

Healthy Dessert Recipes



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Healthy Dessert Recipes

Diabetes is a common condition and its frequency is dramatically rising all over the world. Living well with diabetes means making good dietary choices and limiting one's sugar intake, which means many people with diabetes are required to avoid desserts. However, low-fat versions of some popular desserts can be easily prepared at home using sweeteners that are suitable for people with diabetes.

This booklet has been developed to help you learn about healthier versions of some popular deserts. In addition to assisting you with making better choices, opting for healthier versions may also aid you in achieving your weight loss goals.

Oat Pudding

Ingredients:

- 3 tablespoons of oats.
- 1 cup of low-fat milk.
- 1 tablespoon of sweetener.
- 1 teaspoon of cinnamon.
- Nuts and raisins for decoration (as desired).

How to prepare:

- Place milk and oats in a medium pan and heat to a boil. Add sweetener and cinnamon. Continue mixing until thickened. Remove from heat and spoon the mixture into a cup.

Nutritional Information:

- Serving size: 1 cup.
- 157 calories.
- 25 grams of carbohydrates.



Basbousa

Ingredients:

- 2 cups of semolina.
- ½ cup of coconut.
- 3 tablespoon of sweetener.
- 1 cup of diet (sweetener) syrup.
- 1 cup of low-fat yogurt.
- ¼ cup of vegetable oil, room temperature.
- 1 tablespoon of baking powder.

How to prepare:

- Mix all dry ingredients together.
- Using your hands, incorporate oil with dry ingredients until mixed well. Add yogurt and continue mixing until fully combined. Bake in a pre-heated oven for 20 minutes until top is golden.
- Remove from oven and pour syrup over cake. Set on a rack to cool. Once completely cooled, add coconut or nuts for decoration.

Nutritional Information:

- Serving size: 30 grams.
- 68 calories.
- 10 grams of carbohydrates.



Chocolate Muffin

Ingredients:

- 1 ½ cups of brown flour.
- ¾ cup of low-fat yoghurt.
- 2 eggs.
- 1 teaspoon of vanilla.
- 3 tablespoons of sweetener .
- ½ cup of vegetable oil.
- 4 tablespoons of dark cocoa.
- 2 teaspoons of baking powder.
- ½ teaspoon of baking soda.

How to prepare:

- Preheat oven to 180°C.
- Combine flour, baking powder, and baking soda in a large bowl. In a second bowl, mix eggs with vegetable oil and sweetener and add cocoa, yoghurt, and vanilla.
- Gradually add flour to mixture.
- Using a wooden spoon, stir mixture until lightly combined. Add cocoa and place batter into muffin cups. Bake for 20 minutes.
- Remove muffin from the oven and set aside to cool.

Nutritional Information:

- Serving size : 30 grams.
- 165 calories.
- 15 grams of carbohydrates.



Coconut Oatmeal Cake

Ingredients:

- 2 cups of ground oatmeal.
- 3 tablespoons of sweetener.
- 3 eggs.
- 3 tablespoons of coconut.
- 1 cup of low-fat milk.
- ½ cup of vegetable oil.
- 1 teaspoon of vanilla.
- 2 teaspoon of baking powder.

How to prepare:

- Preheat oven to 180°C.
- Grease a baking pan with oil or line with baking paper.
- In a food processor, pulse oats until finely chopped.
- Mix the remaining dry ingredients. Mix eggs and vanilla and add milk and oil. Combine dry ingredients and mix all together. Pour mixture in prepared pan and bake for 30 to 40 minutes.

Nutritional Information:

- Serving size: 30 grams.
- 130 calories.
- 9 grams of carbohydrates.



Carrots Cake with Cinnamon

Ingredients:

- 2 cups of brown flour.
- 3 tablespoons of sweetener.
- 1 cup of oil.
- 3 cups of carrots.
- 3 eggs.
- 1 teaspoon of vanilla.
- 2 teaspoons of cinnamon.
- ½ teaspoon salt.
- 2 teaspoons baking powder.

How to prepare:

- Preheat oven to 180°C.
- Grease a baking pan with oil or line with baking paper.
- Mix oil and sweetener until creamy. Add eggs, one at a time, to vanilla. Combine with chopped carrot and continue mixing. Fold through flour, cinnamon, and baking powder.
- Pour into prepared pan and bake for 30 to 35 minutes.

Nutritional Information:

- Serving size: 30 grams.
- 144 calories.
- 14 grams of carbohydrates.



