



Sweet Treats

Palmerston North 5th August/3rd September

Feilding 24th October

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.

* next to ingredients indicates foods high in carbohydrate





Applesauce Carrot Loaf

Serves 16

Ingredients

- 1.5 CUPS WHITE FLOUR *
- 1/2 CUP WHOLEMEAL FLOUR *
 - 1/2 CUP SUGAR *
 - 2 TSP BAKING SODA
 - 1.5TSP CINNAMON
 - 1/2 TSP NUTMEG
 - 1/2 TSP SALT
- 3/4CUP UNSWEETENED APPLESAUCE/APPLE PUREE *
 - 1/4 CUP CANOLA OIL
 - 3 EGGS
- 3 CUPS COARSELY GRATED CARROT (ABOUT 340GM)

Method

1. Preheat the oven to 180°C.
2. In a large mixing bowl, combine the white and wholemeal flours, sugar, baking soda, cinnamon, nutmeg, and salt.
3. In a small bowl, combine the apple puree, oil, and eggs, and add them to the flour mixture, stirring until the ingredients are well blended. Add the carrots, and mix again. Pour the batter into a large loaf pan lined with baking paper
4. Bake for about 1 hour and 10 minutes or until a toothpick inserted in thickest part of the cake comes out clean. Set the cake pan on a wire rack for 5 minutes.
5. Run a knife around the edges of the pan to loosen the cake, and turn the cake out onto the rack to cool.

Nutrition per serve : 539kJ, 2.9g protein, 20g carbohydrate, 7g sugar, 4.4g fat (0.5g saturated), 1.3g fibre, 100mg sodium



HFG Chocolate Brownie

Serves 16

Recipe from Healthyfood.co.nz

Ingredients

- 1 CUP UNSWEETENED APPLE PUREE/SAUCE*
 - 3/4 CUP SELF RAISING FLOUR*
 - 1/3 CUP COCOA POWDER
 - 1/2 TSP BAKING SODA
 - 1/4 CUP SUGAR*
 - 1/2 CUP DARK CHOC CHIPS*
 - 1/2 TSP SALT
 - 3/4 CUP CHOPPED WALNUTS

Method

1. Preheat the oven to 175°C & lightly spray or oil a 20x20cm baking dish with oil
2. Place apple puree in a medium sized bowl. Sift in cocoa, flour and baking soda. Add sugar and salt and mix until just combined. Avoid overmixing as this will toughen the brownie. Gently fold in choc chips and walnuts
3. Transfer mix into baking dish and bake for around 25minutes or until the centre feels set and fudgy when a skewer is inserted.
4. Cool in dish for 5-10min before turning out. Cool completely before slicing into squares. Dust with sifted icing sugar before serving if preferred.

Nutrition per serve : 376kJ, 2.2g protein, 10.5g carbohydrate, 7.5g sugar, 5g fat (1g saturated), 2g fibre, 117mg sodium



Banana nuggets

Serves 12

Recipe from heartfoundation.co.nz

Ingredients

- 1 LARGE RIPE BANANA
- 3/4 CUP ROLLED OATS
- 1/2 CUP GROUND ALMONDS
- 1/4 CUP RAISINS OR DRIED FRUIT, CHOPPED
 - 1 TSP HONEY
- 1 TBSP VEGETABLE OIL

Method

1. Preheat the oven to 175°C.
2. Mix all ingredients together in a bowl
3. Divide into 12 portions and flatten slightly on a greased baking tray
4. Bake for 15-20 minutes or until lightly browned
5. Allow to cool
6. Keep in a sealed container for up to 5 days

Nutrition per serve : 347kJ, 9g carbohydrate, 0.5g saturated, 1.2g fibre, 7mg sodium



Chocolate truffles

Serves 14

Recipe from heartfoundation.co.nz

Ingredients

- 1/4 CUP NUTS, CHOPPED
- 1/4 CUP DRIED APRICOTS
- 1/4 CUP DRIED DATES, CHOPPED
 - JUICE OF 1 ORANGE
 - 1/2 TSP ORANGE ZEST
 - 2/3 CUP ROLLED OATS
- 1/4 CUP SUNFLOWER SEEDS
- 1.5 TBSP COCOA POWDER
- DESSICATED COCONUT (FOR ROLLING) - OPTIONAL

Method

1. Soak dates in orange juice + water to soften
2. Add all ingredients to the food processor and blend until it becomes a sticky ball
3. Roll dessertspoons of the mix into balls, keep refrigerated

NOTE: This recipe is flexible and can be adapted. Change flavours by altering the types of fruit and seeds used. The juice can be substituted for 1/4 cup water and the cocoa and zest can be removed.

Nutrition per serve : 270kJ, 2g protein, 8g carbohydrate, 4g sugar, 3g fat (0.5g saturated), 1.6g fibre, 11mg sodium