



# Dining with Diabetes Recipes

## Desserts

Disclaimer: These recipes were selected to provide a variety of foods for each lesson in the Dining with Diabetes series. They can be offered as samples or as a part of a meal. Nutrition information may vary slightly, depending on brands, product availability, and region. These selected recipes have been used in Dining with Diabetes classes by members of the National Extension Dining with Diabetes Working Group and are a sampling of a larger number of recipes available for teaching Dining with Diabetes classes.

### Mission Statement:

The National Extension Dining with Diabetes Working Group provides leadership and coordination for unified program delivery and evaluation of Dining with Diabetes.

*Recipes updated 10/21 by the NDWD Curriculum Team: Beverly Jackey, Julie Buck, Gretchen Manker, Sandra May, Kimi Moore, Jessica Clifford, and Maria Economos.*

*Acknowledgement to Kansas State University Agricultural Experimental Station and Cooperative Extension Service for their work in updating the recipes.*



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## Apple-Berry Crisp

### Serves 4

#### Ingredients

- 1 8-oz. apple (medium), unpeeled
- $\frac{3}{4}$  c. fresh or frozen blueberries
- 1 packet aspartame sweetener (like Equal)
- 1 packet saccharin sweetener (like Sweeten Low)
- $\frac{1}{4}$  tsp. cinnamon

#### Topping

- $\frac{1}{4}$  c. uncooked rolled oats
- $\frac{1}{4}$  c. all-purpose or whole wheat flour
- 1 Tbsp. brown sugar
- 1 Tbsp. chopped pecans
- 1 packet aspartame sweetener (like Equal)
- $1\frac{1}{2}$  Tbsp. low-fat (not fat-free) margarine
- Cooking spray

#### Equipment

- Vegetable peeler
- Measuring cups & measuring spoons
- Sharp knife
- Mixing bowl and spoon
- Measuring spoons
- 1-quart baking dish

#### Directions

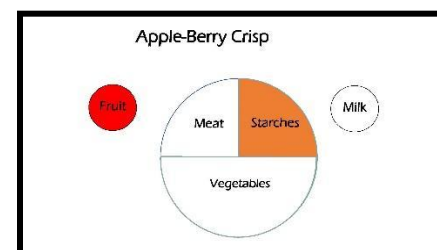
1. Preheat the oven to 350°F.
2. Coat inside of 1-quart heat-proof baking dish with cooking spray.
3. Slice apple into a dish. Add fresh or frozen blueberries. Toss lightly.
4. Combine cinnamon and sweeteners in a mixing bowl. Sprinkle over fruit.
5. In the same mixing bowl combine oats, flour, brown sugar, pecans and remaining one packet of sweetener. Add margarine and mix with a fork until crumbly. Sprinkle over fruit in a baking dish.
6. Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish.
7. Serve warm with frozen whipped topping, milk, or vanilla frozen dessert. Remember that milk or a frozen dessert topping will add more calories and carbohydrates, while 2 tablespoons of frozen whipped topping is a free food.



#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 12g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 12mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 12mg	<b>0%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

## **Talking Points**

### **Apple-Berry Crisp**

1. Blueberries contain special phytochemicals (plant substances) in the colored portion of the skins. These phytochemicals may be important in helping the body fight off chronic diseases. Eating a wide variety of fruits and vegetables is a good way to get the vitamins, minerals you need on a daily basis and the phytochemicals, which occur in very small amounts, in food.
2. Apples contain both soluble and insoluble fiber. Soluble fiber helps the body get rid of some of the cholesterol consumed at meals. The insoluble fiber in the skins of apples and other foods is important in regulating bowel function.
3. Whole wheat flour and nuts are other important sources of fiber in the diet. In addition, certain nuts are sources of healthy monounsaturated fat.
4. Combining two types of sweeteners (saccharin and aspartame) produces a much sweeter taste than if the saccharin or aspartame were used alone. In this way, the recipe can be made with less total artificial sweetener.
5. Note: this recipe can be made without the artificial sweetener since the other ingredients provide sweetness.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

## **Carrot Cake**

### **Serves 16**

#### **Ingredients**

1¼ c. raisins  
 ½ c. water  
 1 packet each saccharin-type AND aspartame-type sweetener  
 ½ c. canola oil  
 c. grated carrots (about ½ lb.)  
 1¼ c. unsweetened applesauce  
 ¾ c. egg substitute or 1 whole egg & 4 egg whites  
 1 tsp. vanilla extract  
 1½ tsp. cinnamon  
 ½ tsp. allspice  
 3 packets aspartame-type sweetener  
 2 packets saccharin-type sweetener  
 1 tsp. baking soda  
 1 Tbsp. baking powder  
 1½ c. all-purpose flour  
 ½ c. whole wheat flour  
 Cooking spray

