

Delicious Desserts When You Have Diabetes

Over 150 Recipes



Sandy Kapoor, Ph.D., R.D., F.A.D.A.



John Wiley & Sons, Inc.

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*To the most important “boys” in my life:
my husband, Tarun Kapoor;
our six-year-old son, Tomi Kapoor;
my father, Curtis Kaiser;
and my brother, Larry Kaiser.*

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Preface

Today it is estimated that about 16 million Americans (6 percent of the U.S. population) have diabetes. Until recently, it was believed that only older adults were vulnerable. Now, experts are realizing that everyone is potentially at risk—even children.

People with diabetes should eat a variety of healthy foods every day, with a focus on vegetables, fruits, whole grains, and legumes. In fact, nutritionists recommend that we eat at least five vegetables and fruits a day. These foods are nutritious, and many are excellent sources of the important vitamins A and C. They are also significant sources of folate, a B vitamin that can help reduce the risk of certain serious and common birth defects. Fruits and vegetables are high in fiber, and eating more fiber may lower blood sugar and blood cholesterol levels in people with type 2 diabetes. Vegetables and fruits also contain phytochemicals, many of which are antioxidants that help protect the body against diseases such as cancer and heart disease. Cutting back on fat, especially saturated fat, is wise since people with diabetes are at higher risk for heart disease. However, people with diabetes do not need to eat special or diet foods. And for most, it's okay to eat sugary foods *in moderation* with meals. It is the amount of carbohydrate, not the type, which is important to people with diabetes.

Delicious Desserts When You Have Diabetes makes eating dessert an enjoyable, healthful experience for people, whether they have diabetes or not. It contains ten chapters with a wide variety of healthy and delicious desserts. The recipes are easy-to-follow and use readily available ingredients. The measurements for the ingredients are listed by both weight and volume. To assist readers with meal planning, *Delicious Desserts When*

You Have Diabetes lists the yield, number of servings, and serving size for each recipe, along with nutrient content. Carbohydrate and diabetic exchanges per serving are included in the nutritional analyses.

Delicious Desserts When You Have Diabetes features healthy versions of many traditional favorites, including chocolate cake, banana bread, and apple pie. There is also an assortment of innovative desserts, ranging from Five-Spice Sugar-Free Cornmeal Muffins and Cakelike Dark Fudge Beanie Brownies to Blended Watermelon Cooler Flavored with Mint. Fruits and vegetables are key ingredients in many of the desserts. Many of the desserts are also prepared with whole grains or their products. In addition to being richer in vitamins, minerals, and fiber, these desserts are low in cholesterol, total and saturated fat, and contain less sugar and salt than their traditional counterparts. But most important, the desserts in *Delicious Desserts When You Have Diabetes* are unbelievably delicious.

Acknowledgments

The recipes in *Delicious Desserts When You Have Diabetes* are the result of five years of development, testing, and tasting—and retesting and tasting—along with ongoing nutritional analyses and calculation of diabetic exchanges. There is only one word for the hard work of the many talented, creative, and diligent California State Polytechnic University, Pomona, Collins School of Hospitality Management student research assistants who have participated in this project: *awesome*. I thank them all for their contributions.

I also thank my husband, Tarun Kapoor, a person with both diabetes and heart disease; our six-year-old-son, Tomi Kapoor; and my friends Mayra Brown, Dan Brown, Gary Hamilton, and Ardel Nelson for their valued suggestions and advice throughout the many stages in the development of these recipes. In order to receive the approval of this diverse group's very critical and sensitive palates, these desserts had to taste *good*.

I am grateful to my mother, Harriette Kaiser, for inspiring many of these recipes and teaching me how to cook.

I am most appreciative to California State Polytechnic University for its support in helping me to bring this project to fruition.

Finally, thank you to my editor, Elizabeth Zack, and copy editor, Miriam Sarzin.

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: