

# Type 2 Nation's *Decadent, Delicious Desserts* 11 Recipes To Indulge Your Sweet Tooth and Stay Healthy



**Dear Type 2 Nation subscriber,**

Eating well shouldn't mean doing without something sweet. Our team of dietitians and writers have compiled some of our favorite dessert recipes for people with diabetes. Peruse these pages to explore the intersection between healthy and delicious.

And be sure to check back regularly with *Type 2 Nation* to keep up on the latest news on food, diet, and health for people with Type 2 diabetes.

Enjoy!

Sincerely,

The Editors



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# Apricot-Ginger Fruit Balls

Enjoy the natural sweetness of a mixture of dried fruits in these sweet bites. When choosing sugars, keep in mind that fruits give you the benefits of added vitamins, minerals and fiber.

**Yield:** about 20 pieces

**1/3 cup slivered almonds, toasted**

**1 teaspoon all-purpose flour**

**2/3 cup dried pitted dates (about 15 dates)**

**1/3 cup dried Mediterranean apricots (about 10 apricots)**

**1/3 cup golden raisins**

**1/3 cup dried cherries**

**2 tablespoons puréed apricots with mixed fruits (baby food)**

**2 tablespoons finely chopped crystallized ginger**

**1 teaspoon powdered sugar**

- 1** Place almonds and flour in food processor container. Cover and process until coarsely chopped. (Mixture should still be dry and not oily.) Set aside.
- 2** Place all fruits in microwavesafe bowl and purée. Stir until fruit is evenly coated with purée. Microwave, uncovered, on HIGH for 45 to 60 seconds or until fruit is soft and warm.
- 3** Transfer fruit mixture to food processor container. Cover and process until coarsely chopped. Stir in almond mixture and ginger. Cover and refrigerate about 1 hour or until easy to handle.
- 4** Form mixture into 3/4-inch balls using no more than 1 1/2 teaspoons for each.
- 5** Lightly sift powdered sugar over fruit balls. If desired, place in paper candy cups.

**Per Serving:** calories: 60; carbohydrates: 12 g; total fat: 1 g; saturated fat: 0 g; cholesterol: 0 mg; fiber: 1 g; protein: 1 g; sodium: 0 mg



# Baked Custard

Replace sugar, whole milk and eggs with Splenda®, skim milk and Egg Beaters® to enjoy this classic dessert while controlling your blood sugar.

**Yield:** 10-12 custard cups

**1/2 cup egg substitute, such as Egg Beaters Original**

**2/3 cup Splenda® (granulated)**

**1/2 teaspoon salt**

**1 quart fat-free milk, scalded**

**1 teaspoon vanilla extract**

**1 pinch of nutmeg**

*Recipe courtesy Elizabeth Pemble, Leesburg, Fla.*

- 1** Preheat oven to 325° F. Combine the egg substitute, Splenda and salt. Slowly stir in slightly cooled milk and vanilla.
- 2** Place all fruits and purée in microwavesafe bowl. Stir until fruit is evenly coated with purée. Microwave, uncovered, on HIGH for 45 to 60 seconds or until fruit is soft and warm.
- 3** Transfer fruit mixture to food processor container. Cover and process until coarsely chopped. Stir in almond mixture and ginger. Cover and refrigerate about 1 hour or until easy to handle.
- 4** Form mixture into 3/4-inch balls, using no more than 1 1/2 teaspoons for each.
- 5** Lightly sift powdered sugar over fruit balls. If desired, place in paper candy cups.

**Per Serving:** calories: 58; carbohydrates: 7 g; total fat: 0 g; saturated fat: 0 g; cholesterol: 2 mg; fiber: 0 g; protein: 7 g; sodium: 241 mg



# Blueberry Blintzes

This Middle European dish is usually made with crepes. However, egg roll wrappers are easier and healthier.

**Yield:** 2 servings  
(2 blintzes each)

**1** tablespoon sugar  
**1** tablespoon water  
**2** teaspoons cornstarch  
**1/4** teaspoon grated lemon rind, (optional)  
**1** cup fresh or frozen blueberries  
**6** egg roll wrappers  
**1** tablespoon confectioners sugar  
**2** teaspoons heart-healthy butter-flavored spread

- 1** In a 1-quart saucepan, stir together the sugar, water, cornstarch, and lemon rind (if desired). Add the blueberries. Cook, stirring until mixture comes to a boil and is thickened. Cool.
- 2** Brush the outer edges of 4 of the egg roll wrappers with water, and dust one-half of each wrapper with a thin coat of confectioners sugar. Cut the remaining 2 egg roll wrappers in half. For each blintz, place one of the cut halves over the powdered sugar. Spread 2 generous tablespoons of the blueberry mixture in a stripe,  $\frac{3}{4}$ -inch from top and bottom, down the center of the half egg roll wrapper. Fold the top and bottom edges over the filling. Fold the left edge over the filling and roll package over to close.
- 3** In a medium nonstick skillet, melt the butter spread over medium-high heat. Add the blintzes and cook until browned on all sides. Sprinkle with any remaining confectioners sugar.