#### **Equipment**

Small saucepan  
 Measuring cups and measuring spoons  
 Large and small mixing bowls  
 9" x 13" baking pan

#### **Directions**

1. Preheat the oven to 350° F.
2. Combine raisins & water in a small saucepan. Simmer over medium heat until water is absorbed. Stir occasionally. Add 1 packet of saccharin and 1 packet of aspartame sweetener to raisins. (Or place raisins, water and sweeteners in a heatproof bowl and microwave on High for 2 minutes). Remove from heat and let cool.
3. In large bowl, combine raisins, oil, grated carrots, applesauce, eggs or egg substitute, and vanilla extract.
4. In a smaller bowl, combine cinnamon, allspice, 4 packets aspartame, 2 packets of saccharin, baking soda, baking powder, all-purpose flour, and whole wheat flour. Stir to combine.
5. Add dry mixture to fruits in a large bowl. Mix well.
6. Coat a 9" x 13" baking pan with cooking spray. Pour batter into the coated pan. Bake for 40 minutes or until the cake is light brown. Serve warm or cooled. Cut into 16 servings.



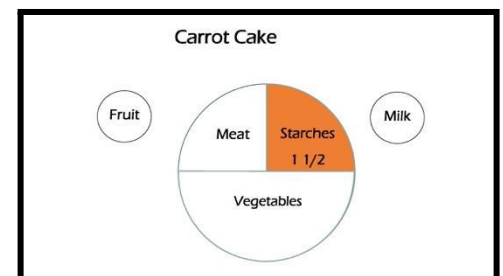
#### **Nutrition Facts**

16 servings per container  
**Serving size 1 serving (84g)**

**Amount per serving**  
**Calories 180**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 42mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 163mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

## Talking Points

### Carrot Cake

1. To make this recipe in a food processor, use a grating disk to grate carrots. Unplug the food processor and carefully remove the grating disk, leaving carrots in the processor bowl. Insert metal blade. Place plumped raisins, applesauce, oil, egg or egg substitute, and vanilla extract in a bowl. Replace cover and pulse quickly two times to mix. In a separate bowl, measure flours, seasonings, sweeteners, baking powder, and baking soda. Stir to mix. Add all at once to the food processor bowl. Replace cover and pulse three or four times, just enough to mix in dry ingredients. Pour into a 9" x 13" inch pan that has been lightly coated with cooking spray. Bake as directed.
2. This recipe is high in fiber, potassium, and beta carotene. The addition of whole wheat flour gives the recipe a nutty taste without adding fat.
3. If nuts are added to this recipe, fiber, fat, and calories will be increased. Many nuts are rich in monounsaturated fat which is thought to help protect against heart disease. Nuts are low in carbohydrate, so they do not raise blood sugar levels significantly. If ½ c. of chopped pecans is added to this recipe and the cake is cut into 16 pieces, each piece would then have 203 calories and 10 grams. fat.
4. No icing is needed—could garnish with light whipped topping or a sprinkle of confectioners' sugar.
5. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
6. **Flavor Notes: Cinnamon** has a naturally sweet flavor that may reduce the amount of sugar used in baked goods and desserts. *Other Uses for Cinnamon:* We can add cinnamon to stews and meat sauces. It can be sprinkled over sweet potatoes, winter squash, hot oatmeal, fruit desserts (baked apples, pears) and added to hot/cold beverages. *Possible Health Benefits:* Cinnamon is an excellent source of antioxidants, Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

**Allspice** is made from the ground berries of the *Pimenta dioica* plant. It is NOT a spice blend. The flavor does bring to mind cloves, cinnamon, nutmeg and pepper. Use allspice in both savory and sweet dishes: chicken, sausage, barbecue sauces, cider, meatballs, muffins, and desserts. *Possible Health Benefits:* More research is needed on the health benefits of Allspice. Use allspice to offer great taste, in place of salt and sugar.



