

Dessert Recipes For Diabetics



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Anise Biscotti

Servings: 16 Preparation Time: 15 min. Cooking Time: 30 min.

Ingredients

- 1 Tbs. butter or margarine
- 1/4 cup sugar
- 2 egg white\cooked, lightly beaten
- 1-1/4 tsp. anise extract
- 1 cup all purpose flour
- 1/2 tsp. baking powder
- 1/8 tsp. salt



Cooking Directions

Preheat oven to 375° F. Combine butter and sugar, mixing thoroughly, then mix in egg whites and anise extract. In another bowl, combine the remaining ingredients. Add to first mixture, stirring until well-blended. Gently knead the dough on a lightly floured surface. Shape into a long roll, place on a greased baking sheet, and flatten to about 1-0/1 inch thick. Bake for 15 minutes. Place on a wire rack and let cool for 8-10 minutes. Cut roll into 0-1/2 inch diagonal slices. Place on baking sheet. Bake for 5 minutes. Turn cookies over and bake an additional 10 minutes. Place on wire rack and let cool completely (cookies will harden).

Per Serving:

calories: 47, fat: 0.8g, calories from fat: 15%, protein: 1.2g, cholesterol: 1.9mg, dietary fiber: 0.2g.

Berries in Citrus Glaze

Servings: 4 Preparation Time: 10 min. Cooking Time: 10 min.

Ingredients

- 2 Tbs. fresh lime juice
- 2 Tbs. fresh orange juice
- 2 Tbs. fresh lemon juice
- 2 Tbs. sugar
- 2 cup Driscoll's fresh berries: strawberries, halved or quartered, blueberries, and raspberries

Cooking Directions

Pour all ingredients except berries into a small saucepan and stir together. Place over medium heat and simmer to reduce to approximately 1/4 cup . Place the mixed berries into a mixing bowl and pour the glaze over them. Gently toss them with a rubber spatula and divide among serving dishes. Serve immediately.

Per Serving:

calories: 54 fat: 0.8g, calories from fat: 13%, protein: 0.6g, cholesterol: 0.0mg, dietary fiber: 1.8g.





Frosty Strawberry Pops

Servings: 8 Preparation Time: 10 min. Cooking Time: 0 min.

Ingredients

- 2 cup Californiafresh strawberries, stemmed
- 2/3 cup evaporated milk
- 3 Tbs. light corn syrup
- 3 Tbs. frozen orange juice concentrate, or cranberry or pineapple juice concentrate



Cooking Directions

In blender container, blend all ingredients about 1 minute until smooth. Pour into 3 oz. , wax-coated paper cups (one per serving). Place in shallow pan and insert a wooden craft stick or plastic spoon into the center of each. Freeze until firm, about 4 hours. After pops are frozen, they can be transferred to a reclosable plastic bag for freezer storage. To release pops from cups, dip briefly into hot water up to rim of cup. Note: Wooden craft sticks are available in hobby shops and variety stores.

Per Serving:

calories: 73, fat: 1.9g, calories from fat: 24%, protein: 1.9g, cholesterol: 6.2mg, dietary fiber: 1.1g.

Frozen Fruit Chunk Cups

Servings: 6 Preparation Time: 10 min. Cooking Time: 0 min.

Ingredients

- 1 cup apple sauce, chunky or regular
- 2/3 Lbs. fresh strawberries
- 2/3 Lbs. mandarin orange segments, drained
- 1 cup grapes (optional)
- 2 Tbs. orange juice concentrate

Cooking Directions

Combine all ingredients in a bowl. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving.

Per Serving:

calories: 64 fat: 1.4g, calories from fat: 20%, protein: 0.8g, cholesterol: 0.0mg, dietary fiber: 2.8g.





Frozen Nectarine Yogurt

Servings: 6 Preparation Time: 10 min. Cooking Time: 10 min.

Ingredients

- 5 small nectarine, chopped
- 1 cup water
- 1/4 cup honey
- 1 Tbs. fresh lemon juice
- 1 tsp. vanilla extract
- 1/4 cup unsweetened apple juice
- 1 cup plain lowfat yogurt

Cooking Directions

Combine the nectarines, water, and honey in a saucepan. Cook over medium heat until the nectarines are soft. Puree the mixture in a blender or food processor. Stir in the lemon juice, vanilla, and apple juice. Chill until cool. Whisk the yogurt into the nectarine mixture. Pour into an 8 x 8 inches pan and freeze until crystals form around the edges, about 45 minutes. Stir the crystals into the middle of the pan and return to the freezer. When the mixture is lightly frozen through, whip it until it is light in color. Spoon the mixture into a storage container and freeze until firm. Let soften at room temperature for 10 minutes before serving.

