


10

Diabetes-Friendly Dessert Recipes



Diathrive



Having diabetes doesn't mean you can't enjoy foods you love. In fact, with some simple adjustments, even desserts can become more diabetes friendly! Here are some easy recipes from Nikki Sheriff to satisfy your sweet tooth.

Table of Contents

Berry Cream Cheese Tart.....	3	Lemon Blueberry Bread	8
Apple Zucchini Crisp	4	Chocolate Pudding Cake	9
Greek Yogurt Cheesecake.....	5	Crème Brûlée	10
Double Berry Ice Cream	6	Zucchini Cake	11
Chocolate Chip Pecan Cookies.....	7	Angel Food Cake	12

Berry Cream Cheese Tart



12
SERVINGS



143
CALORIES



1
HOUR



12.2g
NET CARBS

Ingredients:

Crust:

- 1/4 cup almond meal
- 1 TBSP splenda brown sugar
- 2/3 cup walnut pieces
- 1/4 tsp salt
- 1 TBSP coconut oil, melted
- 1 egg white
- 1 TBSP water

Filling:

- 8 oz. fat free cream cheese, at room temperature
- 1/2 cup truvia baking blend
- 3 eggs
- 2/3 cup half & half
- 1/2 tsp vanilla
- 3 TBSP lemon juice
- zest of 1 lemon



Directions:

1. Preheat the oven to 350°F.
2. In a food processor, blend the almond meal, brown sugar, walnuts, salt and coconut oil until it is finely processed.
3. Press evenly into a 9-inch tart dish. Mix the egg whites and water and brush over the crust.
4. Bake 15-18 minutes or until golden.
5. Remove from oven, cool slightly, and set in the freezer for 15 minutes. Reduce the oven heat to 325.
6. For the filling, beat the cream cheese until smooth. Add the truvia and mix until thoroughly combined.
7. Mix in one egg at a time. Slowly add the half&half, vanilla, lemon juice and zest and mix well.
8. Pour into prepared crust and bake for 30-35 minutes, or until the mixture hardly moves when you gently shake the dish.
9. Cool completely in the refrigerator. Top with desired amount and type of fresh berries right before you serve.

Nutrition: Per 1 serving

Calories 143
Total fat 9.3 g
Saturated 2.8 g
Trans 0 g
Polyunsaturated 3.4 g

Monounsaturated 1.1 g
Cholesterol 53.8 mg
Sodium 143 mg
Total carbohydrates 12.9 g
Dietary fiber 0.7 g

Sugar 7.1 g
Protein 6.1 g
Vitamin D 0%
Calcium 12%
Iron 2.6%

Potassium 68.3 mg
Vitamin A 6.8%
Vitamin C 2.7%

Apple Zucchini Crisp



9
SERVINGS



183
CALORIES



45
MINUTES



10.5g
NET CARBS

Ingredients:

- **1 cup apples**, peeled and thinly sliced
- **2 cups zucchini**, peeled, halved and thinly sliced
- **1/4 cup** Splenda brown sugar
- **2 tsp** cinnamon, divided
- pinch of nutmeg
- **3 TBSP** lemon juice
- **1/3 cup** almond meal
- **1/3 cup** sliced almonds
- **1/3 cup** chopped pecans
- **1 tsp** vanilla extract
- **1/4 cup** unsalted butter, melted



Directions:

1. Preheat the oven to 375°F.
2. Toss the apples, zucchini, 1 tsp of cinnamon and the lemon juice together.
3. Pour into an 8x8 inch baking dish.
4. Mix the brown sugar, remaining 1 tsp of cinnamon, nutmeg, almond meal, almonds and pecans together.
5. Stir the vanilla in with the melted butter and pour over the nut mixture. Mix well.
6. Crumble the nut mixture evenly over the apples and zucchini.
7. Bake uncovered for 30 minutes.
8. Top with whipped cream if desired.

