

Introduction

The best part of a meal for many people is dessert. *Delicious Desserts When You Have Diabetes* provides recipes for people who love dessert but want to eat healthily, too. These desserts are not difficult to make, but do require having the right ingredients, measuring accurately, and carefully following the directions. Here are some helpful tips.

ABOUT THE INGREDIENTS

If nutrient analyses are to be accurate, you must carefully measure the ingredients as specified in the recipes and make sure to divide the recipes into the designated number of servings. This is important to do when you are cooking for people with diabetes.

FORM OF INGREDIENTS

The way ingredients are measured, such as firmly packed brown sugar or unsifted powdered sugar, is described in the ingredient list. Any ingredient preparation required before or after measuring, such as mincing herbs; chopping nuts; thawing fruit juice concentrate; or peeling, coring, slicing, dicing, or puréeing fruits and vegetables, is noted in the ingredient list.

For example, a recipe in which peaches need to be peeled and thinly sliced *before* measuring lists the peaches in the following manner:

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	WEIGHT	MEASURE
Peeled and thinly sliced fresh ripe peaches	26 oz	4½ c (1⅛ qt)

But a recipe calling for whole peaches to be peeled and thinly sliced *after* measuring lists the peaches as follows:

	WEIGHT	MEASURE
Fresh ripe peaches, peeled and thinly sliced	16 oz as purchased	3 medium/ 2 large

For the best results, measure the ingredients as listed in the recipes.

WEIGHING AND MEASURING INGREDIENTS

Both weights (ounces and pounds) and volumes (quarts, pints, cups, tablespoons, teaspoons) are listed for most solid ingredients unless the amount is less than one ounce. Weighing these ingredients is the preferred and most accurate method of measuring and was the method used to develop and test these recipes. Weights of ingredients should be measured with a scale, preferably an electronic scale.

Either shell or liquid eggs can be used in the recipes. Shell eggs should be large.

Observe these rules when measuring the following ingredients.

- Measure flour by gently spooning it into a dry measuring cup. Don't pack it down. Then level it off by sliding a table knife over the rim of the cup and letting the excess fall back into the bag.
- If brown sugar is called for, the recipe will specify how the brown sugar should be packed in the cup (firmly packed, lightly packed, unpacked). Pack the cup according to recipe specifications before leveling it off.
- For ingredients such as flaked coconut and chopped nuts, fill the cup and *then* level it off with your fingers.
- When measuring small amounts of ingredients, begin with clean and dry measuring spoons. Then, scoop ingredients to overflowing, and level them off with a table knife.
- Measure liquid ingredients with a glass measuring cup for easier reading. Place the liquid measuring cup on a level surface and bend

down to read it at eye level while pouring to the correct mark. A 2-cup (pint) measure is standard and a 4-cup (quart) measure is helpful to have on hand.

- In a few recipes, a *scant* amount (for example, scant 1 tablespoon gelatin, scant 1 cup flour) of an ingredient is called for. Use just a little less than the measure listed. For example, for 1 scant tablespoon, use $2\frac{1}{2}$ teaspoons (1 tablespoon minus $\frac{1}{2}$ teaspoon) and for 1 scant cup, use $\frac{3}{4}$ cup + 3 tablespoons (1 cup minus 1 tablespoon).
- When a recipe calls for a *pinch* of an ingredient (for example, a pinch of cloves, pinch of ground ginger), add about $\frac{1}{16}$ teaspoon, or as much as can be taken between your thumb and forefinger.

ABBREVIATIONS

The following abbreviations are used.

c	cup	pt	pint
F	Fahrenheit	poly	polyunsaturated
g	gram	qt	quart
lb	pound	sat	saturated
mg	milligram	tbsp	tablespoon
mono	monounsaturated	tsp	teaspoon
oz	ounce		

PREPARATION OF EQUIPMENT

Small, medium, and large bowls, saucepans, and storage containers are called for in recipes.

- Small—1 quart (4 cups)
- Medium—2 quarts (8 cups)
- Large—3 quarts (12 cups)

An ice cream freezer is preferred for making the frozen yogurts, sherbets, ice creams, sorbets, and other frozen desserts. For those without an ice cream freezer, directions are also provided for preparing the desserts by freezing in shallow, nonreactive metal pans and beating with an electric mixer or blending in a food processor or blender. However, frozen desserts prepared in an ice cream freezer will have a smoother texture.

