

## Recipes: Easy Diet-Diabetic Desserts - FYI

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Easy Diet-Diabetic Desserts from Eating Well.com

### **Quick "Cheesecake"**

4 whole-wheat graham crackers  
4 tablespoons part-skim ricotta cheese  
8 teaspoons sugar free jam

Spread each graham cracker w/ 1 tablespoon part-skim ricotta cheese and 2 tsps jam.

159 Calories; 6 g Fat; 2 g Sat; 1 g Mono; 10 mg Cholesterol; 42 g Carbohydrates; 7 g Protein; 2 g Fiber; 259 mg Sodium; 39 mg Potassium 3 Carbohydrate Serving

Exchanges: 3 other carbohydrate, 1 fat

### **Chocolate Malted Ricotta**

1/4 cup part-skim ricotta  
1 tablespoon hot cocoa mix  
1 teaspoon malted-milk powder

Combine ricotta with hot cocoa mix and malted-milk powder.

128 calories; 6 g fat (4 g sat, 2 g mono); 21 mg cholesterol; 11 g carbohydrates; 9 g protein; 2 g fiber; 107 mg sodium; 212 mg potassium. 1 Carbohydrate Serving

Exchanges: 1 1/2 medium-fat meat, 1 carbohydrate

### **Baby Tiramisu**

1/2 cup nonfat ricotta cheese, (4 ounces)  
2 tablespoons confectioners' sugar  
1/2 teaspoon vanilla extract  
1/8 teaspoon ground cinnamon  
12 ladyfingers

4 tablespoons brewed espresso, or strong coffee, divided  
2 tablespoons bittersweet chocolate chips, melted (see Tip)

Combine ricotta, sugar, vanilla and cinnamon in a medium bowl.

Place 6 ladyfingers in a 9-by-5-inch (or similar size) loaf pan. Drizzle with 2 tablespoons espresso (or coffee). Spread the ricotta mixture over the ladyfingers. Place another layer of ladyfingers over the ricotta and drizzle with the remaining 2 tablespoons espresso (or coffee). Drizzle with melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Tip: To melt chocolate: Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

107 calories; 2 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 18 g carbohydrates; 3 g protein; 0 g fiber; 125 mg sodium; 29 mg potassium. 1 Carbohydrate Serving

Exchanges: 1 carbohydrate (other), 1/2 fat

### **Chocolate Pudding with Chopped Nuts**

1 prepared low-fat chocolate pudding snack cup

1 tablespoon chopped pistachios or any other nuts

147 calories; 4 g fat (1 g sat, 2 g mono); 2 mg cholesterol; 25 g carbohydrates; 5 g protein; 2 g fiber; 193 mg sodium; 318 mg potassium. 1 1/2 Carbohydrate Serving

Exchanges: 1 1/2 other carbohydrate, 1 fat

### **Chocolate Banana Slices**

1 tablespoon semisweet chocolate chips

1/2 banana, thinly sliced

1 tablespoon nonfat vanilla yogurt

Melt chocolate chips in a small bowl in the microwave. Top banana slices with the chocolate and yogurt.

117 calories; 3 g fat (2 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrates; 2 g protein; 2 g fiber; 14 mg sodium; 277 mg potassium. 1 1/2 Carbohydrate Serving

Exchanges: 1 fruit, 1 other carbohydrate, 1 fat

### **Cinnamon Oranges**

4 navel oranges

2 tablespoons orange juice

2 tablespoons lemon juice

1 tablespoon sugar

1/4 teaspoon ground cinnamon

With a sharp knife, remove rind and white pith from oranges. Cut each into 5 or 6 slices and arrange on 4 plates. Whisk together orange juice and lemon juice, sugar and cinnamon. Spoon over the orange slices.

86 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 22 g Carbohydrates; 1 g Protein; 3 g Fiber; 2 mg Sodium; 258 mg Potassium 1 1/2 Carbohydrate Serving

Exchanges: 1 1/2 fruit

### **Chocolate Ginger Snaps**

Dip gingersnaps into melted chocolate. Let the excess drip off. Place on a wax paper-lined plate. Sprinkle with crystallized ginger and cranberries. Refrigerate until the chocolate is set, about 30 minutes.

Tip: To melt chocolate: Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot water. Stir until melted.