## Double Layer Pumpkin Pie

### Serves 16

#### Ingredients

- 1½ c. graham cracker crumbs
- 4 Tbsp. reduced-fat margarine
- 4 oz. reduced-fat cream cheese (Neufchatel), softened
- 2 Tbsp. skim milk
- 2 packets artificial sweetener
- 1 8-oz. tub light frozen whipped topping, thawed
- 1 c. skim milk
- 2 boxes (4 servings each) sugar-free instant vanilla pudding
- 15-oz. canned pumpkin (NOT pie mix)
- 1 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. ground cloves (or use 1½ tsp. pumpkin pie spice in place of cinnamon, ginger, and cloves)

#### Equipment

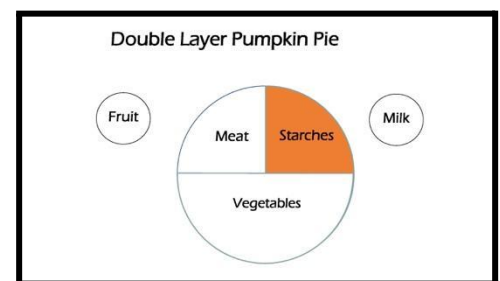
- 2, 9" pie pans or one 9" x 13" pan
- 2 mixing bowls
- Measuring cups & measuring spoons
- Electric mixer or wire whisk
- Rubber scraper

#### Directions

1. Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into the bottom of two 9" pie pans or one 9" x 13" pan. Bake for 5-7 minutes at 350°F.
2. Cool while mixing the next layer.
3. Beat cream cheese until very smooth. Beat in 2 Tbsp. skim milk and the artificial sweetener. Carefully fold in half of the whipped topping. Spread on cooled graham cracker crust. Place in the refrigerator while mixing the next layer.
4. Pour skim milk into a chilled bowl. Sprinkle both boxes of pudding mix over milk; beat on low speed; mixture will thicken. Stir in pumpkin and spices. Fold in remaining whipped topping. Spread on cream cheese layer. Chill for one hour.



Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>1 slice (78g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 39mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 46mg	<b>0%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.



## Talking Points

### Double Layer Pumpkin Pie

1. Graham cracker crumb crusts can be high in calories, so this recipe uses just enough to cover the bottom of the pans. Using reduced-fat margarine helps to keep the calories and fat low in the recipes.
2. Reduced-fat cream cheese works well in recipes that are beaten or baked. Fat-free cream cheese does not work as well.
3. Sugar-free pudding mixes contain cornstarch, a carbohydrate-rich food. They are not free foods. Sugar-free gelatin mixes are “free foods”.
4. Pumpkin is rich in beta-carotene from which the body makes vitamin A. Beta-carotene is also an antioxidant which may have many health-promoting properties.
5. Frozen non-dairy whipped toppings contain highly saturated tropical oils, so choose “light” or fat-free varieties and use only occasionally.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
7. **Flavor Notes: *Pumpkin Pie Spice*** is a mixture of cinnamon, ginger, cloves, nutmeg. Use the Pumpkin Pie Spice mix OR you can add the spices separately. Adding the spices separately allows you to adjust the recipe according to you and your family’s taste buds and use spices you may already have in your cupboard.

***Cinnamon, Cloves and/or Nutmeg.*** (dried/powdered) Use these spices together or separately in sweet and savory dishes: mix into meats; sprinkle on vegetables or salads (i.e. apples, sweet potatoes, squash); and/or stir into warm or cold beverages, sprinkle in smoothies.

***Possible Health Benefits:***

*Cinnamon, nutmeg, and cloves all* contain antioxidants. Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

***Ginger*** is used in Asian dishes like stir fries; sauces, glazes, marinades. Add ginger to hot water or beverages and let steep. *Serve hot or cold.*

***Possible Health Benefits of Ginger:*** Ginger may aid in digestion. There is some evidence ginger can help decrease blood pressure and blood glucose. Ginger is an ancient herb used widely in history for its many natural medicinal properties and particularly as an antiemetic agent; which, prevents nausea and vomiting.



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## Fresh Fruit Tarts Serves 12

### Ingredients

- 12 wonton skins
- 2 Tbsp. sugar-free jelly or fruit spread
- 1½ c. diced fresh fruit\*
- 1 c. non-fat yogurt, any flavor
- Cooking spray
- \*Select fruit based on what is in season. Any of the following could be used: bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections, etc.

