20g carbohydrates; 0g protein; 0g fat

Fruits are excellent sources of some vitamins, such as A and C, and minerals, such as potassium, magnesium, and copper.



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Twice Black No Sugar Added Truffles

Serves 40

- ♥ 2 (6 oz.) packages Russell Stover sugar-free dark chocolate candies
- ♥ 3 tablespoons Smuckers all fruit seedless black raspberry preserves
- ♥ 1 cup whipping cream
- ♥ 1/2 cup ground black walnuts
- ♥ 1/2 teaspoon black walnut extract

Set out all ingredients and allow preserves and cream to warm to room temperature. While they are warming, unwrap all the chocolate candy pieces. Place candy pieces in double boiler and warm gently to melt. Once softened, remove from heat. Place measured preserves into small bowl or mixing cup and stir until a smooth even consistency is achieved. Add preserves to melted candy and stir in thoroughly. Slowly add cream to melted chocolate and stir in thoroughly. Add black walnut extract and stir in thoroughly. Place mixture in refrigerator and cool until the consistency of putty—takes a couple of hours. Roll mixture into 3/4 inch diameter balls and roll in ground black walnuts to coat the outside of each ball. Chill finished truffles in refrigerator until ready to serve.

Serving Size: 1 ball
Per serving: 143 calories; 13g carbohydrates; 2g protein; 10g fat

Mocha Trifle

Serves 16

- ♥ 1 (2.1 oz.) package chocolate sugar-free, fat-free instant pudding mix
- ♥ 3 cups fat-free milk
- ♥ 1 (15 oz.) loaf fat-free chocolate pound cake
- ♥ 1/2 cup strong brewed coffee, divided
- ♥ 1 (8 oz.) carton frozen fat-free whipped topping, thawed
- ♥ 1/2 (7.25 oz.) package sugar-free chocolate sandwich cookies, chopped (such as Fifty-50)



Prepare pudding mix according to package directions, using 3 cups fat-free milk. Cut cake into cubes; place half of cake cubes in a 3-quart trifle bowl or glass bowl. Pour 1/4 cup coffee over cake; top with half of pudding, whipped topping, and chopped cookies. Repeat layers. Cover and chill at least 4 hours.

Serving Size: 3/4 cup
Per serving: 148 calories; 29g carbohydrates; 3g protein; 1g fat



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Rocky Road Fudge Pops

Serves 12

- ♥ 1 (1.4 oz.) package chocolate sugar-free, fat-free instant pudding mix
- ♥ 2 tablespoons granulated sugar substitute
- ♥ 1 cup fat-free milk
- ♥ 1 (12 oz.) can fat-free evaporated milk
- ♥ 3/4 cup miniature marshmallows
- ♥ 1/3 cup chopped sugar-free milk chocolate bar (2 oz.)
- ♥ 1/4 cup plus 3 tablespoons coarsely chopped unsalted dry roasted peanuts, divided

Combine pudding mix and sugar substitute in a large bowl. Gradually add fat free milk and evaporated milk, stirring with a wire whisk until smooth. Stir in marshmallows, chocolate, and 1/4 cup peanuts. Sprinkle remaining 3 tablespoons peanuts evenly among 12 plastic holders. Pour pudding mixture into holders, and add sticks. Freeze 3 hours until firm.

Serving Size: 1 pop
Per serving: 107 calories; 14g carbohydrates; 5g protein; 4g fat



Triple Chocolate Bundt Cake

Serves 18

- ♥ 1/2 cup unsweetened applesauce
- ♥ 1 (18.25 oz.) package devil's food cake mix with pudding
- ♥ 1 (1.4 oz.) package chocolate sugar-free, fat-free pudding mix
- ♥ 1 cup fat-free sour cream
- ♥ 1/3 cup fat-free milk
- ♥ 3 large egg whites
- ♥ 1 large egg
- ♥ 1 teaspoon almond extract
- ♥ 3 tablespoons Equal Measure or 31 packets Equal
- ♥ 2 1/2 teaspoons fat free milk
- ♥ 1 oz. sugar free milk chocolate
- ♥ 1 tablespoon fat-free milk

Spread applesauce onto several layers of paper towels. Cover with additional paper towels; let stand 5 minutes. Scrape into a bowl. Combine cake mix and next 6 ingredients in a large bowl; add applesauce. Beat with mixer 2 minutes. Pour into a 12-cup Bundt pan coated with cooking spray. Bake at 350° for 53 minutes or until a pick inserted in center comes out clean. Cool in pan on wire rack 10 minutes; remove from pan. Cool completely on wire rack. Combine sugar substitute and 2 1/2 teaspoons milk; drizzle over cake. Microwave chocolate at HIGH 1 1/2 minutes, stirring after 1 minute. Add 1 tablespoon milk; stir. Drizzle over cake.

Serving Size: 1 slice
Per serving: 156 calories; 29g carbohydrates; 4g protein; 3g fat

Have a Happy Valentine's Day! Try one of these delicious desserts!

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Fudgy Cream Cheese Brownies *Serves 16*

- ♥ 3/4 cup sugar
- ♥ 1/4 cup plus 2 tablespoons reduced calorie stick margarine, softened
- ♥ 1 large egg
- ♥ 1 large egg white
- ♥ 1 tablespoon vanilla extract
- ♥ 1/2 cup all-purpose flour
- ♥ 1/4 cup unsweetened cocoa
- ♥ Cooking spray
- ♥ 1 (8 oz.) block 1/3 less-fat cream cheese, softened
- ♥ 1/4 cup granulated sugar substitute with aspartame (such as Equal Spoonful)
- ♥ 3 tablespoons 1% low-fat milk

Beat sugar and margarine at medium speed of a mixer until light and fluffy. Add egg, egg white, and vanilla; beat well. Gradually add flour and cocoa, beating well. Pour into an 8-inch square pan coated with cooking spray; set aside. Beat cream cheese and sugar substitute at high speed of mixer until smooth. Add milk; beat well. Pour cream cheese mixture over chocolate mixture; swirl together using the tip of a knife to create a marbled effect. Bake at 350° for 30 minutes or until done. Cool completely in pan on a wire rack. Cut into squares.

Serving size: 1 brownie
Per serving: 127 calories; 14g carbohydrates; 2.9g protein; 7g fat

Snickers™ Dessert *Serves 8*

- ♥ 2 cups non-fat, sugar-free, vanilla or praline ice cream or frozen yogurt
- ♥ 1 cup “lite” sugar-free frozen whipped topping, thawed
- ♥ 1/4 cup peanut butter
- ♥ 1 small (4 servings) package sugar-free butterscotch pudding mix

Mix all ingredients thoroughly and pour into an 8-inch square pan. Freeze.

Serving Size: 2-by-2-inch piece
Per serving: 135 calories; 21g carbohydrates; 3g protein; 4g fat

Did you know . . .

Chocolate contains many antioxidants that could help prevent heart disease and cancer. A 1.4 oz. of milk chocolate typically has 400mg of antioxidants, as much as in a glass of red wine. Dark chocolate has twice as much, but white chocolate has none.

However, roughly 60% of chocolate's fat is saturated and a typical chocolate bar contains 8g of saturated fat. So bingeing on chocolate drives up your intake of saturated fat. But moderate amounts do not appear harmful.

Sources:

The Type 2 Diabetes Cookbook
Delicious Diabetes Cookbook, Book 3
R. J. Brown, Gallatin County — KY
USA Weekend.com - Chocolate lovers, take heart.