

Diabetic Dessert Recipes: Sinful Goodness

Berried Cheesecake

Makes 10 Servings

Ingredients

- 24 oz. cream cheese
- 4 eggs
- 1 cup strawberry pourable fruit
- 2 teaspoons vanilla
- 1 cup sour cream
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- Strawberries, sliced
- Blueberries

Directions

1. Preheat oven to 325F.
2. Beat softened cream cheese in large bowl until creamy.
3. Blend in pourable fruit, vanilla, and salt.
4. Add eggs, one at a time, beating well after each addition.
5. Pour into greased 9" spring form pan.
6. Bake for 50 minutes.
7. Combine sour cream and vanilla; mix well.
8. Carefully spoon over warm cheesecake.
9. Bake another 10 minutes, or until just set.
10. Turn oven off and leave cheesecake in oven, with door closed for 30 minutes.
11. Transfer to wire rack and loosen cheesecake from rim of pan.
12. Cool overnight.
13. Just before serving, garnish with sliced strawberries and blueberries.

Brownies deLite

Ingredients

Brownies:

- 3/4 cup all-purpose flour
- 3/4 cup sugar
- 1/4 cup unsweetened cocoa
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup oil
- 2 teaspoon chocolate extract or flavor
- 2 eggs

Frosting:

- 3/4 cup powdered sugar
- 1 tablespoon unsweetened cocoa
- 1 tablespoon skim or 2% milk
- 1/2 teaspoon chocolate extract or flavor
- 1/8 teaspoon butter flavor
- Sprinkles

Directions

1. Heat oven to 350F. Grease bottom only of 8-inch square pan.
2. Beat eggs and combine with sugar.
3. Mix chocolate extract/flavor into eggs and sugar combination.
4. Stir in oil until well mixed.
5. Combine flour, cocoa, baking powder and salt in separate bowl.
6. Incorporate dry ingredients in second bowl with mixture in the first bowl.
7. Bake at 350F. for 13-18 minutes, or until top is dry and springs back when touched lightly in center. Cool for 15 minutes.
8. Meanwhile, combine all frosting ingredients (except sprinkles) in a small bowl & mix well.
9. Spread over top of slightly cooled brownies and finish off with sprinkles. Cool completely.

Chocolate Kahlua Goodness

Makes 18 Servings

Ingredients

- 1 (18.25 oz.) Devil's Food Cake Mix
- 1 small (1 oz.) box sugar free, instant chocolate pudding mix
- 1 cup nonfat vanilla yogurt
- 1/4 cup canola oil
- 1/3 cup skim milk
- 3 large egg whites
- 1/3 cup Kahlua liqueur
- 1/3 cup semisweet chocolate chips
- Cocoa

Directions

1. Preheat oven to 350F.
2. Coat a 13x9-inch baking pan with nonstick cooking spray and dust with cocoa.
3. Place all ingredients except chocolate chips in a large bowl. Beat with mixer for 2 minutes or until well blended. Stir in chocolate chips.
4. Pour batter into prepared pan and bake for 50 minutes, or until toothpick inserted in middle comes out clean. Cool before cutting.

Cinnamon Pumpkin Treat

Makes 24 Servings

Ingredients

- Nonstick cooking spray
- 1 (18.25 oz) package low-fat yellow cake mix
- 1/4 cup low-fat margarine, melted
- 1 egg, slightly beaten (or 1/4 cup egg substitute)
- 1 (30-ounce) can pumpkin pie mix (with spices already added)
- 2 eggs, beaten (or 1/2 cup egg substitute)
- 2/3 cup canned evaporated skim milk
- 2 tablespoons sugar
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 350F. Coat a 9 x 13-inch cake pan with cooking spray.
2. Set aside 1 cup of yellow cake mix for topping.
3. Mix margarine and one egg and add to remaining cake mix. Press slightly dry mixture into bottom of pan to form a crust.
4. Combine pumpkin pie mix, two eggs, and evaporated skim milk. Pour over prepared bottom crust.
5. Mix the reserved cake mix, sugar and cinnamon and sprinkle over pumpkin filling.
6. Bake 40 to 45 minutes.

