

*Delicious Desserts
When You Have
Diabetes*

Over 150 Recipes



Sandy Kapoor, Ph.D., R.D., F.A.D.A.



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*To the most important “boys” in my life:
my husband, Tarun Kapoor;
our six-year-old son, Tomi Kapoor;
my father, Curtis Kaiser;
and my brother, Larry Kaiser.*

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Preface

Today it is estimated that about 16 million Americans (6 percent of the U.S. population) have diabetes. Until recently, it was believed that only older adults were vulnerable. Now, experts are realizing that everyone is potentially at risk—even children.

People with diabetes should eat a variety of healthy foods every day, with a focus on vegetables, fruits, whole grains, and legumes. In fact, nutritionists recommend that we eat at least five vegetables and fruits a day. These foods are nutritious, and many are excellent sources of the important vitamins A and C. They are also significant sources of folate, a B vitamin that can help reduce the risk of certain serious and common birth defects. Fruits and vegetables are high in fiber, and eating more fiber may lower blood sugar and blood cholesterol levels in people with type 2 diabetes. Vegetables and fruits also contain phytochemicals, many of which are antioxidants that help protect the body against diseases such as cancer and heart disease. Cutting back on fat, especially saturated fat, is wise since people with diabetes are at higher risk for heart disease. However, people with diabetes do not need to eat special or diet foods. And for most, it's okay to eat sugary foods *in moderation* with meals. It is the amount of carbohydrate, not the type, which is important to people with diabetes.

Delicious Desserts When You Have Diabetes makes eating dessert an enjoyable, healthful experience for people, whether they have diabetes or not. It contains ten chapters with a wide variety of healthy and delicious desserts. The recipes are easy-to-follow and use readily available ingredients. The measurements for the ingredients are listed by both weight and volume. To assist readers with meal planning, *Delicious Desserts When*

You Have Diabetes lists the yield, number of servings, and serving size for each recipe, along with nutrient content. Carbohydrate and diabetic exchanges per serving are included in the nutritional analyses.

Delicious Desserts When You Have Diabetes features healthy versions of many traditional favorites, including chocolate cake, banana bread, and apple pie. There is also an assortment of innovative desserts, ranging from Five-Spice Sugar-Free Cornmeal Muffins and Cakelike Dark Fudge Beanie Brownies to Blended Watermelon Cooler Flavored with Mint. Fruits and vegetables are key ingredients in many of the desserts. Many of the desserts are also prepared with whole grains or their products. In addition to being richer in vitamins, minerals, and fiber, these desserts are low in cholesterol, total and saturated fat, and contain less sugar and salt than their traditional counterparts. But most important, the desserts in *Delicious Desserts When You Have Diabetes* are unbelievably delicious.

Acknowledgments

The recipes in *Delicious Desserts When You Have Diabetes* are the result of five years of development, testing, and tasting—and retesting and tasting—along with ongoing nutritional analyses and calculation of diabetic exchanges. There is only one word for the hard work of the many talented, creative, and diligent California State Polytechnic University, Pomona, Collins School of Hospitality Management student research assistants who have participated in this project: *awesome*. I thank them all for their contributions.

I also thank my husband, Tarun Kapoor, a person with both diabetes and heart disease; our six-year-old-son, Tomi Kapoor; and my friends Mayra Brown, Dan Brown, Gary Hamilton, and Ardel Nelson for their valued suggestions and advice throughout the many stages in the development of these recipes. In order to receive the approval of this diverse group's very critical and sensitive palates, these desserts had to taste *good*.

I am grateful to my mother, Harriette Kaiser, for inspiring many of these recipes and teaching me how to cook.

I am most appreciative to California State Polytechnic University for its support in helping me to bring this project to fruition.

Finally, thank you to my editor, Elizabeth Zack, and copy editor, Miriam Sarzin.

Introduction

The best part of a meal for many people is dessert. *Delicious Desserts When You Have Diabetes* provides recipes for people who love dessert but want to eat healthily, too. These desserts are not difficult to make, but do require having the right ingredients, measuring accurately, and carefully following the directions. Here are some helpful tips.

ABOUT THE INGREDIENTS

If nutrient analyses are to be accurate, you must carefully measure the ingredients as specified in the recipes and make sure to divide the recipes into the designated number of servings. This is important to do when you are cooking for people with diabetes.

FORM OF INGREDIENTS

The way ingredients are measured, such as firmly packed brown sugar or unsifted powdered sugar, is described in the ingredient list. Any ingredient preparation required before or after measuring, such as mincing herbs; chopping nuts; thawing fruit juice concentrate; or peeling, coring, slicing, dicing, or puréeing fruits and vegetables, is noted in the ingredient list.

