



# Healthy Desserts *for a* Diabetic Diet

Hot Fudge Pudding Cake .....	2
Quick Mixed Berry Topping .....	3
Lime-Mango Sorbet .....	4
Strawberry-Banana Smoothie Pops .....	5
Coconut-Dark Chocolate Truffles .....	6
Joy Cookies .....	7
Creamy Grape Salad with Candied Walnuts.....	8
Yummy Molasses Crackles.....	9
Swirled Cheesecake Brownies .....	10
Chocolate-Banana Grahams.....	11

## Hot Fudge Pudding Cake

**Makes:** 12 servings

**Active time:** 20 minutes

**Total:** 1 hour

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This dense, fudgy pudding cake is a delicious low-calorie dessert.

- 1 cup all-purpose flour
- 1/3 cup sugar
- 1/4 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup nonfat milk
- 1 large egg, lightly beaten
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/4 cup pecan halves, toasted (*see Tip*)
- 3/4 cup brown sugar
- 1 1/3 cups hot strong coffee

1. Preheat oven to 375°F. Lightly coat an 8-by-8-inch baking dish with cooking spray.

2. Stir together flour, sugar, cocoa, baking powder and salt in a large bowl. Combine milk, egg, oil and vanilla in a glass measuring cup. Make a well in center of the dry ingredients and gradually pour in the milk mixture, stirring until combined. Stir in pecans. Spoon into the prepared pan and spread evenly.

3. Dissolve brown sugar in coffee; spoon over batter. Bake until a toothpick inserted in center comes out clean, about 25 minutes. Let stand for 10 minutes; serve hot or warm.

**Per serving:** 143 calories; 5 g fat (1 g sat, 3 g mono); 18 mg cholesterol; 24 g carbohydrate; 15 g total sugars; 2 g protein; 1 g fiber; 203 mg sodium; 94 mg potassium.

**Carbohydrate servings:** 1 1/2

**Exchanges:** 1 1/2 other carbohydrate, 1 fat

**Tip:** To toast pecan halves, spread nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.







## Quick Mixed Berry Topping

**Makes:** 8 servings, 2 tablespoons each

**Active time:** 5 minutes **Total:** 5 minutes

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Frozen mixed berries become an almost instant fruit topping in the microwave.

**2 cups frozen mixed berries**

**2 tablespoons sugar**

**1½ teaspoons cornstarch**

Toss berries, sugar and cornstarch in a large microwave-safe bowl until well combined. Microwave on High for 2 minutes. Stir and microwave on High until slightly thickened and steaming, about 2½ minutes more.

**Per serving:** 29 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 8 g carbohydrate; 6 g total sugars; 3 g added sugars; 0 g protein; 1 g fiber; 0 mg sodium; 24 mg potassium.

**Carbohydrate servings:** ½

**Exchanges:** ½ fruit

## Lime-Mango Sorbet

**Makes:** about 4 cups

**Active time:** 25 minutes | **Total:** 4 hours 55 minutes

**To make ahead:** Freeze in an airtight container for up to 1 week. Let soften slightly before serving.

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It couldn't be any easier to make sorbet. Just combine fruit, sugar and juice and escape to the tropics with this mango sorbet recipe flavored with lime. For a fun presentation, sprinkle with toasted coconut before serving.

**5 cups chopped ripe mango (about 5 mangoes), fresh or frozen (see Tips)**

**½ cup water**

**1 teaspoon lime zest**

**¼ cup lime juice**

**¼ cup sugar**

1. Puree mango in a food processor until smooth.
2. Combine water, lime zest, lime juice and sugar in a small saucepan. Heat over medium heat, stirring, until the sugar is dissolved.
3. Stir the syrup into the fruit puree. Chill the mixture in the refrigerator until cold, about 4 hours.
4. Pour the sorbet mixture into an ice cream maker. (No ice cream maker? See Tips.) Freeze according to the manufacturer's directions.

**Per ½ cup:** 88 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 22 g carbohydrate; 6 g added sugars; 1 g protein; 2 g fiber; 2 mg sodium; 183 mg potassium.

**Nutrition bonus:** Vitamin C (67% daily value), Vitamin A (22% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 fruit, ½ other carbohydrate

### Tips:

**If using frozen fruit, measure it frozen and then thaw before pureeing.**

**If you don't have an ice cream maker, freeze the mixture in a shallow metal cake pan or ice cube trays until solid, about 6 hours. Break into chunks and process in a food processor until smooth, stopping to scrape down the sides as needed.**





## Strawberry-Banana Smoothie Pops

**Makes:** 6 (4-ounce) pops

**Active time:** 10 minutes **Total:** 6 hours 10 minutes (including freezing time)

**To make ahead:** Freeze for up to 3 weeks.

**Equipment:** Six 4-ounce freezer pop molds (see *Tip*)

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Turn a strawberry-banana smoothie, or your favorite blended concoction, into freezer pops for a cool treat.