### Equipment

- Cutting board and knife
- Measuring cups and spoons
- Bowl for fruit
- Small bowl for spread
- Spoon
- Small saucepan
- Muffin tin tray

### Directions

1. Wash hands with soap and water. Wash all produce prior to preparing.
2. Preheat oven to 375° F and spray muffin tins with cooking spray.
3. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
4. Bake wontons until lightly brown, approximately 4-6 minutes. *Watch carefully, as Wonton skins bake very quickly.*
5. Remove from oven; carefully take each wonton out of muffin tin, place on a tray and allow time for cooling.
6. Warm jelly or fruit spread, and then lightly coat bottom of each wonton with a spoon.
7. Fill each wonton with fruit and a rounded dollop of yogurt on top.
8. Garnish with small piece of fruit or a dab of jelly/spread and serve immediately.



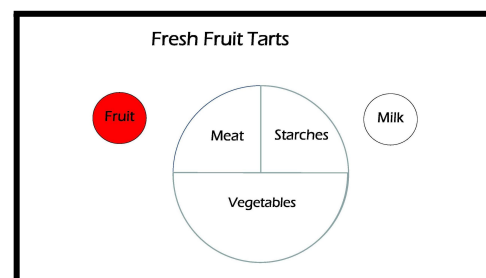
### **Nutrition Facts**

12 servings per container  
**Serving size** 1 tart (52g)

**Amount per serving**  
**Calories** 50

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	0%
Potassium 78mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020

## Talking Points

### Fresh Fruit Tarts

1. Diced fresh peaches were used as the fruit choice in the nutrition analysis of this recipe.
2. This recipe can be used as a dessert or an appetizer. It is very easy to prepare.
3. Wonton shells are generally located near the produce section.
4. Wontons can also be baked in mini-muffin pans. A serving would be considered two.
5. Tarts can be topped with fat-free whipped cream such as “Redi-Whip.”
6. Thawed frozen fruit, such as berries, can be used for the fresh fruit. The nutrition fact information would change slightly.
7. Baked wonton shells can also be filled with pudding, ice cream, or other dessert items. They could also be used as a luncheon dish by filling them with chicken, tuna, or crab salad, but make sure you use low-fat ingredients.
8. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

9. **Flavor Notes:**

***Cinnamon and/or Nutmeg, dried/powdered –***

If using peaches, sprinkle the fruit with small amounts of cinnamon and nutmeg (1/2 tsp. cinnamon and ¼ tsp. nutmeg) to add a unique flavor to this dessert. Use these spices together or separate in sweet and savory dishes; mixed into meats; sprinkled on vegetables (i.e. sweet potatoes, squash); and/or stirred into warm or cold beverages.

***Fresh Mint, finely chopped --***

If you use berries and/or berry-flavored yogurt, try adding 2 tablespoons of fresh chopped mint. The mint flavor will complement the sweet berries, while the green mint color will contrast with the red berries.

Mint can be used in savory dishes as well as desserts.

***Possible Health Benefits:***

***Cinnamon and nutmeg*** both contain antioxidants. *Antioxidants* can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging. ***Fresh spearmint and peppermint*** contain beta-carotene, iron, manganese and vitamin C. Mint has a unique flavor that can add great taste, as well as reduce sugar in a recipe.

Mint and ginger may have uses as an antiemetic agent which prevents nausea and vomiting. The amounts of seasonings are suggestions. We recommend to begin with small amounts, do a taste test, add more if you wish.

## Fruit and Yogurt Parfait

### Serves 8

#### Ingredients

3 c. mixed fruit (choose berries, chopped fresh fruit, fruit cocktail packed in juice and well-drained, or any combination of fruit desired)

½ tsp. ground cinnamon

1 c. fat-free plain yogurt

1½ tsp. vanilla extract

1/3 c. Splenda, granular (optional)

½ c. low-fat granola

#### Equipment

Measuring cups and spoons

Mixing bowls and spoons

Serving spoons

Parfait glasses or clear plastic glasses (6 oz.)

#### Directions

1. Combine the fruit and cinnamon in a bowl and gently mix.
2. In a separate bowl, mix together yogurt, vanilla, and Splenda.
3. Layer 3 Tbsp. fruit in each parfait glass. Top with 3 Tbsp. yogurt. Repeat layers and garnish each parfait with 1 Tbsp. granola. These parfaits can also be prepared by layering ingredients in a clear glass or plastic bowl.



