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Delicious Diabetic Desserts

Karin Cadwell

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Delicious Diabetic Desserts Karin Cadwell
Why make a separate diabetic dessert when these scrumptious treats will satisfy everyone at the table! 175 quick and easy, low-fat, low-calorie recipes are so nutritious and so delicious that they simply redefine the concept of the "diabetic dessert." Using readily available sugar substitutes, choose from anything on this tantalizing list and go ahead and indulge!

* 10 shakes, frappes, and alcohol-free drinks
* 20 fruity specialties, from yogurts to sherbets
* 9 flavors of ice cream and other frozen sensations
* 29 tarts, glazes, and strudels--using, believe it or not, phyllo dough!
* 9 custards and mousses, in mocha and even Thanksgiving pumpkin
* 17 crèpes and roll-ups
* 18 tortes, sauces, kisses, and meringue-based sweets: a Traditional Pavlova will make you dance for joy
* 25 kinds of pies--some don't even require baking!
* 15 gelatin specialties (Key Lime pudding, anyone?)
* 11 "dressed up angels," including mouthwatering Tiramisu
* 10 types of cakes and cookies
* 12 cream puff pastries

All with the up-to-the minute ADA exchange chart and, of course, lots and lots of CHOCOLATE! Enjoy it all...

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