**2 cups frozen strawberries**

**1 medium banana**

**1 cup low-fat strawberry yogurt or vanilla yogurt**

**½ cup cranberry juice cocktail or pomegranate juice**

**1 tablespoon pure maple syrup**

Place strawberries, banana, yogurt, juice and maple syrup in a blender and blend until smooth. Divide among six 4-ounce freezer-pop molds. Freeze until firm, at least 6 hours.

**Per serving:** 92 calories; 1 g fat (0 g sat, 0 g mono); 3 mg cholesterol; 21 g carbohydrate; 16 g total sugars; 8 g added sugars; 2 g protein; 2 g fiber; 21 mg sodium; 237 mg potassium.

**Nutrition bonus:** Vitamin C (72% daily value)

**Carbohydrate servings:** 1½

**Exchanges:** ½ fruit, ½ carbohydrate (other)

**Tip:** If you don't have your freezer pop molds, divide the smoothie among small paper or plastic cups instead. Freeze until very thick, but not completely frozen, 1 to 2 hours. Insert frozen-treat sticks and continue freezing until completely firm, 4 to 5 hours more.



## Coconut-Dark Chocolate Truffles

**Makes:** about 40 truffles

**Active time:** 1 hour | **Total:** 4-5 hours (including chilling time)

**To make ahead:** Store airtight in the refrigerator for up to 1 week.

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Coconut macaroons meet dark chocolate truffles in these little treats. Inside the snap of the dark chocolate shell lies the tender coconut-cocoa filling: a mix of naturally sweet dates, cocoa and coconut flour. Coconut flour is a healthy way to add decadent coconut flavor to this coconut-dark chocolate truffle recipe and other baked goods. It packs a whopping 5 grams of fiber per 2 tablespoons (with only 2 grams of total and saturated fat). Look for coconut flour near other gluten-free flours.

- 2 cups whole dates, pitted and coarsely chopped (16-18 large)**
- 1 cup boiling water**
- 1 teaspoon vanilla extract**
- ¼ teaspoon salt**
- ¾ cup coconut flour**
- 2 tablespoons unsweetened cocoa powder**
- 10 ounces bittersweet chocolate, chopped (about 1½ cups)**
- 1½ cups unsweetened shredded coconut, toasted (see Tip)**

1. Place dates in a small bowl. Pour boiling water over them and let stand until cool, about 40 minutes. Transfer the dates and liquid to a food processor. Add vanilla and salt and puree until smooth, scraping down the sides once or twice. Add coconut flour and cocoa and process, scraping the sides occasionally, until a thick doughlike paste forms. Refrigerate until very cold, 2 to 3 hours.
2. Line a baking sheet with parchment paper or foil. Using 2 teaspoons per truffle, roll the mixture into about 40 balls.
3. Place half the chocolate in a microwave-safe bowl and microwave in 30-second bursts, stirring in between, until it is about half melted. Remove from the microwave and continue stirring until completely melted. Place coconut in a shallow dish.
4. Add about 4 date balls at a time to the melted chocolate. Working quickly, use 2 forks to roll each ball in the chocolate until coated. Use a fork to transfer the truffles one at a time to the coconut, letting excess chocolate drip off first. Sprinkle with coconut to coat. Transfer to the prepared baking sheet.
5. When the first batch of chocolate is gone and about half the date balls are coated, melt the remaining chocolate and coat the remaining balls with chocolate and coconut. Transfer the baking sheet to the refrigerator and chill until the chocolate is set, about 1 hour.

**Per truffle:** 82 calories; 4 g fat (3 g sat, 0 g mono); 0 mg cholesterol; 12 g carbohydrate; 3 g added sugars; 1 g protein; 3 g fiber; 21 mg sodium; 69 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** ½ fruit, ½ other carbohydrate, ½ fat

**Tip:** To toast shredded coconut, place in a small dry skillet and cook, stirring often, until golden, about 5 minutes, or spread in a shallow baking dish and bake at 350°F





## Joy Cookies

**Makes:** 4 dozen cookies

**Active time:** 30 minutes **Total:** 1¼ hours

**To make ahead:** Store airtight, in a single layer, for up to 1 day or freeze undecorated cookies for up to 3 months. Defrost at room temperature before decorating.

**Equipment:** 15-by-10-inch baking sheet with 1-inch sides

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These coconut-chocolate-almond-topped shortbread cookies are reminiscent of a favorite candy bar.