For example, a recipe in which peaches need to be peeled and thinly sliced *before* measuring lists the peaches in the following manner:

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	W E I G H T	M E A S U R E
Peeled and thinly sliced fresh ripe peaches	26 oz	4½ c (1⅛ qt)

But a recipe calling for whole peaches to be peeled and thinly sliced *after* measuring lists the peaches as follows:

	W E I G H T	M E A S U R E
Fresh ripe peaches, peeled and thinly sliced	16 oz as purchased	3 medium/ 2 large

For the best results, measure the ingredients as listed in the recipes.

WEIGHING AND MEASURING INGREDIENTS

Both weights (ounces and pounds) and volumes (quarts, pints, cups, tablespoons, teaspoons) are listed for most solid ingredients unless the amount is less than one ounce. Weighing these ingredients is the preferred and most accurate method of measuring and was the method used to develop and test these recipes. Weights of ingredients should be measured with a scale, preferably an electronic scale.

Either shell or liquid eggs can be used in the recipes. Shell eggs should be large.

Observe these rules when measuring the following ingredients.

- Measure flour by gently spooning it into a dry measuring cup. Don't pack it down. Then level it off by sliding a table knife over the rim of the cup and letting the excess fall back into the bag.
- If brown sugar is called for, the recipe will specify how the brown sugar should be packed in the cup (firmly packed, lightly packed, unpacked). Pack the cup according to recipe specifications before leveling it off.
- For ingredients such as flaked coconut and chopped nuts, fill the cup and *then* level it off with your fingers.
- When measuring small amounts of ingredients, begin with clean and dry measuring spoons. Then, scoop ingredients to overflowing, and level them off with a table knife.
- Measure liquid ingredients with a glass measuring cup for easier reading. Place the liquid measuring cup on a level surface and bend

down to read it at eye level while pouring to the correct mark. A 2-cup (pint) measure is standard and a 4-cup (quart) measure is helpful to have on hand.

- In a few recipes, a *scant* amount (for example, scant 1 tablespoon gelatin, scant 1 cup flour) of an ingredient is called for. Use just a little less than the measure listed. For example, for 1 scant tablespoon, use $2\frac{1}{2}$ teaspoons (1 tablespoon minus $\frac{1}{2}$ teaspoon) and for 1 scant cup, use $\frac{3}{4}$ cup + 3 tablespoons (1 cup minus 1 tablespoon).
- When a recipe calls for a *pinch* of an ingredient (for example, a pinch of cloves, pinch of ground ginger), add about $\frac{1}{16}$ teaspoon, or as much as can be taken between your thumb and forefinger.

ABBREVIATIONS

The following abbreviations are used.

c	cup	pt	pint
F	Fahrenheit	poly	polyunsaturated
g	gram	qt	quart
lb	pound	sat	saturated
mg	milligram	tbsp	tablespoon
mono	monounsaturated	tsp	teaspoon
oz	ounce		

PREPARATION OF EQUIPMENT

Small, medium, and large bowls, saucepans, and storage containers are called for in recipes.

- Small—1 quart (4 cups)
- Medium—2 quarts (8 cups)
- Large—3 quarts (12 cups)

An ice cream freezer is preferred for making the frozen yogurts, sherbets, ice creams, sorbets, and other frozen desserts. For those without an ice cream freezer, directions are also provided for preparing the desserts by freezing in shallow, nonreactive metal pans and beating with an electric mixer or blending in a food processor or blender. However, frozen desserts prepared in an ice cream freezer will have a smoother texture.

FRUITS AND VEGETABLES

Most recipe books for desserts begin with a selection of cakes followed by bars and cookies. Typically, a brief list of fruit desserts is included near the end. Because fruit desserts are so delicious to eat and so good for us, *Delicious Desserts When You Have Diabetes* begins with a chapter of fresh fruit desserts, followed by a chapter of cooked fruit desserts to encourage you to eat more fruit desserts. Remember that fruits are nutritious, full of vitamins and minerals. Their fiber and phytochemical content can help control blood sugar and protect against cancer and heart disease.

Fruits and vegetables are also added to enhance the taste, texture, and nutritional profile of the desserts in every chapter. Fruits and vegetables are blended into many of the cakes, cookies, bars, and quick breads. Gelatins, ice creams and other frozen desserts, and smoothies are prepared with a variety of fruits and vegetables. Recipes for pies, cheesecakes, and sauces featuring fruits and vegetables are offered.

Fresh fruit is used in recipes unless otherwise specified. Make sure to always wash (and dry) fresh fruits and vegetables before using. When recipes call for frozen fruit, thaw and drain it before measuring it unless told otherwise.

Several recipes call for baking apples. Some good choices of uniform-size apples that stay firm and flavorful when baked are Cortland, Northern Spy, Rome Beauty, Winesap, and York Imperial apples.

Many other recipes call for tart apples. Good choices include Cortland, Gravenstein, Granny Smith, Grimes Golden, Jonathan, McIntosh, Newton Pippin, Northern Spy, Rhode Island Greening, Stayman, Winesap, and York Imperial.

FATS AND OILS

Heart disease is the leading complication and cause of death in people with diabetes. For this reason, cutting back on fat, especially saturated fat, is key. Several techniques are employed to minimize the total and saturated fat and cholesterol in these dessert recipes.