157 calories; 6 g fat (3 g sat, 1 g mono); 0 mg cholesterol; 28 g carbohydrates; 2 g protein; 1 g fiber; 97 mg sodium; 96 mg potassium. 2 Carbohydrate Serving

Exchanges: 2 carbohydrates

### **Peach Ginger Gratin**

4 peaches, halved and pitted

1/3 cup sugar

1/4 cup lemon juice

2 tablespoons water

1/2 teaspoon ground ginger

4 gingersnaps, crushed

Preheat oven to 425°F.

Place peaches cut-side up in a shallow 1-quart baking dish. Bring sugar, lemon juice, water and ginger to a simmer in a small saucepan. Pour over the peaches and sprinkle with gingersnaps. Bake until the peaches are tender and the syrup is thickened, 15 to 20 minutes.

168 Calories; 1 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 42 g Carbohydrates; 1 g Protein; 2 g Fiber; 46 mg Sodium; 306 mg Potassium 3 Carbohydrate Serving

Exchanges: 1 fruit, 2 other carbohydrate

### **Pineapple or Orange Parfait**

1/3 cup reduced-fat vanilla yogurt

1/2 cup crushed canned pineapple, or canned mandarin oranges

1 tablespoon toasted coconut, (see Tip)

Top yogurt with pineapple (or canned mandarin oranges) and coconut.

Per serving (with pineapple) : 155 Calories; 3 g Fat; 3 g Sat; 0 g Mono; 4 mg Cholesterol; 28 g Carbohydrates; 5 g Protein; 2 g Fiber; 57 mg Sodium; 325 mg Potassium 2 Carbohydrate Serving

Exchanges: pineapple: 1/2 low-fat milk, 1 fruit, oranges: 1/2 low-fat milk, 1 fruit

Nutrition Note: Per serving (with oranges): 133 calories; 3 g fat (3 g sat, 0 g mono); 4 mg cholesterol; 22 g carbohydrate; 5 g protein; 1 g fiber; 60 mg sodium; 333 mg potassium. 1 1/2 Carbohydrate Servings

Exchanges: 1/2 low-fat milk, 1 fruit

Tip: To toast: Place coconut in a small dry skillet & cook until golden, about 5 minutes

### "Ambrosia"

1 banana

1 11-ounce can mandarin oranges

1 cup fresh or canned, drained pineapple chunks

1 8-ounce container low-fat vanilla yogurt

1 cup mini marshmallows

Cut banana into thin slices. Put slices in a large bowl. Open can of oranges and pour juice into a small bowl.

Add oranges and pineapple chunks to the bananas in the large bowl. Add yogurt to the large bowl and stir yogurt and fruit together with a wooden spoon. Add marshmallows and some of the juice you saved.

115 Calories; 1 g Fat; 0 g Sat; 0 g Mono; 2 mg Cholesterol; 27 g Carbohydrates; 3 g Protein; 1 g Fiber; 35 mg Sodium; 263 mg Potassium 1 1/2 Carbohydrate Serving

Exchanges: 1 fruit, 1 other carbohydrate

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### and other tasty treats

#### Vanilla Banana Cookie

1 Vanilla cookie

1 slice banana on it

1 tsp. instant diet vanilla pudding on top of banana

Sprinkle a little vanilla cookie crumbs

#### Cinnamon Popcorn

4 Qts Popped Popcorn

3 Tbl I can't believe its not Butter

1/4 Cup Splenda

1 Tbls Water

1 tsp Ground Cinnamon

1/4 tsp Salt

Place popcorn in a large roasting pan coated with nonstick cooking spray. In a saucepan, slowly heat the ICBIN butter over low heat. Add the splenda, water, cinnamon and salt; cook and stir over low heat until sugar is dissolved. Pour over popcorn; toss to coat. Bake, uncovered, at 300 degrees F for 10-15 minutes. Serve immediately

#### Zucchini Brownies

2 cups grated zucchini

2 tsp vanilla

2 cups whole wheat flour

1 tsp salt

1/2 cup light olive oil

1-1/4 cup No Sugar maple syrup

1/4 cup cocoa

1/4 tsp baking soda

Preheat oven to 350 degrees F. Whisk together the dry ingredients. Add the wet ingredients and mix. Gently stir in the grated zucchini. Pour into a greased and floured 9 x 13 inch pan, and bake for 25-30 minutes, testing with a toothpick. Remove from oven and let cool before cutting into 24 squares.

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