



Sweet treats

Palmerston North
Tuesday 15th August/Tuesday 5th September



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.

Cranberry Biscotti

Makes 36

What you need

- 1/4 cup olive oil
- **1/2 cup castor sugar**
- 3/4 teaspoon almond essence
- 1 1/4 teaspoons lemon juice
- 1 tablespoon lemon zest, finely grated
- 2 eggs
- **1 1/2 cups wholemeal flour**
- **1/4 cup all-purpose flour**
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- **1/2 cup dried cranberries, chopped**
- 1 cup slivered almonds, chopped

What you do

1. Preheat oven to 150 °C
2. Blend oil and sugar. Mix in extracts, lemon juice and zest; add eggs. Beat until creamy and light.
3. Combine flour, salt, and baking powder; gradually stir into liquids.
4. Work in cranberries and nuts by hand.
5. On a lined baking sheet, form dough into two logs (12 x 2 in) - if dough is too sticky, wet hands with cold water.
6. Bake 35 minutes or until lightly browned. Allow to cool or 10 minutes.
7. Reduce oven to 135 °C
8. Cut logs diagonally into 3/4-inch thick slices; lay on their sides on same baking sheet. Return to oven another 8-10 minutes, or until dry.

Nutrition per serve: Energy: 339kJ Protein: 1.8gm, Fat: 3.86g, Sat fat: 0.44gm, Carbohydrate: 9.6gm, Sodium: 29mg

Bolded foods are high in carbohydrate.

Raspberry chocolate torte

Serves 10

What you need

- 3Tbsp butter
 - **4 Tbsp. honey/maple syrup**
 - 125gm frozen berries (1 cup)
 - 4-5 eggs
 - ½ cup coconut flour OR 100gm ground almonds
 - ½ cup cocoa powder
 - ½ tsp baking powder
 - ½ tsp baking soda
 - Icing sugar to dust
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What you do

1. Preheat oven to 150°C Grease a 20cm cake tin or line with baking paper
2. Melt the olive oil and honey together in a small saucepan over low heat, set aside to cool.
3. Place berries in a food processor and blend until smooth. Add remaining ingredients including cooled butter mixture. Blend until smooth and pour into cake tin.
4. Bake 25-30minutes or until skewer comes out clean. Leave in tin to cool completely before turning out and dusting with icing sugar.
5. Serve with plain yoghurt if desired.

Nutrition per serve: Energy 593kj, Carbohydrate 13.7gm, protein: 5gm, Fat: 6.7gm

Recipe from My Petite Kitchen cookbook

Bolded foods are high in carbohydrate.

Nut-and-Seed Energy Balls

Makes 12

These intensely rich, super-seed and nut butter treats are meant to be consumed in small portions — one or two at a time! They have a high fat content which increases the energy content. You can use different nut butters, seeds, and dried fruits to vary it each time you make them.

What you need

- ½ cup peanut butter (smooth, no added salt/sugar)
- 1/3 cup sesame or chia seeds
- ¼ cup sunflower seeds
- **2 Tbsp. maple syrup or runny honey**
- ¼ cup dried cranberries (or other chopped dried fruit)

What you do

1. Combine the nut butter, seeds, and honey/syrup in a small bowl. Work together with a fork. (It should be easy to take a small clump of this mixture and form into a ball.)
2. Work in the dried fruit of choice. With slightly damp hands, roll small clumps into balls not more than 1 inch in diameter and arrange on a small plate.
3. Eat at once, or refrigerate for an hour or so.

Recipe adapted from vegkitchen.com

Nutrition per serve: Energy: 525kj Protein: 4.3gm, Fat: 9gm, Sat fat: 1.4gm, Carbohydrate: 5.6gm, Fibre: 2.75gm, Sodium: 4.5mg

Bircher Muesli?