

# Diabetic-Friendly Desserts *FOR EVERYONE!!*

**WITH LULU HEROLD**



1

# Type 2 Diabetes

- ▶ **Traditional Treatment:** Medicines *compensate* for dysfunctional insulin, sugar-storing hormone.
- ▶ **Alternative Treatment:** Change diet to *directly address* cause of disease.

## HOW DOES TYPE 2 DIABETES DEVELOP?

**Accumulation of fat** inside muscle cells



Blocks insulin signaling



Interferes with process of glucose entering cells

## How to clean “gum out of the locks” to reverse blockages?

- ▶ Choose foods that counteract insulin resistance; **eliminate sources of fat.**
  1. **Avoid animal products.**
  2. **Minimize vegetable oils.**
  3. **Favor low-glycemic foods.**
  4. **High fiber**

Source: *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs.*

## Plant Foods *to include ...*

### ➤ Four food groups:

- **WHOLE GRAINS** – 8 servings daily
- **LEGUMES** – 3 servings daily
- **VEGETABLES** – 4 or more servings daily
- **FRUITS** – 3 or more servings daily

*Fiber!!*

### ➤ **Fat-free** dressings & condiments

### ➤ **Occasionally/rarely:** sugar, nuts, seeds, dark chocolate, full-fat soy foods

### *More foods to enjoy*

- ❖ Non-dairy milks on cereals and in recipes
- ❖ Agave nectar or pureed dates for sweetening
- ❖ Rye, pumpernickel, or 100% multi-grain breads
- ❖ Water, tea, coffee
- ❖ Water or veggie broth to sauté or lightly use cooking spray

## **AVOID ...**

- **Animal foods**
- **Avocados, olives, nut butter**
- **Added fats & oils**
- **Fried foods**
- **High glycemic foods**
  - ❖ **White and whole wheat breads**
  - ❖ **Honey and refined sugar**
  - ❖ **Sweets and refined/processed foods with white flour**
  - ❖ **Cold cereals with sugar or white flour**
  - ❖ **White rice and potatoes**
  - ❖ **Watermelon & pineapple**
- **Packaged foods with fat calories *above 10% per serving***

Sources:

\* *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs.*

\* The Power to Health Diabetes, PCRM

\* <https://www.pcrm.org/health-topics/diabetes>

## **BAKING WITHOUT OIL** from John McDougall, MD

► Replace oil with **half the amount of another moist food**

- ❖ applesauce
- ❖ mashed bananas
- ❖ mashed potatoes
- ❖ mashed pumpkin
- ❖ soft silken tofu
- ❖ mashed beans

# LOW FAT SUBSTITUTIONS



|                 |   |                       |
|-----------------|---|-----------------------|
| oil - cooking   | → | vegetable broth       |
| oil - baking    | → | applesauce            |
| cream           | → | silken tofu           |
| avocado         | → | peas                  |
| mayo            | → | hummus or yogurt      |
| peanut butter   | → | PB2 + white beans     |
| nuts in recipes | → | white beans/chickpeas |
| nuts - snacking | → | roasted chickpeas     |

# Terms

- ▶ **GLYCEMIC INDEX:** scale that ranks carbohydrate-containing foods.
  - ❖ Foods with **high** scores → **quickly** raise blood sugar
  - ❖ Foods with **low** scores → **gradually** raise blood sugar
    - \* High ranking score: **above 70**    \* Intermediate score: **between 55-70**
    - \* Low score: **below 55**
      - ✓ *Strawberries, blueberries, blackberries & raspberries have scores below 40.*
- ▶ **FIBER:** parts of plant food not completely broken down; not digested.
  - ❖ Insoluble fiber doesn't dissolve in water (ex: oats, peas, beans, apples, citrus fruits, carrots, barley)
  - ❖ Soluble fiber dissolves in water (ex: whole-wheat flour, wheat bran, nuts, potatoes, green beans, cauliflower)
  - ❖ Soluble fiber particularly helps control blood sugar spikes.
    - ❖ Forms gel-like substance that helps *slow absorption of carbs in the gut.*
    - ❖ Results in blood sugar rising & falling steadily, rather than spiking.
  - ❖ Fiber contributes to fullness → reduces appetite and food intake

## BERRY MOUSSE (4 servings)

- ✓ 1 package (12.3 oz.) reduced-fat, extra-firm silken tofu, crumbled
  - ✓ 2¾ cups thawed frozen unsweetened berries of choice
  - ✓ 3 tablespoons sugar or 2 tablespoons agave nectar
  - ✓ 1 tablespoon berry liqueur (optional)
1. Blend tofu, berries, sugar or agave nectar, and liqueur, if using, in a blender or food processor until smooth.
  2. Spoon into 4 pudding dishes and refrigerate until chilled.

---

Per serving: 123 calories, 7 g protein, 24 g carbohydrate, 17 g sugar, 1 g total fat, 5% calories from fat, 0 mg cholesterol, 3 g fiber, 89 mg sodium

Source: *Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs* by Neal D. Barnard, MD. Recipes by Bryanna Clark Grogan.

# BALSAMIC STRAWBERRIES

## Ingredients

- ▶ 1 pint (2 cups) fresh strawberries, sliced thick
- ▶ 1 ¼ T. balsamic vinegar
- ▶ ½ T. maple syrup, date syrup, or agave extract

Combine strawberries, balsamic vinegar and sugar in a bowl 30-60 minutes before serving. Set aside at room temperature.