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FRUITS AND VEGETABLES

Most recipe books for desserts begin with a selection of cakes followed by bars and cookies. Typically, a brief list of fruit desserts is included near the end. Because fruit desserts are so delicious to eat and so good for us, *Delicious Desserts When You Have Diabetes* begins with a chapter of fresh fruit desserts, followed by a chapter of cooked fruit desserts to encourage you to eat more fruit desserts. Remember that fruits are nutritious, full of vitamins and minerals. Their fiber and phytochemical content can help control blood sugar and protect against cancer and heart disease.

Fruits and vegetables are also added to enhance the taste, texture, and nutritional profile of the desserts in every chapter. Fruits and vegetables are blended into many of the cakes, cookies, bars, and quick breads. Gelatins, ice creams and other frozen desserts, and smoothies are prepared with a variety of fruits and vegetables. Recipes for pies, cheesecakes, and sauces featuring fruits and vegetables are offered.

Fresh fruit is used in recipes unless otherwise specified. Make sure to always wash (and dry) fresh fruits and vegetables before using. When recipes call for frozen fruit, thaw and drain it before measuring it unless told otherwise.

Several recipes call for baking apples. Some good choices of uniform-size apples that stay firm and flavorful when baked are Cortland, Northern Spy, Rome Beauty, Winesap, and York Imperial apples.

Many other recipes call for tart apples. Good choices include Cortland, Gravenstein, Granny Smith, Grimes Golden, Jonathan, McIntosh, Newton Pippin, Northern Spy, Rhode Island Greening, Stayman, Winesap, and York Imperial.

FATS AND OILS

Heart disease is the leading complication and cause of death in people with diabetes. For this reason, cutting back on fat, especially saturated fat, is key. Several techniques are employed to minimize the total and saturated fat and cholesterol in these dessert recipes.

For starters, lard, shortening, and butter are not used in the recipes. Most of the desserts are made with no added fat, or small amounts of olive oil, rich in monounsaturated fat or margarine, rich in polyunsaturated fat. Baking pans and trays are sprayed with butter-flavored vegetable cooking oil rather than coating them with the traditional shortening, butter, or margarine.

Traditionally, most baked goods are high in fat. A variety of ingredients replace the fat in these baked goods. They include fat-free yogurt, fat-free sour cream, and fruit and vegetable purées including apricot, banana, dried plum (prune), kidney bean, pumpkin and sweet potato purées, and applesauce.

Prune purée is particularly effective as a fat substitute in baked goods. It replaces the fat in many of the cakes, cookies, bars, and quick breads. Prune purée's success is attributed to it being rich in three ingredients: pectin, sorbitol, and malic acid. Pectin is a type of dietary fiber that entraps air just as effectively as shortening to produce good texture in baked goods. Sorbitol is a mildly sweet alcohol sugar that keeps baked goods soft and moist, providing them with the mouthfeel typically associated with their higher-fat counterparts. Finally, the malic acid in prunes acts as a flavor enhancer as well as a natural preservative.

To make prune purée, combine 8 ounces (1 $\frac{1}{3}$ cups) pitted prunes and 6 tablespoons of hot water in a food processor or blender. Pulse on and off until the prunes are finely chopped and nearly smooth. If you prefer not to make your own, prune baby food works well, too.

Frostings and toppings for baked goods are also usually rich in butter, shortening, or margarine, and contain other ingredients high in fat, saturated fat, and cholesterol, such as cream cheese, egg yolks, whole milk, and cream. The frostings and toppings in *Delicious Desserts When You Have Diabetes* are made without butter, shortening, margarine, or other added fat.

Pastries are traditionally made with lard, shortening, butter, and more recently, margarine. To minimize the fat in these pastries, pies are made with only one reduced-fat crust or topped with reduced-fat pastry cutouts, lower-fat crumb toppings, or a fat- and cholesterol-free egg white meringue. In other pies, high-fat and high-cholesterol crusts are replaced with a reduced-fat crisp egg white meringue shell, phyllo shell, or cereal crust.

EGGS

To reduce the total and saturated fat and cholesterol in the desserts, few recipes require egg yolks. Many of the baked goods, including cakes, cookies, and quick breads, contain no egg yolks, or just one yolk per recipe. Egg whites, baking soda, or baking powder serve as leavening agents in many of the baked goods, and fruit and vegetable purées are used to enhance their taste, texture, and mouthfeel.