#### **Nutrition Facts**

8 servings per container

**Serving size** ¾ cup (186g)

**Amount per serving**

**Calories** **120**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 75mg 3%

**Total Carbohydrate** 24g 9%

Dietary Fiber 0g 0%

Total Sugars 16g

Includes 0g Added Sugars 0%

**Protein** 4g

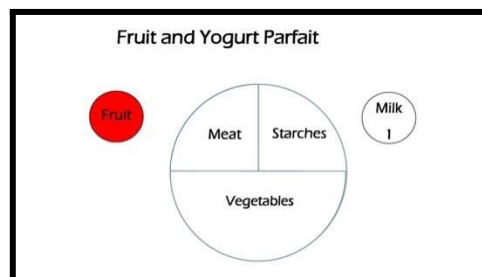
Vitamin D 1mcg 6%

Calcium 116mg 8%

Iron 1mg 6%

Potassium 105mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020. 10

## Talking Points

### Fruit and Yogurt Parfait

1. If preparing this dessert in a bowl, the recipe will yield about 20 sample- sized servings.
2. Plain, fat free yogurt is recommended as it is lower in carbohydrate than flavored yogurt. If you use a flavored yogurt in place of plain, fat free yogurt, check the carbohydrate. Omit the sweetener and cinnamon as flavored yogurts are much sweeter than plain.
3. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

4. **Flavor Notes:**

***Cinnamon and/or Nutmeg, dried/powdered –***

Using **spices** such as cinnamon or nutmeg not only adds flavor but also enhances the taste of fruits that are used.

***Possible Health Benefits:***

*Cinnamon and nutmeg* contain antioxidants. Antioxidants can slow or prevent damage to cells, help our bodies fight off chronic diseases; and promote healthy cell aging.

**Herbs such as *mint, basil, or thyme*** will each add a different twist to the flavor of this recipe. ***Fresh Mint, finely chopped*** -- If you use berries and/or berry-flavored yogurt, try adding 2 tablespoons fresh chopped mint. The mint flavor will complement the sweet berries, while the green mint color will contrast with the red berries.

***Fresh Basil, chopped:*** Add 2 tablespoons chopped basil. You can begin with 1 tablespoon, taste, then add more if you like the flavor.

***Fresh Thyme, chopped:*** Add 3 tablespoons chopped *fresh* thyme to the yogurt. Thyme's small leaves add flecks of light green color, along with a very light taste.

***Possible Health Benefits:*** In addition to reducing sugar and salt, herbs may also offer other health benefits.

*Fresh spearmint and peppermint* contain beta-carotene, iron, manganese and vitamin C.

*Mint's* unique flavor adds great taste and reduces sugar and salt in a recipe.

Basil is a good source of vitamin K, a nutrient important for bone health and blood clotting. *Basil* also contains beta-carotene (which the body can convert to Vitamin A).

Basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk (*anti-inflammatory*) and may inhibit the growth of foodborne bacteria. (*antimicrobial*).

*Thyme* is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.

The amounts of seasonings are suggestions. We recommend beginning with small amounts, do a taste test, add more if you wish.



## **Lemon Cake**

### **Serves 16-24**

#### **Ingredients**

- 1 purchased angel food cake, small or large
- 1 box (4 servings) sugar-free instant lemon pudding
- ½ c. skim milk
- 1 c. lemon flavored fat-free, no-sugar-added yogurt
- ½ of an 8 oz. tub light frozen whipped topping, thawed

#### **Equipment**

- Mixing bowl
- Measuring cups
- Serrated knife
- Electric mixer
- Whisk
- Serving plate

#### **Directions**

1. Cut angel food cake in half, horizontally using serrated knife in a sawing motion. Place the bottom layer on a serving plate.
2. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.
3. Fold whipped topping into pudding mixture.
4. Frost bottom layer of cake with lemon mixture. Place top layer on cake and frost with remaining mixture, OR make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon, or kiwi slices.
5. Slice into 16 servings (small cake) or 24 servings (large cake).