Per Serving:

calories: 121, fat: 1.7g, calories from fat: 13%, protein: 3.1g, cholesterol: 2.5mg, dietary fiber: 1.5g.

Golden Poached Apples

Servings: 6 Preparation Time: 5 min. Cooking Time: 20 min.

Ingredients

- 3 Golden Delicious apple, cored
- 1-1/2 cups apple juice
- 1-1/2 tsp. lemon peel, grated
- 1/8 tsp. ground ginger

Cooking Directions

Peel top half of each apple. Combine remaining ingredients in a large heavy pan over medium high heat. Bring to a boil. Reduce heat to low and cook 5 minutes, uncovered. Set apples into pan with juice. Cover, and continue to cook 15 minutes, or until apples are just tender, turning apples and basting frequently. Using a slotted spoon, remove apples from pan and cut in half. Place each half in a serving dish and keep warm. Strain the juice, return it to the pan and boil over medium high heat until reduced to 1 cup. Serve apples with warm juice.

Per Serving:

calories: 283 fat: 8.1g, calories from fat: 26%, protein: 12.8g, cholesterol: 0.0mg, dietary fiber: 15.5g.





Grapple Pops

Servings: 9 Preparation Time: 5 min. Cooking Time: 0 min.

Ingredients

- 3/4 cup frozen grape juice concentrate, thawed
- 1-1/2 Lbs. chunky applesauce
- 9 paper cup, about 3 oz volume
- 9 wooden sticks

Cooking Directions

Combine juice and apple sauce in a bowl and blend well. Fill each cup with about 1/3 cup juice mixture. Put cups in freezer. After about 1 hour of freezing, insert sticks. Freeze about 2 hours, until firm. Remove cups to serve.

Per Serving:

calories: 69, fat: 1.1g, calories from fat: 14%, protein: 0.7g, cholesterol: 0.0mg, dietary fiber: 1.1g.

Guilt Free Luscious Layers of Strawberry

Servings: 12 Preparation Time: 15 min. Cooking Time: 10 min.

Ingredients

- 1 whole angel food cake, torn into bite-size pieces
- 2 smallpackage sugar-free strawberry gelatin
- 2 smallpackage fat-free vanilla instant pudding
- 2 cup fresh strawberries, sliced
- 1 cup fat-free frozen dessert topping

Cooking Directions

Cover the bottom of a 13 x 9 inches baking dish with cake pieces. Prepare gelatin with hot water according to package directions. Fill a one-cup measure loosely with strawberries. Add cold water to the one-cup mark. Stir into hot gelatin mixture. Repeat process with remaining strawberries, stirring into gelatin mixture. Pour evenly over cake pieces. Chill 1 hour. Mix pudding according to package directions and pour over top of gelatin. Chill completely. Spread whipped topping over top and serve.

Per Serving:

calories: 133 fat: 1.4g, calories from fat: 9%, protein: 2.5g, cholesterol: 0.0mg, dietary fiber: 1.0g.





Mango with Raspberries

Servings: 4 Preparation Time: 5 min. Cooking Time: 0 min.

Ingredients

- 4 cup mango slices, or papaya
- 1/2 cup raspberries
- 4 sprig fresh mint (optional)

Cooking Directions

Arrange mango slices on individual serving plates. Sprinkle with raspberries and garnish with a sprig of mint.

Per Serving:

calories: 115, fat: 2.3g, calories from fat: 18%, protein: 1.0g, cholesterol: 0.0mg, dietary fiber: 4.0g.

Minted Fruit Salad

Servings: 6 Preparation Time: 15 min. Cooking Time: 0 min.

Ingredients

- 1/2 Lbs. strawberries, hulled and halved
- 2 kiwi fruit, peeled and thinly sliced
- 1 cantaloupe melon, cut into small chunks
- 1 honeydew melon, cut into small chunks
- 1/4 cup fresh mint leaves, finely chopped
- 1/4 cup fresh orange juice
- 2 Tbs. fresh lemon juice
- 4-1/2 tsp. granulated sugar

Cooking Directions

Mix all ingredients in a bowl. Toss gently. Chill 2-3 hours and serve cold.