$\frac{2}{3}$ cup granulated sugar	$\frac{2}{3}$ cup whole-wheat flour
$\frac{1}{3}$ cup unsalted butter, softened (see <i>Tips</i> )	$1\frac{1}{2}$ teaspoons baking powder
$\frac{1}{3}$ cup canola oil	$\frac{1}{4}$ teaspoon salt
1 large egg	3 tablespoons melted semisweet chocolate chips (see <i>Tips</i> )
1 tablespoon milk	3 tablespoons toasted coconut (see <i>Tips</i> )
1 teaspoon almond extract	48 sliced almonds
1 cup all-purpose flour	

1. Preheat oven to 375°F. Coat a 15-by-10-inch baking sheet with 1-inch sides with cooking spray.
2. Beat sugar, butter, oil, egg, milk and almond extract in a mixing bowl with an electric mixer until light and fluffy. Stir in all-purpose flour, whole-wheat flour, baking powder and salt until well blended. (It will be a soft dough.) Spread the dough into the prepared baking pan in a thin layer.
3. Bake until golden brown, about 12 minutes. Cool in the pan on a wire rack for 5 minutes. Cut into 48 bars.
4. Decorate each bar with a drizzle of melted chocolate, a sprinkle of toasted coconut and an almond slice.

**Per bar:** 53 calories; 3 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 7 g carbohydrate; 3 g total sugars; 3 g added sugars; 1 g protein; 0 g fiber; 32 mg sodium; 16 mg potassium.

**Carbohydrate servings:**  $\frac{1}{2}$

**Exchanges:** 1 fat

### Tips:

**To soften butter, let stand at room temperature for 30 to 45 minutes. Or cut into small pieces and let stand for about 15 minutes. (Do not soften in a microwave—the uneven heat may melt the butter in spots.)**

**To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.**

**Toast coconut in a small dry skillet over medium-low heat, stirring often, until golden, about 5 minutes.**



## Creamy Grape Salad with Candied Walnuts

**Makes:** 12 servings, ½ cup each

**Active time:** 20 minutes | **Total:** 20 minutes

**To make ahead:** Store candied walnuts at room temperature for up to 8 hours; cover and refrigerate salad for up to 8 hours. Top the salad with the walnuts just before serving.

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Traditional grape salad recipes are loaded with sugar and fat, but we made this creamy grape dessert salad recipe healthier by using reduced-fat cream cheese instead of full-fat cream cheese and using half the sugar called for in classic recipes. Bring this healthy grape salad recipe to a potluck and watch it disappear in moments.

### Candied Walnuts

- ½ cup chopped walnuts
- 2 teaspoons water
- 1 tablespoon light brown sugar
- Pinch of salt

### Grape Salad

- ½ cup reduced-fat sour cream
- 4 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 6 cups seedless grapes, preferably red and green (about 2 pounds)

**1. To prepare walnuts:** Line a small baking pan with parchment paper or foil; coat with cooking spray. Preheat oven to 400°F.

**2.** Toss walnuts in a bowl with water. Sprinkle with brown sugar and salt; toss to coat well. Transfer to the prepared pan. Bake until the sugar is melted and the nuts are barely starting to brown, 6 to 8 minutes. Cool in the pan until the sugar hardens, about 6 minutes.

**3. To prepare salad:** Meanwhile, combine sour cream, cream cheese, honey and vanilla in a food processor and puree until smooth and creamy. Transfer to a large bowl. Add grapes and gently stir to combine. Transfer to a serving dish. Crumble the candied walnuts on top just before serving.

**Per serving:** 143 calories; 7 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 21 g carbohydrate; 5 g added sugars; 2 g protein; 1 g fiber; 50 mg sodium; 198 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 fruit, ½ other carbohydrate







## Yummy Molasses Crackles

**Makes:** about 3 dozen cookies

**Active time:** 15 minutes **Total:** 1½ hours

**To make ahead:** Store in an airtight container at room temperature for up to 5 days or freeze for up to 3 months.

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Ginger molasses cookies got a makeover in this recipe by reducing the butter and adding crystallized ginger for a spicy jolt.

- ¼ cup unsalted butter, softened**
- 1 cup plus ⅓ cup sugar, divided**
- 1 large egg, beaten**
- ¼ cup molasses**
- 2 cups all-purpose flour**
- 2 teaspoons baking soda**
- 1 teaspoon ground cinnamon**
- ½ teaspoon salt**
- ¼ teaspoon ground cloves**
- ⅛ teaspoon ground ginger**
- ⅓ cup crystallized ginger, finely chopped**

- 1.** Beat butter and 1 cup sugar in a large bowl with an electric mixer until creamy. Add egg and molasses. Mix well.
- 2.** Whisk flour, baking soda, cinnamon, salt, cloves and ginger in another large bowl until well blended. Stir in crystallized ginger.
- 3.** Blend the flour mixture into the butter mixture a cup at a time, mixing well, until it is all incorporated. Chill the dough in the refrigerator until firm, 30 minutes to 1 hour.
- 4.** Preheat oven to 375°F. Lightly coat 2 baking sheets with cooking spray.
- 5.** Place the remaining ⅓ cup sugar in a shallow dish. Roll the dough into 1-inch balls and then roll in the sugar. Place 1½ inches apart on the prepared baking sheet.
- 6.** Bake the cookies, in batches, until they crackle on top, 8 to 10 minutes. Transfer to a wire rack to cool.