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Desserts such as pastry fillings and sauces are thickened and enriched with starches, vegetable and fruit purées, and lower-fat dairy products (such as fat-free cream cheese and fat-free sweetened condensed milk) instead of whole eggs or egg yolks. One or two egg yolks might be added per recipe.

Many of the recipes call for egg whites. Liquid egg whites eliminate the tedious process of separating egg yolks from their whites as well as the hassle of leftover yolks. Products containing 100 percent pasteurized liquid egg whites with no preservatives or additives are readily available in the refrigerated section of most major supermarkets and specialty food stores.

In a few of the recipes (for example, Blackberry Snow Tart, Lime Chiffon Angel Pie, and Pumpkin Chiffon Pie Dashed with Orange) the eggs are not cooked. Any time a recipe calls for raw eggs, salmonella infection is a concern. To be worry-free when making recipes in which eggs are not completely cooked, choose pasteurized eggs. While pasteurized liquid eggs have been around for some time, pasteurization of shell eggs is a relatively new thing. Davidson's Pasteurized Shell Eggs are available in many supermarkets, but if you cannot find them in your area, visit www.davidsonsegs.com for more information.

Egg substitutes are intentionally not used in the recipes. While there is a whole range of liquid products available that have been formulated with less total fat, saturated fat, cholesterol, and/or calories to substitute for real eggs, they contain varying levels of fat and cholesterol. Most are made from egg whites and other ingredients (oil, milk products, artificial color, emulsifiers, antioxidants, vitamins, and minerals) designed to simulate the yolk's color, flavor, texture, nutritional value, and mouthfeel. They are generally more expensive than fresh egg whites, often contain additives, and usually are higher in calories.

DAIRY PRODUCTS

Dairy products—including cream, half-and-half, whole milk, ice cream, whole milk yogurt, whole milk frozen yogurt, sour cream, cream cheese, evaporated whole milk, and sweetened condensed whole milk—are all high in total and saturated fat and cholesterol. They are replaced with a variety of lower-fat and lower-cholesterol dairy products in these recipes. They include fat-free half-and-half, fat-free or low-fat milk, low-fat buttermilk, low-fat or reduced-fat ice cream, fat-free yogurt, fat-free or low-fat frozen yogurt, fat-free cream cheese, fat-free evaporated milk, and fat-free sweetened condensed milk.

WHOLE GRAINS

The government recommends that we make at least three of our daily grain-based foods whole grain. The fiber in whole grains helps to reduce blood levels of “bad” LDL cholesterol and maintain proper bowel function, heading off constipation as well as more serious conditions, such as diverticulitis. Eating more fiber can be beneficial for both preventing and treating diabetes, too. Whole grain foods also contribute vitamin E, selenium, and zinc—nutrients that are not added back when refined grains are enriched.

SWEETENING AGENTS

Many of the desserts are prepared with whole grains and their products such as bran flakes, granola, oats, oat bran, stone ground yellow cornmeal, white whole wheat flour, whole wheat English muffins, and whole wheat flour.

Only natural sugars are used in the recipes—no artificial sweeteners. For most people with diabetes, it’s okay to eat sugar in moderation. Just like starch, sugar is a carbohydrate, and both sugar and starch can raise blood glucose levels. It’s the *amount* of carbohydrate, not the source, that matters.

Many of the desserts are sweetened with fruit—fresh, frozen, canned, or dried—and fruit purées, spreads, juices, or juice concentrates, alone or in combination with other sweetening agents. While molasses, maple syrup, honey, and brown sugar are not significantly more nutritious than granulated sugar, they serve as sweetening agents in many of these desserts because of their rich or light and creamy flavor, full body, or ability to hold moisture or yield a smooth texture. Additionally, honey has a milder effect on blood sugar than other carbohydrates because the sugar it contains is one-third to one-half fructose, which is absorbed without triggering insulin.

Another method employed to reduce the sugar in these desserts is to enhance their sweetness with a sprinkle of sweet spice or a splash of flavor extract. It is also recommended that sweet frostings or syrups on desserts such as cakes, bars, soft cookies, and pancakes be eliminated, reduced, or replaced with a fruit sauce or spread, sliced fruit, or a scoop of reduced-sugar and reduced-fat frozen yogurt or ice cream. To further maximize their sweet flavor, serve desserts, including baked goods, cooked fruit desserts, puddings, custards, and flans warm or at room temperature rather than chilled. Even frozen desserts will taste sweeter if served slightly softened rather than frozen hard.