For starters, lard, shortening, and butter are not used in the recipes. Most of the desserts are made with no added fat, or small amounts of olive oil, rich in monounsaturated fat or margarine, rich in polyunsaturated fat. Baking pans and trays are sprayed with butter-flavored vegetable cooking oil rather than coating them with the traditional shortening, butter, or margarine.

Traditionally, most baked goods are high in fat. A variety of ingredients replace the fat in these baked goods. They include fat-free yogurt, fat-free sour cream, and fruit and vegetable purées including apricot, banana, dried plum (prune), kidney bean, pumpkin and sweet potato purées, and applesauce.

Prune purée is particularly effective as a fat substitute in baked goods. It replaces the fat in many of the cakes, cookies, bars, and quick breads. Prune purée's success is attributed to it being rich in three ingredients: pectin, sorbitol, and malic acid. Pectin is a type of dietary fiber that entraps air just as effectively as shortening to produce good texture in baked goods. Sorbitol is a mildly sweet alcohol sugar that keeps baked goods soft and moist, providing them with the mouthfeel typically associated with their higher-fat counterparts. Finally, the malic acid in prunes acts as a flavor enhancer as well as a natural preservative.

To make prune purée, combine 8 ounces (1½ cups) pitted prunes and 6 tablespoons of hot water in a food processor or blender. Pulse on and off until the prunes are finely chopped and nearly smooth. If you prefer not to make your own, prune baby food works well, too.

Frostings and toppings for baked goods are also usually rich in butter, shortening, or margarine, and contain other ingredients high in fat, saturated fat, and cholesterol, such as cream cheese, egg yolks, whole milk, and cream. The frostings and toppings in *Delicious Desserts When You Have Diabetes* are made without butter, shortening, margarine, or other added fat.

Pastries are traditionally made with lard, shortening, butter, and more recently, margarine. To minimize the fat in these pastries, pies are made with only one reduced-fat crust or topped with reduced-fat pastry cutouts, lower-fat crumb toppings, or a fat- and cholesterol-free egg white meringue. In other pies, high-fat and high-cholesterol crusts are replaced with a reduced-fat crisp egg white meringue shell, phyllo shell, or cereal crust.

EGGS

To reduce the total and saturated fat and cholesterol in the desserts, few recipes require egg yolks. Many of the baked goods, including cakes, cookies, and quick breads, contain no egg yolks, or just one yolk per recipe. Egg whites, baking soda, or baking powder serve as leavening agents in many of the baked goods, and fruit and vegetable purées are used to enhance their taste, texture, and mouthfeel.

Desserts such as pastry fillings and sauces are thickened and enriched with starches, vegetable and fruit purées, and lower-fat dairy products (such as fat-free cream cheese and fat-free sweetened condensed milk) instead of whole eggs or egg yolks. One or two egg yolks might be added per recipe.

Many of the recipes call for egg whites. Liquid egg whites eliminate the tedious process of separating egg yolks from their whites as well as the hassle of leftover yolks. Products containing 100 percent pasteurized liquid egg whites with no preservatives or additives are readily available in the refrigerated section of most major supermarkets and specialty food stores.

In a few of the recipes (for example, Blackberry Snow Tart, Lime Chiffon Angel Pie, and Pumpkin Chiffon Pie Dashed with Orange) the eggs are not cooked. Any time a recipe calls for raw eggs, salmonella infection is a concern. To be worry-free when making recipes in which eggs are not completely cooked, choose pasteurized eggs. While pasteurized liquid eggs have been around for some time, pasteurization of shell eggs is a relatively new thing. Davidson's Pasteurized Shell Eggs are available in many supermarkets, but if you cannot find them in your area, visit www.davidsonsegs.com for more information.

Egg substitutes are intentionally not used in the recipes. While there is a whole range of liquid products available that have been formulated with less total fat, saturated fat, cholesterol, and/or calories to substitute for real eggs, they contain varying levels of fat and cholesterol. Most are made from egg whites and other ingredients (oil, milk products, artificial color, emulsifiers, antioxidants, vitamins, and minerals) designed to simulate the yolk's color, flavor, texture, nutritional value, and mouthfeel. They are generally more expensive than fresh egg whites, often contain additives, and usually are higher in calories.

DAIRY PRODUCTS

Dairy products—including cream, half-and-half, whole milk, ice cream, whole milk yogurt, whole milk frozen yogurt, sour cream, cream cheese, evaporated whole milk, and sweetened condensed whole milk—are all high in total and saturated fat and cholesterol. They are replaced with a variety of lower-fat and lower-cholesterol dairy products in these recipes. They include fat-free half-and-half, fat-free or low-fat milk, low-fat buttermilk, low-fat or reduced-fat ice cream, fat-free yogurt, fat-free or low-fat frozen yogurt, fat-free cream cheese, fat-free evaporated milk, and fat-free sweetened condensed milk.