Nutrition: Per 1 serving

Calories 183
Total fat 12.9 g
Saturated 3.8 g
Trans 0 g
Polyunsaturated 1.7 g

Monounsaturated 4.7 g
Cholesterol 13.6 mg
Sodium 28.7 mg
Total carbohydrates 16.1 g
Dietary fiber 5.6 g

Sugar 8 g
Protein 2.7 g
Vitamin D 0%
Calcium 9.9%
Iron 5.6%

Potassium 120.5 mg
Vitamin A 3.7%
Vitamin C 5.6%

Greek Yogurt Cheesecake



12
SERVINGS



143
CALORIES



20
MINUTES



10.6g
NET CARBS

Ingredients:

- **1 cup** finely ground walnuts
- **1 TBSP** splenda brown sugar
- **1/8 tsp** ground ginger
- **1 TBSP** coconut oil, melted
- **3 (8 oz. packages)** fat-free cream cheese
- **1 ½ cups** plain non-fat greek yogurt
- **1/4 cup + 2 TBSP** light sugar (sugar/stevia blend)
- **2 tsp** fresh lemon juice
- Zest of **1** lemon
- **1 tsp** vanilla extract
- **2 tsp** unflavored gelatin
- **1 ½ TBSP** cold water



Directions:

1. Preheat oven to 350°F. Grease the bottom and sides of a 10-inch cheesecake pan with removable sides. Cut out a circle of parchment paper to fit on the bottom, and set in the pan after it has been sprayed.
2. In a food processor, process the walnuts, brown sugar, ginger and melted coconut oil together. Press evenly into the bottom of the pan. Bake the crust for about 10-15 minutes or until it begins turning a light golden brown. Remove and let cool.
3. In a small heat-proof bowl, mix the gelatin and cold water together and set aside to let gelatin get soft. Wash the food processor and then blend the cream cheese, yogurt, sugar, lemon juice, lemon zest and vanilla together until smooth.
4. Place the bowl with the gelatin in the water and whisk until the gelatin has dissolved and becomes clear (about 3-4 minutes). With the food processor turned on, pour in the warm gelatin mixture and mix well. Pour the filling into the cooled crust. Cover the pan with plastic wrap and refrigerate for 5-6 hours.
5. For optional topping, puree favorite berry and mix with a few tablespoons of truvia until it reaches the desired sweetness and spoon over individual slices.

Nutrition: Per 1 serving

Calories 194
Total fat 8.9 g
Saturated 2.1 g
Trans 0 g
Polyunsaturated 0.5 g

Monounsaturated 1.1 g
Cholesterol 9.9 mg
Sodium 512.5 mg
Total carbohydrates 11.3 g
Dietary fiber 0.7 g

Sugar 6.2 g
Protein 15.7 g
Vitamin D 0%
Calcium 27.9%
Iron 2.2%

Potassium 287.7 mg
Vitamin A 0.8%
Vitamin C 10.8%

Double Berry Ice Cream



12
SERVINGS



81
CALORIES



20
MINUTES



11g
NET CARBS



Ingredients:

- **2 cups** whole strawberries, tops removed
- **1 cup** raspberries
- **1/4 cup** Truvia baking blend
- **2 cups** half & half
- **1/2 pkg** unflavored gelatin
- **1 TBSP** lemon juice

Directions:

1. In a small sauce pan, mix the gelatin, truvia and 1/2 cup of the half & half.
2. Heat over medium heat until the truvia and gelatin have dissolved. Mix in the remaining ingredients.
3. With an immersion blender (or in a regular blender), puree mixture until the fruit is in small chunks, but not completely pureed.
4. Pour into an ice cream maker and freeze according to manufacturer's directions.

Nutrition: Per 1 serving (Serving size: 1/2 cup)

Calories 81
Total fat 4.7 g
Saturated 2.9 g
Trans 0 g
Polyunsaturated 0.2 g

Monounsaturated 1.3 g
Cholesterol 14.9 mg
Sodium 16.8 mg
Total carbohydrates 11.9 g
Dietary fiber 0.9 g

Sugar 4.8 g
Protein 1.5 g
Vitamin D 0%
Calcium 4.6%
Iron 0.9%

Potassium 82.1 mg
Vitamin A 2.9%
Vitamin C 14%

Chocolate Chip Pecan Cookies



20
COOKIES



91
CALORIES



20-30
MINUTES



5.2g
NET CARBS

Ingredients:

- **1/2 cup** unsalted butter, softened
- **3 TBSP** Splenda brown sugar
- **1/4 cup** All-Natural applesauce (no sugar added)
- **1/2 tsp** pure vanilla extract
- **1/4 tsp** almond extract
- **1 egg**
- **3/4 cup** all-purpose flour
- **1/4 cup** almond meal
- **1/4 tsp** salt
- **1/4 tsp** baking soda
- **3 TBSP** semi sweet chocolate chips
- **2 TBSP** chopped pecans



Directions:

1. Preheat the oven to 350°F
2. Beat the butter and the brown sugar until it's creamy and smooth. Add the applesauce, extracts and egg and beat well.
3. In a separate bowl, whisk together the flours, salt and baking soda. Pour the flour mixture into the butter mixture and mix well, but do not over mix. Stir in the chocolate chips and pecans.
4. Drop leveled-off scoops (with a cookie scoop) onto a lightly greased cookie sheet (I like to use baking spray) and bake for 10-12 minutes until the edges are slightly golden.
5. Cool on the cookie sheet for a couple minutes and then transfer them to a wire rack to cool completely.