**Per cookie:** 79 calories; 1 g fat (1 g sat, 0 g mono); 9 mg cholesterol; 16 g carbohydrate; 9 g total sugars; 1 g protein; 0 g fiber; 106 mg sodium; 43 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 carbohydrate (other)

## Swirled Cheesecake Brownies

**Makes:** 24 bars

**Active time:** 25 minutes **Total:** 2 hours (including cooling time)

**To make ahead:** The brownies will keep, covered, in the refrigerator for up to 2 days.

(Alternatively, bake brownies in an 8½-by-12½-inch foil pan, wrap well and store in the freezer for up to 3 months.) Bring to room temperature and cut into bars shortly before serving.

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Made with whole-wheat flour, these decadent-tasting brownies have a beautiful marbled cheesecake topping. Cutting them into bite-size pieces helps to keep the calorie count in check.

### Cheesecake Topping

- 4 ounces reduced-fat cream cheese (Neufchâtel)
- ¼ cup sugar
- 1 large egg
- 1 tablespoon all-purpose flour
- 1 tablespoon nonfat plain yogurt
- ½ teaspoon vanilla extract

### Brownie Layer

- ⅔ cup whole-wheat pastry flour
- ½ cup unsweetened cocoa powder
- ¼ teaspoon salt
- 1 large egg
- 2 large egg whites or 4 teaspoons dried egg whites (see Tip), reconstituted according to package directions
- 1¼ cups packed light brown sugar
- ¼ cup canola oil
- ¼ cup strong (or prepared instant) coffee or black tea
- 2 teaspoons vanilla extract

1. Preheat oven to 350°F. Coat a 7-by-11-inch brownie pan or baking pan with cooking spray.
2. **To prepare topping:** Place cream cheese in a small mixing bowl and beat with an electric mixer until smooth and creamy. Add sugar and beat until smooth. Add egg, flour, yogurt and vanilla; beat until well blended.
3. **To prepare brownie layer:** Whisk whole-wheat flour, cocoa and salt in a bowl. Place egg, egg whites and brown sugar in a large bowl and beat with the electric mixer on medium speed until smooth. Add oil, coffee (or tea) and vanilla; beat until well blended. Add the dry ingredients and beat on low speed just until well blended, stopping once to scrape down the sides.
4. Scrape about half of the brownie batter into the prepared pan. Slowly pour the topping evenly on top. Drop the remaining brownie batter in large dollops over the topping. Draw the tip of a sharp knife or skewer through the two batters to create a swirled effect.
5. Bake the brownies until the top is just firm to the touch, about 20 minutes. Let cool completely in the pan on a wire rack. Coat a knife with cooking spray and cut into 24 bars.

**Per bar:** 100 calories; 4 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 16 g carbohydrate; 12 g total sugars; 12 g added sugars; 2 g protein; 1 g fiber; 50 mg sodium; 46 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 other carbohydrate, ½ fat

**Tip:** Dried egg whites are convenient in recipes like this one because you don't have to figure out what to do with 4 egg yolks. Look for powdered brands in the baking aisle or







## Chocolate-Banana Grahams

**Makes:** 1 serving

**Active time:** 5 minutes **Total:** 5 minutes

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A graham cracker smeared with chocolate spread and topped with banana and coconut is a light way to satisfy your sweet tooth.

- 1 square graham cracker, broken into 2 rectangles**
- ½ teaspoon Nutella or other chocolate-hazelnut spread, divided**
- 2 slices banana, about 2 inches long**
- ½ teaspoon sweetened shredded coconut, toasted if desired, divided**

Spread each graham cracker piece with ¼ teaspoon Nutella and top with a slice of banana and a sprinkling of coconut.

**Per serving:** 71 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 7 g total sugars; 4 g added sugars; 1 g protein; 1 g fiber; 37 mg sodium; 94 mg potassium.

**Carbohydrate servings:** 1

**Exchanges:** 1 carbohydrate (other)

# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.





- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...

-  **Heart Health** has limited saturated fat.
-  **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
-  **Weight Loss** has reduced calories (and limited saturated fat).
-  **Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

*Photography by Ken Burris (pages 2, 3, 5, 7, 9, 10, 11), Carin Krasner (pages 4, 6) and Peter Ardito (page 8).*

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