#### **Nutrition Facts**

16 servings per container  
Serving size **1 slice (53g)**

Amount per serving  
**Calories 90**

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 250mg 11%

**Total Carbohydrate** 18g 7%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 2g

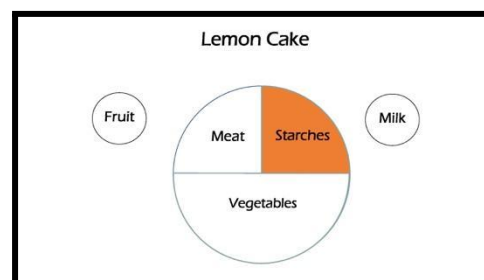
Vitamin D 0mcg 0%

Calcium 61mg 4%

Iron 0mg 0%

Potassium 60mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

## Talking Points

### Lemon Cake

1. Angel food cake is always fat-free, but it is high in carbohydrates. Desserts made with angel food cake should be cut into small servings.
2. A homemade angel food cake would be delicious in this recipe, but a purchased cake is quick and easy. Keep a purchased angel food cake and a carton of “light” whipped topping in the freezer for a last-minute dessert.
3. Angel food cake should be cut with a serrated knife using a light sawing motion. Cutting with a regular knife or pressing down on the cake will make very unattractive servings.
4. Sugar-free instant pudding is not a “free-food” because it is made with cornstarch and milk. It must be counted as part of the carbohydrate in recipes. Sugar-free gelatin is a “free food”.
5. Flavored yogurt can be very high in carbohydrates because of added sugar. Look for no-sugar-added or artificially sweetened yogurt to cut down on carbohydrates.
6. Frozen non-dairy whipped topping is made with tropical oil which contains highly saturated fat. It is fine for occasional use, but should not be used daily.
7. This is a very quick, easy, and delicious dessert.
8. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
9. **Flavor Notes:** Want to add a different twist to the lemon flavoring in this cake? Try using the herb: Thyme. Add 3 tablespoons chopped *fresh* thyme to the pudding/yogurt/whipped topping mixture, in Step 4 of the recipe. Thyme’s small leaves add flecks of light green color, along with a very light taste. Thyme can also be added to sauces, beans, poultry, egg dishes.

*Possible Health Benefits:* In addition to reducing sugar and salt, herbs and spices may also offer other health benefits. Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.



## **Peach and Berry Crisp**

### **Serves 16**

#### **Ingredients**

- 6 c. fresh or frozen sliced peaches, peeled and drained
- 2 c. fresh or frozen blueberries, raspberries, or blackberries
- 3-4 Tbsp. Splenda
- ½ tsp. ground nutmeg
- ¼ tsp. cinnamon
- ½ c. oatmeal
- 4 Tbsp. flour
- 2 Tbsp. packed brown sugar
- 2 Tbsp. reduced calorie margarine
- ¼ tsp. cinnamon



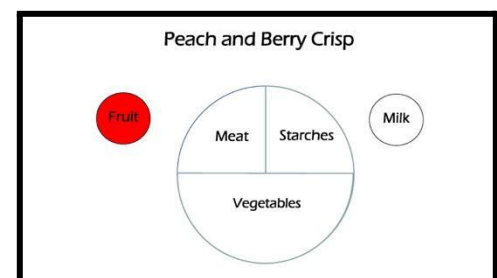
#### **Equipment**

- 11" x 7" baking dish
- Small bowl
- Medium mixing bowl
- Measuring cups and spoons

#### **Directions**

1. Preheat the oven to 375°F.
2. Combine peaches and berries in an ungreased 11" x 7" baking dish.
3. Mix sweetener, nutmeg and cinnamon in small bowl; sprinkle over fruit and stir gently.
4. In medium bowl, mix oatmeal, flour, brown sugar, margarine, and cinnamon together; spread over fruit.
5. Bake uncovered, 35-40 minutes.

Nutrition Facts	
16 servings per container	
Serving size	1/2 cup (81g)
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 2g Added Sugars	4%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 139mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

## **Talking Points**

### **Peach and Berry Crisp**

1. To save time on later preparation, slice fresh peach halves ahead and freeze. A little lemon juice prolongs the life of fresh cut produce.
2. Try substituting fresh raspberries or blackberries for the blueberries. Or mix two or three types of berries together for more color.
3. With only 1 carbohydrate exchange per serving, this makes a great low calorie treat.
4. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

#### **5. Flavor Notes:**

##### ***Cinnamon and/or Nutmeg, dried/powdered –***

Use cinnamon and nutmeg in both sweet and savory dishes: mixed into meats, sprinkled on vegetables (i.e. sweet potatoes, squash) and/or stirred into warm or cold beverages.