**Per Serving:** calories: 403; carbohydrates: 78 g; total fat: 5 g; saturated fat: 1 g; cholesterol: 9 mg; fiber: 4 g; protein: 10 g; sodium: 583 mg



# Fresh Berry Compote

Enjoy this fresh, naturally sweet berry-delicious dessert on its own, or as a topping on frozen lowfat vanilla yogurt.

**Yield:** 2 servings

**3 tablespoons balsamic vinegar**

**2 teaspoons brown sugar**

**1/2 cup sliced strawberries**

**1/2 cup blueberries**

**1/2 cup raspberries or blackberries**

**Freshly ground black pepper or finely shredded orange peel (optional)**

- 1** Stir together balsamic vinegar and brown sugar in a small bowl. Add berries; gently toss until evenly coated. Let stand at room temperature for 10 minutes. Drain.
- 2** Cover and refrigerate mixture for 15 to 30 minutes or until chilled.
- 3** To serve, divide berries into 2 dessert dishes. If desired, sprinkle with pepper or orange peel.

**Per Serving:** calories: 90; carbohydrates: 21 g; total fat: 0 g; saturated fat: 0 g; cholesterol: 0 mg; fiber: 3 g; protein: 1 g; sodium: 10 mg



# Holiday Sugar Cookies

Cutout cookies are a popular holiday tradition. Celebrate with these reduced-fat sugar cookies. For a splash of color, without the carbs, paint the baked cookies with food coloring diluted in water.

**Yield:** 32 two-inch cookies

**1/2 cup trans-fat-free 67% vegetable oil butter spread, chilled**

**3 ounces reduced-fat cream cheese**

**1/4 cup granulated sugar**

**1/4 cup Splenda® Sugar Blend**

**1 egg yolk**

**1 1/2 teaspoons vanilla extract**

**2 cups all-purpose flour**

**1/4 teaspoon baking powder**

- 1** Beat butter spread and cream cheese with an electric mixer on medium for 30 seconds. Add sugar, white sugar blend, egg yolk, and vanilla; beat about 1 minute or until light and creamy.
- 2** Add half the flour and the baking powder; beat until combined. Stir in remaining flour with wooden spoon. Divide dough in half; wrap in plastic wrap. Refrigerate for 2 to 24 hours or until easy to handle.
- 3** Preheat oven to 350° F. Place each piece of dough between two large sheets of waxed paper. Roll dough from center to edges to 1/8- to 1/4-inch thickness. Cut into 2-inch shapes. Place 1 inch apart on ungreased cookie sheet.
- 4** Bake for 8 to 10 minutes or until edges are firm. Cool on wire rack.

**Per Serving:** calories: 60; carbohydrates: 8 g; total fat: 2.5 g; saturated fat: 0 g; cholesterol: 5 mg; fiber: 0 g; protein: 1 g; sodium: 15 mg



# Lemon-Ginger Sherbet

You'll find this homemade sherbet is icier and more granular in texture than a purchased product, making it oh-so-refreshing on a hot, sun-drenched day.

**Yield:** 6 servings

**1 teaspoon unflavored gelatin**

**2 teaspoons finely shredded lemon peel**

**1/2 cup freshly squeezed lemon juice**

**1 1/2 cups boiling water**

**1/2 cup Splenda®, granulated**

**1/2 cup fat-free or lowfat milk**

**3 tablespoons finely chopped crystallized ginger**

**1** Sprinkle dry gelatin over lemon juice in medium bowl; let stand for 1 minute. Stir in boiling water, granulated sweetener, and ginger until sweetener is dissolved. Stir in lemon peel and milk (mixture will look curdled).

**2** Pour mixture into an 8 x 8 x 2-inch baking pan or dish. Cover and freeze about 30 minutes or until edges are frozen and slushy. Using a fork, stir to distribute frozen shards. Continue freezing and stirring every 20 to 30 minutes until almost frozen mixture forms a mass of fluffy shards (If mixture becomes too frozen, let stand at room temperature about 3 minutes, then chop into chunks and purée until finely chopped but not melted).

