



Sweet Treats



Palmerston North 9th August/16th October

Levin 24th November

Having diabetes doesn't mean you have to give up on the occasional pudding or dessert. Get the most out of your sweet treats by making them with healthy ingredients such as whole fruit, eggs, nut butters, bran and/or dairy products. The key is to savour them in small amounts on special occasions.

* Stars next to ingredients indicates carbohydrate foods



Black Bean Brownies

Serves 16

Recipe adapted from glutenfreeonashoestring.com

Ingredients

- 1 x 400gm tin of black beans *
- 2 eggs
- 1/4 cup canola oil
- 2 tsp vanilla essence
- 1tsp coffee + 1Tbsp boiling water
- 3/4 cup cocoa powder *
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup packed brown sugar *
- 25gm dark chocolate, chopped *

Method

1. Preheat oven to 170 degrees Celsius. Spray a non-stick pan with oil spray/line with baking paper
2. In a food processor place the drained and rinsed beans, eggs, oil, vanilla and coffee and process until smooth
3. In a large bowl place the cocoa powder, baking soda, salt and brown sugar and whisk to combine breaking up any lumps. Create a well and add the wet ingredients.
4. Spread the mixture evenly into pan and sprinkle the chocolate on top
5. Bake for 20-25minutes, cool and slice

Nutrition per serve: Energy: 490kj Protein: 4gm Fat: 5.5gm, Carbohydrate: 12gm
Fibre: 2.3gm Sodium: 156mg



Lemon Coconut Oat Cookies

Makes 16 cookies

Recipe adapted from mykidslickthebowl.com

Ingredients

1 cup quick oats (the finer rolled oats)*

1/4 cup desiccated coconut

1.5tsp baking powder

1/4 cup castor sugar *

1/4 cup flour *

40gm melted butter

1 egg

Juice and zest of 1 lemon

Method

1. Preheat oven to 180 degrees Celsius and cover a baking tray with baking paper
2. In a large bowl place the dry ingredients and mix until combined
3. In a second bowl whisk the wet ingredients
4. Add the wet ingredients to the dry and mix to combine. The texture of the mix will depend on the size of the egg and lemon. Add a little more flour if the mix is too moist
5. Place spoonfuls on to a baking tray and slightly flatten
6. Bake 10-12minutes until just golden on the edges. Cool on the tray.

Nutrition per serve: Energy: 333kj Protein: 1.5gm Fat: 3.7gm, Carbohydrate: 9.8gm
Fibre: 1gm Sodium: 68mg



Peanut Butter Biscuits

Recipe adapted from mykidslickthebowl.com

Makes 22 biscuits

Ingredients

1 cup peanut butter

1/4 cup sugar *

2/3 cup desiccated coconut

1 egg

Method

1. Preheat oven to 180 degrees Celsius
2. Place all ingredients in a bowl and mix
3. Use a teaspoon and mix into balls. The mix will be sticky but if you wet your hands it will be easier to manage
4. Pop the balls on a baking tray and press down with a fork
5. Bake for around 12 minutes. Leave to cool on the tray

Nutrition per serve: Energy: 403kj Protein: 3.8gm Fat: 7.4gm, Carbohydrate:3.5 gm Fibre: 1.0gm Sodium: 48mg



Banana Berry Frozen Yoghurt

Serves 6

Recipe adapted from superhealthykids.com

Ingredients

2 cups frozen berries (slightly thawed) *

3 medium frozen bananas (slightly thawed) *

1 cup yoghurt *

1 Tbsp. lemon juice

Method

1. Place all ingredients in a food processor or blender
2. Blend until smooth, stopping to scrape down the sides as needed
3. Serve immediately for a soft-serve texture or pour into a freezer safe container with a lid and freeze for 3-4 hours before serving

Nutrition per serve: Energy: 510kj Protein: 3.5gm Fat: 1.2gm, Carbohydrate: 23gm Fibre: 1.4gm Sodium: 26mg