Nutrition: Per 1 cookie

Calories 91
Total fat 7.2 g
Saturated 3.5 g
Trans 0 g
Polyunsaturated 0.5 g

Monounsaturated 1.8 g
Cholesterol 21.5 mg
Sodium 22.4 mg
Total carbohydrates 5.8 g
Dietary fiber 0.6 g

Sugar 1.9 g
Protein 1.2 g
Vitamin D 0%
Calcium 0.7%
Iron 0.7%

Potassium 10.4 mg
Vitamin A 3.1%
Vitamin C 0%

Lemon Blueberry Bread



10
SERVINGS



102
CALORIES



35-45
MINUTES



13.8g
NET CARBS



Ingredients:

- **1 cup** almond meal
- **¾ cup** flour
- **½ cup** truvia baking blend
- **¾ tsp** baking soda
- **¼ tsp** salt
- **2** eggs
- **4 TBSP** unsalted butter, melted
- **2 TBSP** lemon juice
- **1 tsp** vanilla extract
- Zest of **1** lemon
- **⅓ cup** blueberries

Directions:

1. Preheat oven to 350°F. Grease a bread pan and set aside.
2. Mix almond meal, flour, truvia, baking soda and salt together. Add the eggs, butter, lemon juice, vanilla and lemon zest and mix well. Stir in the blueberries and pour into the prepared bread pan.
3. Bake 30-35 minutes or until a toothpick comes out clean. Cool completely in the bread pan.
4. Cut into 10 slices and then slice down the center of the loaf for 20 pieces.

Nutrition: Per 1 serving (Serving size: 1/2 slice)

Calories 102
Total fat 5.7 g
Saturated 1.8 g
Trans 0 g
Polyunsaturated 0.2 g

Monounsaturated 0.8 g
Cholesterol 27.4 mg
Sodium 56.2 mg
Total carbohydrates 14.6 g
Dietary fiber 0.8 g

Sugar 5.3 g
Protein 2.3 g
Vitamin D 0%
Calcium 1.6%
Iron 1.7%

Potassium 11 mg
Vitamin A 2%
Vitamin C 1.4%

Chocolate Pudding Cake



18
SERVINGS



226
CALORIES



35-45
MINUTES



24g
NET CARBS

Ingredients:

Crust:

- **1 1/4 cup** pecan pieces
- **3/4 cup** all purpose flour
- **1/2 cup** unsalted butter, melted

1st Layer

- **8 oz.** fat free cream cheese, softened
- **1/2 cup** truvia baking blend
- **1 cup** sugar free Cool Whip

2nd Layer

- **1** small package of sugar-free chocolate pudding
- **1** small package of sugar-free vanilla pudding
- **3 cups** fat free milk

3rd Layer

- **2 cups** sugar free whipped topping



Directions:

1. Preheat the oven to 350°F. Mix the crust ingredients, first stirring together the pecans and flour, and then mixing the butter in with a fork. Press into the bottom of a 9x13 pan.
2. Bake for 20-25 minutes, or until it begins to lightly brown. Cool completely.
3. Beat the cream cheese until it is soft and smooth. Beat in the truvia until well mixed. Then fold in the Cool Whip. Gently spread over the top of the crust. (It's a bit tricky since the crust is very crumbly. Spoon the mixture over different sections of the crust first, then gently work it around with a rubber spatula until it is even.)
4. Beat both pudding mixes with milk until well combined and pour over the cream cheese layer.
5. Top with whipped topping.
6. Lightly sprinkle (only a little) with finely grated chocolate, if desired, for looks.
7. Let it set up completely in the refrigerator for at least an hour.
8. Cut into 18 squares and serve.