**3** Spoon into dessert dishes.

**Per Serving:** calories: 45; carbohydrates: 11 g; total fat: 0 g; saturated fat: 0 g; cholesterol: 0 mg; fiber: 0 g; protein: 2 g; sodium: 20 mg





# Lemon Sunshine Bars

If you like, serve these tempting tidbits with a side of fresh raspberries or blackberries as the perfect ending to a special meal. Use lightly sifted powdered sugar for a traditional topping.

**Yield:** 16 bars

## COOKIE CRUST

### Nonstick cooking spray

**1/3 cup trans-fat-free 67% vegetable oil butter spread, softened**

**2 tablespoons Splenda® Sugar Blend**

**3/4 cup all-purpose flour**

## FILLING

**2 eggs**

**1 egg white**

**1/3 cup Splenda Sugar Blend**

**2 tablespoons all-purpose flour**

**1 1/2 teaspoons grated lemon peel**

**3 tablespoons fresh lemon juice**

**1 teaspoon grated orange peel**

**1/4 teaspoon baking powder**

- 1** Preheat oven to 350° F. Line bottom and sides of 8 x 8 x 2-inch baking pan with foil; lightly coat with nonstick spray.
- 2** Combine butter spread and sugar blend. Stir in flour, half at a time, until crumbly. Press evenly in bottom of prepared pan. Bake for 12 to 15 minutes or until slightly firm and dry to the touch.
- 3** Meanwhile, beat eggs, egg white and sugar blend with electric mixer on low until combined. Add flour, lemon peel and juice, orange peel, and baking powder. Beat on medium for 1 minute.
- 4** Pour lemon mixture over hot crust in pan. Bake in the 350° F oven about 20 minutes or until center appears set. Completely cool in pan on wire rack.
- 5** Use the foil to lift from pan. Cut into bars.

**Per Serving:** calories: 90; carbohydrates: 11 g; total fat: 3.5 g; saturated fat: 1 g; cholesterol: 25 mg; fiber: 0 g; protein: 2 g; sodium: 50 mg



# Maple French Toast with Pecan Syrup

You can serve this with fresh or frozen (thawed) berries for a more festive dish.

**Yield:** 2 servings

**1/2 cup egg substitute**

**1/2 cup skim milk**

**1/3 cup sugar-free maple-flavored syrup, divided**

**1/4 teaspoon vanilla extract**

**4 slices light bread or 6 slices melba thin bread**

**2 teaspoons heart-healthy butter-flavored spread**

**1 tablespoon finely chopped pecans**

- 1** In a wide, shallow bowl, beat the egg substitute with the milk, 1 tablespoon of the syrup, and vanilla extract.
- 2** In a large nonstick skillet, melt the butter spread over medium-high heat. Quickly dip both sides of the bread in the egg mixture and place in the pan, fitting bread in the pan in a single layer. Cook until browned on bottom, about 2 minutes, then turn and cook the other side until browned, about 1 to 2 minutes longer. Repeat until all bread is cooked.
- 3** In a small bowl, combine the remaining syrup with the pecans. Microwave on high for 20 to 30 seconds or until the mixture just starts to boil. Serve with French toast.

**Per Serving:** calories: 200; carbohydrates: 16 g; total fat: 10 g; saturated fat: 2 g; cholesterol: 3 mg; fiber: 1 g; protein: 12 g; sodium: 309 mg



# Oatmeal Cookies with Dried Plums

These cake-like cookies are a great way to sneak dried plums and oatmeal into your diet. When stored in a tightly covered container, the fruit adds moisture to the cookies, making them a bit softer.

**Yield:** 8 servings

## Nonstick cooking spray

**1/3 cup trans-fat-free 67% vegetable oil butter spread, softened**

**1/4 cup packed Splenda® Brown Sugar Blend**

**3 tablespoons granulated white sugar**

**1 egg**

**1 tablespoon grated orange peel**

**2 tablespoons fresh orange juice**

**1 teaspoon vanilla extract**

**1/2 cup whole-wheat flour**

**1/2 teaspoon baking soda**

**1/2 teaspoon ground cinnamon**

**2/3 cup quick-cooking rolled oats**

**2/3 cup coarsely chopped pitted dried plums (prunes)**

- 1** Preheat oven to 350° F. Very lightly coat cookie sheets with nonstick spray; set aside.
- 2** Beat butter spread, brown sugar blend and granulated sugar in large bowl with electric mixer on medium until combined. Beat in egg, orange peel, juice, and vanilla until combined. Reduce speed to low; add 1/2 cup all-purpose flour, whole-wheat flour, baking soda, and cinnamon; mix until (just) combined.
- 3** Stir in oats using wooden spoon. Toss chopped dried plums with remaining 1 teaspoon all-purpose flour; stir into dough. Drop dough by rounded teaspoons 2 inches apart on prepared cookie sheets. Bake for 8 to 10 minutes or until lightly browned around edges. Transfer to a wire rack and cool completely.