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SALT

Salt is a concern of some diners. It is either eliminated or reduced in most of these recipes. Instead, flavor is heightened with a splash of citrus juice, vinegar, a flavor extract, wine, or liqueur.

In some of the desserts, the flavor is enhanced with a sprinkle of freshly grated citrus zest, grated fresh ginger, minced fresh mint, a mixture of aromatic spices, or a few seeds toasted without fat. Fruits, too, are loaded with taste. Diced and sliced fresh, frozen, and canned and dried fruits and their purées, spreads, juices, and juice concentrates, as well as vegetables and their purées, are blended into many of the desserts to enrich their flavor. In some cases, desserts are given a rich and hearty flavor by replacing a refined grain, flour, or bread with a whole grain product.

OTHER INGREDIENTS

A variety of other ingredients and cooking techniques are employed to maximize the delicious taste and nutritional value of these recipes. This is a brief list:

- Green or black tea as a primary ingredient in beverages
- Soy foods (soy flour, tofu, soy milk, or soy nut butter) featured in pies, quick breads, cooked fruits, and beverages
- Cocoa powder substituted for chocolate
- Coconut and nuts replaced with dried fruit bits or minimized by toasting (to heighten flavor) or by combining less with an extract

Computing Nutrients in Recipes

NUTRIENT ANALYSIS

Each recipe has been analyzed for calories, grams of fat, saturated fat, monounsaturated fat, polyunsaturated fat, protein, carbohydrates, alcohol, and dietary fiber, and milligrams of cholesterol, sodium, iron, and calcium per serving. The percentage of calories from fat, carbohydrates, protein, and alcohol per serving are also listed. In a few situations, information was not available about the nutritional value of key ingredients in recipes; this is reflected in the analysis with a dash before the nutrient.

The calorie and nutrient breakdown for each recipe was derived from computer analysis (The Food Processor; Version 7.8; ESHA Research, P.O. Box 13028, Salem, OR 97309). The program gathered its information primarily from the U.S. Department of Agriculture.

The calorie and nutrient values are as accurate as possible. The following assumptions were made:

- Dishes are prepared with only the ingredients listed. In the event more or less or another form of ingredient is used or an ingredient is eliminated from or added to a recipe, the nutrient analysis does not reflect these adjustments.
- Calories and nutrient values listed are per serving.
- The serving size is designed to reflect the way health-conscious people eat, common portion size, or in some cases, by dividing the product yield in the manner that seemed most reasonable for the recipe.

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- Since a percentage of alcohol calories evaporate when heated, this reduction is estimated in the nutrient analysis.
- Nutrient analysis is calculated for natural flavor extracts (such as almond, lemon, and anise) with alcohol except vanilla. Because most cooks use imitation vanilla extract without alcohol, the nutrient analysis reflects this.
- Garnishes and other optional ingredients, toppings, and companion foods are not included in the nutrient analysis.
- When a dash denotes an ingredient's amount, for example, vegetable oil cooking spray, it is not included in the nutrient analysis.
- When more than one ingredient is listed as an option, the nutrient analysis is conducted on the first ingredient listed.
- Energy is rounded off to the nearest calorie and the nutrients to the nearest tenth per serving.

DIABETIC EXCHANGES

Diabetic exchanges are listed per serving for each recipe. *Please note:* When calculating exchange values for the recipes per serving, the best match possible was made between the actual energy and nutrient values per serving and the exchange values.

- Actual carbohydrate values are within ± 5 grams of the exchange value.
- Protein values are within ± 3 grams of the exchange value.
- Fat values are within ± 2 grams of the exchange value.
- Energy values are within ± 20 calories.

Please also be aware:

- Exchanges of $\frac{1}{4}$ or $\frac{1}{3}$, and meat exchanges of $\frac{1}{2}$ are not included.
- A free food contains less than 20 calories or less than 5 grams carbohydrate per serving.
- There are five choices (starch, fruit, milk, other carbohydrates, or vegetables) in the carbohydrate group. The specific type of carbohydrate is identified in these recipes.