Nutrition: Per 1 serving

Calories 226
Total fat 11.6 g
Saturated 3.4 g
Trans 0 g
Polyunsaturated 1.7 g

Monounsaturated 4.2 g
Cholesterol 14.7 mg
Sodium 308 mg
Total carbohydrates 24.9 g
Dietary fiber 0.9 g

Sugar 8.4 g
Protein 4.9 g
Vitamin D 0%
Calcium 19.2%
Iron 4.9%

Potassium 101.4 mg
Vitamin A 6.9%
Vitamin C 0.6%

Crème Brûlée



4
RAMEKINS



148
CALORIES



40-50
MINUTES



17g
NET CARBS



Ingredients:

- **2 cups** half & half
- **5** egg yolks
- **1 ½ tsp** vanilla extract
- **¼ cup + 2 tsp** truvia baking mix, divided

Directions:

1. Preheat the oven to 325°F.
2. Mix the half & half and ¼ cup of truvia together in a small sauce pan. Heat over medium low heat until it begins to bubble but before it comes to a boil. Add a little bit of the hot mixture to the egg yolks in a small bowl. Pour the egg yolks into the pan and mix together. Add in the vanilla.
3. Divide into 4 ramekins. Place ramekins in a baking dish and fill the baking dish up halfway with hot water.
4. Bake 35-40 minutes until edges are set but the middle still jiggles.
5. Remove from baking dish and refrigerate at least 2 hours. Top each custard with ½ tsp of truvia and place under broiler until the sugar browns. Serve.

Nutrition: Per 1 serving

Calories 148
Total fat 9.8 g
Saturated 5.3 g
Trans 0 g
Polyunsaturated 0.7 g

Monounsaturated 3.3 g
Cholesterol 137.7 mg
Sodium 29.9 mg
Total carbohydrates 17 g
Dietary fiber 0 g

Sugar 7.2 g
Protein 3.5 g
Vitamin D 0%
Calcium 7.7%
Iron 1.8%

Potassium 90.2 mg
Vitamin A 7.3%
Vitamin C 0.9%

Zucchini Cake



8
SERVINGS



175
CALORIES



35-45
MINUTES



16.8g
NET CARBS

Ingredients:

- 1 cup almond meal
- ¾ cup flour
- ¼ cup splenda brown sugar
- ¾ tsp baking soda
- ¼ tsp salt
- 2 eggs
- ⅓ cup unsweetened apple sauce
- 1 tsp vanilla
- ½ cup peeled and shredded zucchini
- 2 tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp nutmeg



Directions:

1. Preheat the oven to 350°F. Grease a bread pan and set aside.
2. Mix all the dry ingredients. Add eggs, apple sauce and vanilla and mix well. Stir in the zucchini and pour into greased pan.
3. Bake 30-35 minutes or until a toothpick comes out clean.
4. Cool and top with sugar free whipped topping.

Nutrition: Per 1 serving

Calories 175
Total fat 8.4 g
Saturated 0.9 g
Trans 0 g
Polyunsaturated 0.2 g

Monounsaturated 0.5 g
Cholesterol 46.5 mg
Sodium 145.7 mg
Total carbohydrates 18.8 g
Dietary fiber 2 g

Sugar 7.7 g
Protein 5.8 g
Vitamin D 0%
Calcium 3.7%
Iron 4.2%

Potassium 45.1 mg
Vitamin A 1.4%
Vitamin C 1.7%

Angel Food Cake



20
SERVINGS



51
CALORIES



1
HOUR



12.5g
NET CARBS



Ingredients:

- **½ cup** truvia baking blend, divided
- **⅛ tsp** salt
- **½ cup** all-purpose flour
- **1 TBSP** corn starch
- **6** egg whites
- **3 TBSP** warm water
- **½ tsp** vanilla extract
- **¾ tsp** cream of tartar

Directions:

1. Preheat the oven to 350°F. Grease a bread pan and set aside.
2. Mix ¼ cup of the truvia, the salt, flour, corn starch and cream of tartar. Set aside.
3. Beat the egg whites, warm water, vanilla and the other ¼ of the truvia until stiff peaks form.
4. Slowly add in the dry ingredients and fold into the egg mixture. Spoon into prepared bread pan and bake 45-50 minutes.
5. Slice into 10 slices and then cut the loaf in half so you have 20 half slices.
6. Top with sliced strawberries and sugar free whipped cream.

Nutrition: Per 1 serving (1/2 Slice)

Calories 51
Total fat 0.1 g
Saturated 0 g
Trans 0 g
Polyunsaturated 0 g

Monounsaturated 0 g
Cholesterol 0 mg
Sodium 50.7 mg
Total carbohydrates 12.6 g
Dietary fiber 0.1 g

Sugar 5.1 g
Protein 1.4 g
Vitamin D 0%
Calcium 0%
Iron 0%

Potassium 18.6 mg
Vitamin A 0%
Vitamin C 0%