##### ***Possible Health Benefits:***

*Cinnamon and nutmeg* both contain antioxidants. Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

## Poor Man's Oatmeal Cookies

### Serves 21

#### Ingredients

- 1 c. regular rolled oats
- ½ c. packed brown sugar
- ¼ c. Splenda
- ½ c. flour
- ⅛ tsp. salt
- ½ tsp. baking soda
- ⅛ c. hot water
- ¼ c. margarine, melted and cooled
- ½ tsp. vanilla extract or flavoring
- Cooking spray

#### Equipment

- Measuring cups and spoons
- 2 mixing bowls
- Cookie sheet

#### Directions

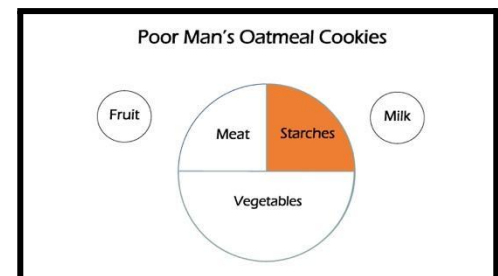
- 1 Preheat the oven to 350° F and spray the cookie sheet.
2. In a large mixing bowl, combine oats, sugars, flour, and salt.
3. In a small bowl, combine baking soda and water, melted margarine, and vanilla; stir into oat mixture.
4. Roll into walnut sized balls and place on prepared cookie sheet.
- 5.. Bake for 10 minutes or until golden brown.
6. Remove from oven and let cool for 2 minutes before placing on the cooling rack.



#### **Nutrition Facts**

21 servings per container	
<b>Serving size</b>	<b>1 cookie (17g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 7mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 25mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

**Talking Points**  
**Poor Man's Oatmeal Cookies**

1. This recipe tastes like the traditional oatmeal cookie but has fewer calories.
2. These cookies have no cholesterol and are low in saturated fat.
3. The small size helps to control portions.
4. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

## Raspberry-Filled Cookies

### Serves 24

#### Ingredients

1/3 c. Splenda, granular  
 1/2 c. tub margarine (not light), softened  
 1 1/2 tsp. vanilla extract  
 1 egg white  
 1 c. all-purpose flour  
 2 Tbsp. cornstarch  
 1/4 tsp. baking powder  
 1/4 tsp. salt  
 1/3 c. reduced-sugar raspberry preserves  
 Cooking spray

#### Glaze

1/2 c. powdered sugar  
 2-3 tsp. lemon juice  
 1/4 tsp. almond extract (optional)

#### Equipment

Baking sheet  
 Electric mixer  
 Measuring cups and spoons  
 3 mixing bowls  
 Small spoon  
 Serrated knife

#### Directions

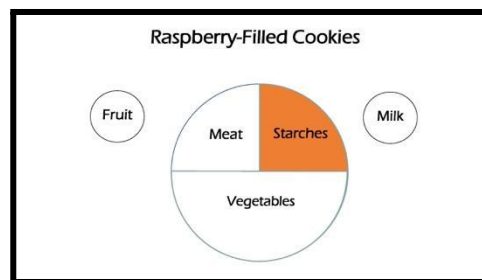
1. Preheat the oven to 375°F. Spray a baking sheet with cooking spray.
2. Beat Splenda and margarine with an electric mixer until well blended. Add vanilla extract and egg white; beat well. In a medium bowl, whisk together flour, cornstarch, baking powder, and salt. Add dry mixture to wet mixture, stirring well until blended. (Dough will be stiff). Divide dough into two equal portions.
3. Take 1 piece of dough and place on a baking sheet. Shape into a log, approximately 12 inches in length. Using index finger or handle of wooden spoon, form a 1/2 inch deep indentation down the length of the log. Repeat with the remaining piece of dough. Fill indentations with preserves and bake for 20 minutes. Let cool.
4. In a small bowl, combine all ingredients for glaze; stir until smooth.
5. Remove cooled logs; drizzle with glaze. Cut each log diagonally into 12 pieces.



#### **Nutrition Facts**

24 servings per container	
<b>Serving size</b>	<b>1 cookie (19g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 3mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 10mg	<b>0%</b>

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**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

## **Talking Points**

### **Raspberry-Filled Cookies**

1. Dry ingredients can be mixed ahead of time and stored in an airtight container or zip-top bag until preparation.
2. Use different kinds (colors) of jam to fill each log and then alternate cookies on a serving plate for an attractive presentation. Apricot or blueberry contrasts well with raspberry.
3. Vanilla extract can be substituted for almond extract in the glaze, if desired.
4. Light margarine is not recommended for this recipe. It will cause the cookie dough to spread excessively on the baking sheet, making it difficult to fill indentations with jam.
5. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.