# **BERRIES JALAPENO CHIA JAM**

BY LULU HEROLD

## **Ingredients:**

- ▶ 1 cup strawberries or other berries of choice, chopped coarsely
- ▶ 6-8 pieces jalapeno, from a bottle
- ▶ ¼ cup maple syrup, date syrup, or agave extract
- ▶ 1 tsp. balsamic vinegar
- ▶ 1 T. chia seeds
- ▶ salt to taste (optional)

Place all ingredients in a bowl and mash with a fork; or, place in a blender, pulsing till mixed. Either way you want the consistency of the berries to be coarse with visible pieces.

## BLUEBERRY BRAN MUFFINS makes 12

- ▶ 1½ c. Fiber One cereal
- ▶ 1 1/3 c. oat milk
- ▶ ¾ c. apple sauce, unsweetened
- ▶ ¼ c. agave extract
- ▶ 1 tsp vanilla
- ▶ 1 T. white vinegar
- ▶ 1½ c. whole wheat flour
- ▶ 1 tsp baking powder
- ▶ 1 tsp baking soda
- ▶ ¼ tsp salt
- ▶ 1 c. blueberries

1. Preheat oven to 350 degrees Fahrenheit.
2. Crush cereal in the food processor, then add milk. Let sit for five minutes until cereal absorbs milk.
3. Add applesauce, agave, vanilla & vinegar.
4. In a bowl, mix whole wheat flour, salt, baking powder & soda.
5. Add wet cereal mixture to dry ingredients & mix.
6. Add blueberries until they are distributed.
7. Scoop to a muffin pan with cupcake paper liner.
8. Bake for 25 minutes.

Nutrition Facts 16 % fiber and 5.4 % fat

**Servings:** 12

**Amount per serving**

**Calories** 115

**% Daily Value\***

**Total Fat** 0.7g 1%

Saturated Fat 0g 0%

**Cholesterol** 0mg 0%

**Sodium** 194mg 8%

**Total Carbohydrate** 28g 10%

Dietary Fiber 4.5g 16%

Total Sugars 8g

**Protein** 2.7g

Vitamin D 11mcg 56%

Calcium 89mg 7%

Iron 2mg 12%

Potassium 133mg 3%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

# LUCA'S FAVORITE ENERGY BITES

Makes 32 small balls.

## Ingredients

- ▶ 1 can chickpeas, drained
- ▶ 2 ripe bananas
- ▶ 1 ½ cup oatmeal
- ▶ 10 dates
- ▶ 2 T. cocoa (plus more for coating the balls)
- ▶ 1 tsp. vanilla
- ▶ 1 T. maple or date syrup or agave extract
- ▶ 2 T. flax meal (optional)
- ▶ 2 T. raisins (optional)

Add all ingredients (except raisins) in a food processor; process until smooth. Add raisins (optional). Form into balls. Roll in cocoa.

Note: 12.6% fat and 19.8% fiber of carbohydrate.

Nutrition Facts without flax meal and raisins

**Servings:** 32

**Amount per serving**

|                                 |                       |
|---------------------------------|-----------------------|
| <b>Calories</b>                 | <b>65</b>             |
|                                 | <b>% Daily Value*</b> |
| <b>Total Fat</b> 0.9g           | <b>1%</b>             |
| Saturated Fat 0.1g              | <b>1%</b>             |
| <b>Cholesterol</b> 0mg          | <b>0%</b>             |
| <b>Sodium</b> 3mg               | <b>0%</b>             |
| <b>Total Carbohydrate</b> 12.6g | <b>5%</b>             |
| Dietary Fiber 2.5g              | <b>9%</b>             |
| Total Sugars 4g                 |                       |
| <b>Protein</b> 2.5g             |                       |
| Vitamin D 0mcg                  | 0%                    |
| Calcium 14mg                    | 1%                    |
| Iron 1mg                        | 5%                    |
| Potassium 149mg                 | 3%                    |

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

## **MIXED BERRY COMPOTE** (6-8 servings)

- ✓ 2 cups apples, peeled/cored, chopped
  - ✓ ½ cup frozen apple juice concentrate
  - ✓ 2 cups mixed berries
  - ✓ 1 cup unsweetened applesauce
  - ✓ ½ teaspoon ground cinnamon
1. In medium saucepan combine apples & juice concentrate. Bring to boil, stir, then add berries.
  2. Bring to boil again, then reduce heat to low—simmer, covered, for about 25 minutes until fruit is tender.
  3. Mash lightly.
  4. Add applesauce and heat until hot.
  5. Sprinkle with cinnamon and serve immediately.

Source: The Power to Health Diabetes, PCRM. Adapted from *Foods that Fight Pain* by Neal Barnard, M.D.; recipe by Jennifer Raymond.

## Resources

**To obtain nutrition facts:** [Recipe Calorie and Nutrition Calculator \(verywellfit.com\)](https://www.verywellfit.com/recipe-calorie-and-nutrition-calculator)

**For more dessert recipes:** [Whole Food, Plant-Based Desserts: Indulging Your Sweet Tooth!! \(plantbasedpittsburgh.com\)](https://plantbasedpittsburgh.com/whole-food-plant-based-desserts-indulging-your-sweet-tooth/)

**Blueberry recipes:**  
[f09674\\_d44c1d3a5e984adb8c924d10477f610a.pdf \(plantbasedpittsburgh.com\)](https://plantbasedpittsburgh.com/f09674_d44c1d3a5e984adb8c924d10477f610a.pdf)

**No bake cookies:**  
[f09674\\_4e1100ac812f443ab9ec983990db054e.pdf \(plantbasedpittsburgh.com\)](https://plantbasedpittsburgh.com/f09674_4e1100ac812f443ab9ec983990db054e.pdf)