



Some
Dessert
Ideas for
Diabetics
and the **Diet**
Conscious

A Proper and Healthy Way

Some Dessert Ideas for Diabetics and the Diet Conscious: A Proper and Healthy Way

Everyone has a sweet tooth within us. Young and old, we all love to eat and crave for sweet nothings. Ice creams, sorbets, cakes, gelatos, pies; these are just some samples that could easily make your mouth water. But aren't you aware of the fact that sweets can add up to your sugar level content as well as with your calories? This is not a very nice fact especially with the diabetics and the diet conscious ones, is it?

Sweets are also synonymous to desserts because most desserts are comprised of sweet foods, though there are also those that are considered desserts even if they are not sweet. Desserts are practically those foods that are served in every after meal; be it a formal meal with your circle of friends in the corporate world, or just a simple dinner with your family and love ones.

There is a growing concern now among health conscious people as to the benefits of eating desserts. Let's say, one loves eating ice cream. Ice cream is practically a source of high sugar content, thus adding up to ones calories. Pastries like cookies, cakes and pies are also good forms of desserts. However, these are also primary sources of carbohydrates, not advised for diabetics and diet conscious people alike. So what are the desserts most advised for them?

There are certain types of desserts especially intended for diabetics and those that are on diet. Here are a few advices that can help them still enjoy their desserts, minus the worries for added unwanted calories.

- Stick with desserts that have low- sugar content. If you can find those that are sugar free, much better. The less sugar intake for diabetics, the less likely it is for the level of their sugar glucose to increase.
- Make it a point to check for the ingredients being used on certain desserts if you aren't sure about its contents. Examples are ice creams. There are certain products whose labels do not indicate the presence of sugar.

What are the other forms of sugar not advised for diabetics?

- **Dextrose**
- **Glucose**
- **Sucrose**
- **Corn Sweeteners**
- **Fructose**
- **Dextrin**
- **Lactose**

- **Maltose**
- **Malt**
- **Fruit Juice Concentrates**

The above-mentioned ingredients are very common among sweet desserts and must be carefully read on product labels before consuming it.

Cakes, pies, cookies and some other pastries are also very delicious for desserts. Because of the fact that these are baked, expect it to contain ingredients with high carbohydrate contents. If pastries are your preference, be wary about the following:

- **Skim Milk**- instead of the traditional milks used in making pastries, diabetics and those who are careful with their diets should make it a point to use skim milks in making pastries. If in a restaurant and special dining shops, it is always best to ask the attendant first what ingredients are used in making their pastries.
- **Whole Grains**-these are better alternatives for the conventional cake flours we use in making pastries. Whole grains are better because not only they have very low carbohydrate and sugar content; they are also very rich in fiber, which is healthy for everybody.

- **Buttermilk-** stay away with buttermilk. They have very high sugar content. Baking cakes and cookies make use of buttermilk. Instead of using these ones, go for the sugar free and low-carbohydrate milks. You can find these in local department stores but you have to be aware and careful enough to read the labels so you can avoid the ones that are unhealthy for you.

There are practically certain ways for you to enjoy your desserts without having to worry much about your health especially if you are diabetic or health conscious. All it takes is proper awareness of the ingredients used in making desserts and sweet delights. After all, it's actually normal to indulge yourselves with desserts without having to be concerned that much about sugar and carbohydrates.

Here are some of the most in demand recipes for diabetics:

- **Sugar Free Chocolate Raspberry Mousse**
- **Diabetic Apple Raisin Cookies**

Sugar Free Chocolate Raspberry Mousse- Just as you thought you do can no longer enjoy eating your favorite chocolate raspberry mousse, think again. Who says raspberry mousse cannot go sugar-free? Here are the basic ingredients for the Sugar Free Chocolate Raspberry Mousse:

- A nine-inch, egg-white-brushed pie crust
- One fourth cup of whipping cream

- One fourth teaspoon of vanilla extract
- A half cup of fruit-sweet raspberry syrup or jam
- A half pint of fresh raspberries, thoroughly washed and rinsed
- A packet of Equal or Nutrasweet
- One third cup of light or fat free cream cheese
- Two-third cup of ricotta cheese
- Three-fourth cup of milk
- One to four servings packages of instant sugar-free chocolate pudding

Making the Creamy Raspberry Filling

- First, beat the whipping cream
- When nearly stiff, add in the vanilla and about a tablespoon of the strained raspberry syrup or jam
- Leaving a few fresh raspberries for garnishing, fold the remaining raspberries with the whipping cream, together with the Equal sugar.
- Evenly spread the filling into the crust of the baked pie shell

Making the Chocolate Raspberry Mousse

- Blend thoroughly into a blender or food processor the following ingredients:
 - Cream cheese
 - Ricotta cheese
 - One half cup of raspberry syrup or jam

- Hand stir in the milk once the mixture is smooth and free from raspberry seeds

- The chocolate pudding powder is then beat in and thoroughly mixed

- The mousse mixture must then be poured in over the berry filling immediately.

- Just make sure it is evenly spread and must cover every edge of the crust.

- Refrigerate them for about thirty to sixty minutes, until they are properly congealed.

- You can then garnish it with fresh raspberries and mint sprigs, once ready to be served.

Diabetic Apple Raisin Cookies- During cold lonely nights, it is great to spend your time outdoors with your friends and love ones over a cup of coffee and some cookies. Diabetic Apple Raisin Cookies are great alternatives for those who prefer to have their cookies sugar-free but still nutritious and delicious.

Here are the ingredients for making Diabetic Apple Raisin Cookies.

- A cup of raisins
- One third cup of dates
- Half a cup of chopped apples
- Three-fourth cup of chopped nuts
- A cup of water
- Half a cup of vegetable shortening
- Two well-beaten eggs (or some egg substitutes if you have)
- Two and a half teaspoons of liquid sweeteners
- A cup of flour
- A teaspoon of vanilla
- A teaspoon of baking soda
- A teaspoon of baking powder

Making the Diabetic Apple Raisin Cookies

- Soak the raisins as well as the dates for approximately an hour.

- After soaking them, boil them for three minutes, together with the chopped apples.
- Add the shortenings to melt. Let it cool.
- Add in the remaining ingredients. Just make sure you add the nuts lastly so you will not have a hard time mixing the ingredients together.
- Refrigerate the mix. Have it well chilled.
- After chilling, you can now drop about a teaspoon each of this mix to your cookie sheets.
- Bake them for about ten to twelve minutes at about three hundred degrees Fahrenheit.

Now that you have your Diabetic Apple Raisin Cookies, it is best to serve them with a cup of coffee. Still, you have to make it a point to use Equal or Nutrasweet.

If you crave for chocolates and other pastries that make use of chocolates, there is no need for you to worry about your glucose level or your calories. There are certain chocolates that are low in fat, just right to fit in to your taste. Just go for those unsweetened chocolates.

For those who are on a strict diet, stay away with desserts that have very high fat content in them. Be sure to check out the fat contents of each dessert you prefer. Here are the types of fats that you have to be aware about.

- Saturated Fats
- Monounsaturated Fats

- Polyunsaturated Fats
- Essential Fatty Acids
- Hydrogenated Fats
- Trans-fatty Acids

The above are considered the most common types of fats that you have to be careful about. As much as possible, when eating desserts, these fats should not have a very high content on your foods. That way, you will not have a hard time maintaining your trimmed bodies that you have been taking care all through the years.

Whether you are diabetic or not, diet conscious or not, you deserve to enjoy and indulge yourselves with the pleasures of sweets and desserts. After all, in one-way or the other, they are somehow essential to our everyday diets.

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