## Strawberry Dessert

### Serves 8

#### Ingredients

- ½ purchased angel food cake (small)
- 1 box (4 servings) sugar-free strawberry gelatin
- ¾ c. boiling water
- 1-pint fresh strawberries
- 1 packet artificial sweetener
- ¾ c. (½ of 12-oz. can) evaporated skim milk, chilled
- Fresh strawberries for garnish

#### Equipment

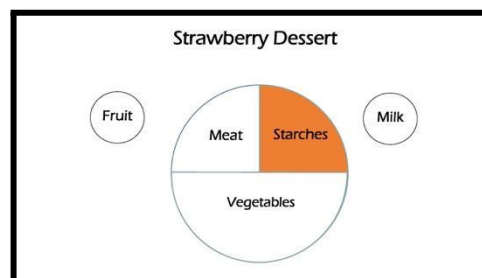
- Mixing bowl
- Blender
- 1½ qt. baking dish

#### Directions

1. Break angel food cake into bite size pieces in a large mixing bowl. Set aside.
2. Dissolve gelatin in boiling water; cool in the refrigerator for 30 minutes.
3. Wash strawberries; set aside 8 of the prettiest strawberries, leaving stems intact.
4. Stem and trim blemishes from remaining washed berries. Place in a blender with one packet of sweetener, chilled milk, and cooled gelatin. Process until well blended, light and fluffy.
5. Pour mixture over angel food cake pieces in a large mixing bowl; fold until cake pieces are coated. Pour into 1½ qt. baking dish. Cover with plastic wrap and chill until serving time.
6. To serve, cut into squares and garnish with strawberry
7. Fans made from reserved strawberries.



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 square (103g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 0mg	0%
Potassium 154mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.



## Talking Points **Strawberry Dessert**

1. This dessert is light and creamy and low in calories and fat.
2. Strawberry fans are made by using a paring knife and making slices from the bottom of the strawberry to the top without slicing all through the cap of the berry.
3. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

#### **4. Flavor Notes:**

##### ***Fresh Mint, finely chopped or Fresh Basil, chopped --***

Try adding 2 tablespoons of fresh, finely chopped mint. The mint flavor will complement the sweet of the strawberries, while the green mint color will contrast with the red berries.

(Mint can be used in savory dishes as well as desserts.)

***Fresh spearmint and peppermint*** contain beta-carotene, iron, manganese and vitamin C.

Mint has a unique flavor that can add great taste, as well as reduce sugar and salt in a recipe.

Or, you can use 2 tablespoons of fresh chopped basil.

***Basil*** is a good source of vitamin K, a nutrient important for bone health and blood clotting. Basil also contains beta-carotene (which the body can convert to Vitamin A).

Basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk, and may inhibit the growth of foodborne bacteria.

***Anti-Inflammatory*** compounds fight against inflammation, which may cause joint stiffness and pain, or fever. Inflammation occurs when the body "over-responds" to an infection. Inflammation is linked to type 2 diabetes, Alzheimer's disease and certain cancers.

***Antibacterial or Antimicrobial*** are compounds that slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.

You may find that you like the taste of these herbs, but need a stronger flavor. We recommend starting with a little taste, then add more to boost the taste.

## White-Chocolate Orange Pudding Serves 12

### Ingredients

3 c. cold skim milk  
2 boxes (4 servings each) sugar-free instant white chocolate pudding  
4 c. light whipped topping, thawed  
1½ tsp. grated orange peel

### Equipment

Mixing bowl  
Measuring cups and spoons  
Wire whisk  
Grater  
Gelatin mold or serving dish

### Directions

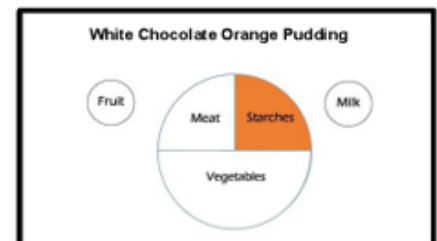
1. Pour milk into a large bowl and add pudding mix.
2. Beat with the wire whisk for 1 minute.
3. Gently fold in whipped topping and orange peel.
4. Spoon into mold or serving dish.
5. Refrigerate until ready to serve.



### **Nutrition Facts**

12 servings per container	
<b>Serving size</b>	<b>1/3 cup (91g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 1mcg	<b>6%</b>
Calcium 79mg	<b>6%</b>
Iron 0mg	<b>0%</b>
Potassium 105mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Source:** Dining with Diabetes-West Virginia University Extension Service, 2003.

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

## **Talking Points**

### **White-Chocolate Orange Pudding**

1. This recipe is easy and quick to make.
2. The milk provides some calcium.
3. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.