Chewy Peanut Butter Cookies

Makes 24 cookies

Ingredients

- 1/4 cup margarine, softened
- 1 cup creamy style peanut butter
- 1/4 cup egg substitute
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1 cup Splenda Granular
- 1-1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Directions

1. Pre-heat oven to 350F.
2. In a large bowl, beat margarine and peanut butter with an electric mixer until creamy, approximately 1 minute.
3. Add egg substitute, honey and vanilla extract. Beat on high speed for approximately 1 1/2 minutes.
4. Add Splenda and beat on medium speed until well blended, approximately 30 seconds.
5. In small bowl, combine flour, baking soda and salt. Slowly add flour mixture to peanut butter mixture, beating on low speed until well blended, about 1 1/2 minutes. Mixture may be crumbly.
6. Roll level teaspoons of dough into balls and drop onto a lined sheet pan, about 2 inches apart. Flatten each ball with a fork, pressing a crisscross pattern into each cookie. Bake 7-9 minutes or until light brown around the edges. Cool on wire rack.

Light but Creamy Tiramisu

Ingredients

- 1/2 cup warm filtered water
- 1 tablespoon instant coffee granules
- 2 (3 1/2 ounce) packages sugar-free instant vanilla pudding mix
- 2 cups nonfat milk (skim)
- 1 (8 ounce) package light cream cheese, softened
- 1 (3 ounce) package ladyfingers
- 2 cups frozen light whipped dessert topping, thawed
- 1/2 teaspoon unsweetened cocoa
- 1 cup raspberries

Directions

1. In small bowl, combine the water and coffee granules; stir to dissolve the coffee. Set aside 1 tbsp of the mixture.
2. In a large bowl, beat pudding mix and milk until thickened; stir in the coffee mixture(not the reserve).
3. Add the cream cheese and beat until smooth.
4. Split the ladyfingers and line the bottom of an 8-inch square glass baking dish with half of them.
5. Drizzle the ladyfingers with the 1 tbsp reserved coffee mixture.
6. Spoon the pudding mixture evenly over the ladyfingers.
7. Place the remaining ladyfingers on top of the pudding and top with whipped topping.
8. Sprinkle with the cocoa, then cover and chill for 2-4 hours, or until ready to serve.
9. Garnish with raspberries.

Currant Orange Scones

Makes 10 servings

Ingredients

- 2 cups all-purpose flour
- 1/4 cup sugar
- 2 teaspoons low sodium baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon grated orange peel
- 3 tablespoons margarine, chilled, cut into small pieces
- 1 cup plain nonfat yogurt
- 1/3 cup Currants, dried

Directions

1. Preheat oven to 400F.
2. In a large bowl, mix the flour, sugar, baking powder, baking soda, and orange rind.
3. Cut in the margarine with a pastry blender until the mixture resembles coarse meal.
4. Add the yogurt. Stir only until the ingredients are mixed.
5. Stir in currants. The dough will be sticky.
6. Turn dough onto a floured surface and knead with floured hands several times, or until rolling consistency.
7. Roll dough into a circle about 8 inches in diameter; cut into rounds with a 2-inch biscuit cutter or glass.
8. Place on a baking sheet and bake for 15 minutes, until golden brown.

Quick and Easy Spiced Custard

Makes 4 Servings

Ingredients

- 3 eggs, beaten
- 1 1/2 cup whole milk
- 1/3 Splenda
- 1 1/2 teaspons vanilla extract
- 1/2 teaspon ground allspice

Directions

1. Combine in a small mixing bowl eggs, milk, sugar substitute and vanilla. Whisk until mixed. Place four 6-ounce custard cups in a 2-quart square baking dish. Divide egg mixture among custard cups; sprinkle with allspice.
2. Place baking dish on oven rack. Pour boiling water into baking dish around custard cups to a depth of 1 inch.
3. Bake in a 325F oven for 30 to 45 minutes or until a knife inserted near the center of each cup comes out clean.
4. Remove cups from water. Cool slightly on a wire rack before serving. Cover and chill until serving time.