Per Serving:

calories: 283 fat: 8.1g, calories from fat: 26%, protein: 12.8g, cholesterol: 0.0mg, dietary fiber: 15.5g.





No-Cook Fruit Kabobs

Servings: 4 Preparation Time: 10 min. Cooking Time: 0 min.

Ingredients

- 1 Jonathan apple, or other fresh apple
- 1 ripe banana
- 1 fresh peach
- 5 strawberry
- 5 kiwi fruit
- 4 skewers

Cooking Directions

Cut all the fruit into bite size pieces. Thread, alternating the fruit, onto skewers and serve.

Per Serving:

calories: 145, fat: 2.5g, calories from fat: 15%, protein: 1.9g, cholesterol: 0.0mg, dietary fiber: 6.8g.

Orange and Pineapple Crush

Servings: 2 Preparation Time: 10 min. Cooking Time: 0 min.

Ingredients

- 2 fresh pineapple slice
- 1/2 cup orange juice
- 1 cup diet lemon-lime soda pop

Cooking Directions

Chop the pineapple and process in a blender or food processor for a few seconds until it is well crushed. Mix together the orange juice and lemon-lime soda. Divide the crushed pineapple between 2 glasses and top with the juice mixture. Serve chilled.

Per Serving:

calories: 97 fat: 0.5g, calories from fat: 5%, protein: 0.9g, cholesterol: 0.0mg, dietary fiber: 0.6g.





Pink Tangerine Ambrosia

Servings: 4 Preparation Time: 15 min. Cooking Time: 0 min.

Ingredients

- 2 tangerine, peeled and segmented
- 2 pink grapefruit, peeled and segmented
- 1 Tbs. mint leaves, chopped
- 2 Tbs. orange juice
- 2 Tbs. orange liqueur (optional)
- 2 tsp. honey
- 2 fresh mint sprig, optional

Cooking Directions

Combine tangerine and grapefruit segments in a bowl. Stir in chopped mint. Stir together orange juice, liqueur if desired, and honey in a separate bowl and pour over fruit. Toss gently. Cover and chill at least 1 hour to blend flavors. Serve garnished with mint if desired.

Per Serving:

calories: 70, fat: 1.1g, calories from fat: 14%, protein: 1.0g, cholesterol: 0.0mg, dietary fiber: 2.4g.

Pumpkin Mousse

Servings: 4 Preparation Time: 15 min. Cooking Time: 5 min.

Ingredients

- 1/2 cup water
- 1 Tbs. unflavored powdered gelatin
- 2/3 cup nonfat milk powder
- 1/2 cup canned cooked pumpkin
- 2 Tbs. sugar
- 1/2 tsp. vanilla extract
- 1/8 tsp. cinnamon
- 1/8 tsp. allspice
- 6 ice cubes

Cooking Directions

Pour water into small saucepan. Sprinkle gelatin over top and let stand 5 minutes. Place mixture over medium heat. Cook 2 minutes stirring constantly until gelatin is dissolved. Transfer gelatin to blender. Add remaining ingredients, except ice cubes. Process mixture until smooth. Add one ice cube at a time, blending well after each ice cube is added. Divide mixture into individual dessert bowls. Cover and refrigerate at least 2 hours before serving.



Per Serving:

calories: 83 fat: 0.2g, calories from fat: 3%, protein: 5.9g, cholesterol: 1.5mg, dietary fiber: 0.9g.





Strawberry Heaven

Servings: 12 Preparation Time: 20 min. Cooking Time: 0 min.

Ingredients

- 1 whole angel food cake
- 4 cup strawberries, hulled, half crushed, half sliced
- 1-1/2 cups light frozen dessert topping, thawed, or whipped cream
- 1 Tbs. milk

Cooking Directions

Cut cake horizontally into 3 layers. Place 1 cake layer on serving plate. Combine half the crushed strawberries and 1-1/2 cups whipped topping in a bowl. Stir in milk. Spread half the strawberry mixture on cake layer. Arrange half the sliced strawberries on top of the strawberry mixture. Repeat layers, ending with cake. Frost top and sides of cake with remaining whipped topping. Refrigerate at least 1 hour before serving. Decorate top and sides with strawberry slices. Store in refrigerator.

Per Serving:

calories: 108, fat: 2.0g, calories from fat: 17%, protein: 2.4g, cholesterol: 1.2mg, dietary fiber: 1.6g



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