**Per Serving:** calories: 70; carbohydrates: 12 g; total fat: 2.5 g; saturated fat: 0.5 g; cholesterol: 10 mg; fiber: 1 g; protein: 1 g; sodium: 50 mg



# Peaches 'n' Cream Cake

Start with a reduced-sugar cake mix for an easy home-baked treat. Top with a light sprinkle of powdered sugar just before serving for an extra-special presentation.

**Yield:** 24 servings

**Nonstick cooking spray**

**All-purpose flour**

**6 ounces fat-free or reduced-fat cream cheese, softened**

**3 egg whites**

**2 eggs**

**1 teaspoon grated orange peel**

**1 teaspoon vanilla extract**

**1 18.25-ounce package (2-layer-size) reduced sugar yellow cake mix**

**1 cup water**

**¼ cup canola oil**

**2 cups chopped pitted, peeled fresh peaches or no-sugar-added frozen peaches, thawed (about 8 ounces)**

- 1** Preheat oven to 325° F. Lightly coat 10-cup fluted tube pan with nonstick spray; lightly dust inside of pan with flour.
- 2** Beat cream cheese with electric mixer on medium for 30 seconds or until creamy. Reduce speed to low; beat in egg whites, eggs, orange peel, and vanilla until combined, scraping side of bowl occasionally.
- 3** Add cake mix, water, and oil to cheese mixture. Beat on medium for 2 minutes. Gently stir in peaches using wooden spoon.
- 4** Spoon batter evenly into prepared pan. Bake for 55 to 60 minutes or until toothpick in center comes out clean. Cool in pan on wire rack for 10 minutes. Loosen edge of cake with a knife and invert onto rack; remove pan from cake and cool completely. Cut into slices to serve.

**Per Serving:** calories: 120; carbohydrates: 19 g; total fat: 4.5 g; saturated fat: 0 g; cholesterol: 20 mg; fiber: 1 g; protein: 3 g; sodium: 210 mg



# Pear-Cranberry Crisp

Two fruits — pears and cranberries — join together to create a colorful dessert. Serve it plain or topped with fat-free half-and-half or fat-free whipped topping, thawed.

**Yield:** 8 servings

## CRUMB TOPPING

**1 cup old-fashioned rolled oats**

**1/3 cup all-purpose flour**

**3 tablespoons packed Splenda® Brown Sugar Blend**

**1/4 cup trans-fat-free 67% vegetable oil butter spread, melted and cooled**

## FILLING

**2 1/2 pounds ripe Anjou or Bosc pears, peeled, halved, cored and sliced 1/4-inch thick (about 6 pears)**

**1 1/3 cups fresh cranberries**

**2 tablespoons fresh orange juice**

**3 tablespoons Splenda Sugar Blend**

**1 tablespoon cornstarch**

**1 teaspoon finely shredded fresh ginger**

**1 teaspoon grated orange peel**

- 1** Preheat oven to 375° F. For topping, combine oats, flour and brown sugar blend in medium bowl. Stir in melted butter spread until moist and clumps form. (If desired, transfer to a tightly covered container and refrigerate for up to 3 days.)
- 2** For filling, toss together pears, cranberries and orange juice in large bowl; set aside. Stir together sugar blend and cornstarch in small bowl. Add ginger and orange peel; mix until well combined. Sprinkle sugar blend mixture over fruit; toss until pears are evenly coated. Transfer mixture to 13 x 9 x 2-inch glass baking dish.
- 3** Sprinkle crumb topping evenly over fruit in baking dish. Bake about 25 minutes or until pears are tender. Serve warm or at room temperature.

**Per Serving:** calories: 240; carbohydrates: 44 g; total fat: 5 g; saturated fat: 1.5 g; cholesterol: 0 mg; fiber: 6 g; protein: 3 g; sodium: 45 mg