Sinful Chocolate Bread Pudding Soufflés

Makes 8 Servings

Ingredients

- Cooking spray
- 1/3 cup sugar
- 3 tablespoons cocoa powder, unsweetened
- 1/2 teaspoon cinnamon, ground
- 1 1/3 cups milk, fat-free
- 1/2 teaspoon vanilla extract
- 1 1/2 cups bread, French
- 1 tablespoon margarine
- 2 tablespoons flour, all-purpose
- 3 egg yolks
- 3 egg whites

Directions

1. To attach foil collars to eight 5-ounce soufflé dishes, fold eight 12x4-inch strips of foil in half lengthwise. Lightly coat one side of each strip with nonstick cooking spray; sprinkle each with 1/4 teaspoon sugar.
2. Place collars around ungreased soufflé dishes, sugar side toward the center, extending 1 inch above dishes. Secure with tape or a piece of 100-percent-cotton string. Set soufflé dishes aside.
3. In a medium bowl stir together the 1/4 cup sugar, cocoa powder, and cinnamon; add 2/3 cup of the milk and vanilla. Stir in bread cubes; set aside.
4. In a small saucepan melt margarine or butter. Stir in flour. Add remaining 2/3 cup milk. Cook and stir until thickened and bubbly. Remove from heat. In a large mixing bowl beat egg yolks for 5 minutes or until thick and lemon-colored. Gradually stir in flour mixture; stir in bread mixture.
5. Wash beaters thoroughly. In a large mixing bowl beat egg whites until soft peaks form (tips curl). Gradually add the 3 tablespoons sugar, beating until stiff peaks form (tips stand straight). Fold bread mixture into beaten egg whites. Divide among prepared soufflé dishes.
6. Bake in a 350F oven for 20 to 25 minutes or until a knife inserted near centers comes out clean. Serve immediately.

Apple Walnut Crisp

Makes 8 Servings

Ingredients

- Cooking spray
- 6 apples
- 2 cups chopped walnuts
- 1 tablespoon sugar, granulated
- 1/2 teaspoon cinnamon, ground
- 1/2 cup oats, rolled, quick cooking
- 1/4 cup flour, all-purpose
- 3 tablespoons sugar, brown (packed)
- 2 tablespoons margarine
- Frozen light whipped dessert topping, thawed

Directions

1. Preheat oven to 400°F. Coat a 9-inch microwave-safe pie plate with nonstick cooking spray; set aside.
2. Combine apples, 2 tablespoons flour, sugar, and cinnamon. Spoon into plate; cover with waxed paper. Microwave on 100% power (high) for 4 to 6 minutes or until just tender.
3. Combine oats, 1/4 cup flour, brown sugar and chopped walnuts. Blend in margarine until crumbly. Sprinkle over apples.
4. Bake for 20 to 25 minutes or until golden and bubbly. Serve warm. Top with whipped topping.

Grandma's Raisin-Carrot Muffins Recipe

Makes 16 Servings

Ingredients

- Boiling water
- 2/3 cups raisins, golden
- 1 1/2 cups flour, all-purpose
- 1/2 cups flour, whole-wheat
- 1/3 cups wheat germ, toasted
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon, ground, plus additional to sprinkle on muffin tops
- 1/2 teaspoon nutmeg
- 1 egg, beaten
- 1 1/4 cups buttermilk
- 1/3 cups sugar, brown (packed)
- 1/4 cups oil, cooking
- 1 cup carrots, shredded

Directions

1. Preheat oven to 400°F. Lightly grease sixteen 2 1/2-inch muffin cups or line with paper bake cups. In a small bowl, pour enough boiling water over raisins or currants to cover; set aside.
2. In a medium bowl, combine all-purpose flour, whole wheat flour, wheat germ, baking powder, baking soda, salt, nutmeg and cinnamon. Make a well in the center of flour mixture.
3. In a small bowl, combine egg, buttermilk, brown sugar, and oil. Add the egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Drain raisins or currants. Gently fold raisins or currants and carrot into batter.
4. Spoon batter into the prepared muffin cups, filling each cup about two-thirds full. Sprinkle with additional cinnamon. Bake for 18 to 20 minutes or until golden brown. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Serve warm.