

Mr. Food
TEST KITCHEN

Everyday Diabetic Recipes

Cookies, Pies, & Easy Cake Recipes

27 of our Best Diabetic-Friendly Desserts

"OOH IT'S SO GOOD!!®"



A Free eCookbook from the Mr. Food Test Kitchen



Everyday Diabetic Recipes

Cookies, Pies, & Easy Cake Recipes: 27 of our Best Diabetic-Friendly Desserts

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Cookies, Pies, & Easy Cake Recipes: 27 of our Best Diabetic-Friendly Desserts

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Everyday Diabetic Recipes

Dear Friend,

Do you jump up happily when someone asks, "Who wants dessert?" We certainly do! After all, there's nothing like rewarding yourself with a sweet treat every once in a while. However, you also want to make sure that your dessert choices are light enough to indulge in, especially when you're following a diabetic diet. Luckily, you don't have to give up dessert! Our latest free eCookbook, *Cookies, Pies, & Easy Cake Recipes: 27 of our Best Diabetic-Friendly Desserts* is full of lighter dessert options that are so good, everyone will want a bite!

Remember the days you'd come home from school and Grandma would be waiting with a plate of freshly baked cookies and cold milk? Our recipe for **Grandma's Oatmeal Raisin Cookies** (page 3) is sure to bring back all of those good childhood memories! And, if you like your cookies super chocolaty you're going to love our **Fudgy Chocolate Cookies** (page 4). They're so rich and decadent, it's hard to believe they're diabetic-friendly! We've even got a cookie recipe that's perfect for those spur-of-the-moment cravings, when you don't have much on hand. That's right, our **3-Ingredient Peanut Butter Cookies** (page 1) bake up in a flash, and are made with three easy ingredients you probably already have on-hand. Don't you just love it when things work out that way?

There's nothing quite like a slice of fresh, homemade pie, especially on a hot summer day. For those days when you just don't want to turn your oven on, our no-bake recipe for **Crustless Lemon Cream Pie** (page 16) is a perfect choice, or if you're looking for that vacation getaway feeling, you'll want to serve up a slice of **Tropical Cream Cheese Pie** (page 11). Or how about mixing it up for guests, and serving them a slice of **Tiramisu Pie** (page 13)? They're sure to rave about this new twist on one of their favorite Italian desserts!

How do you get the whole gang to cheer once dinner is over? Bring out some **Really Good Chocolate Cake** (page 19)! This moist, chocolate cake is an all-around favorite, and because it's baked in a Bundt pan it is pretty enough to serve to company! If you like spice cakes with a fruity taste to them, then you're going to love our version of a classic Southern-favorite: **Hummingbird Cake** (page 21)! Our **Strawberry Shortcake** (page 23) recipe makes individually portioned cakes, so you and your whole gang can top 'em off however you like best!

From everyday dessert recipes to holiday party sweets, we know you're going to love all of the tasty treats in this eCookbook. Whether you're following a diabetic diet, or you're just looking for a healthier way to enjoy your favorite desserts, you'll be happy to know that all of these sweet eats are sure to leave you saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 27 must-make dessert recipes. Remember our *Cookies, Pies, & Easy Cake Recipes* eCookbook is available FREE, with many others also available on www.EverydayDiabeticRecipes.com. Go on, tell your friends to visit EverydayDiabeticRecipes.com, so they too can get their very own FREE copies!

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3-Ingredient Peanut Butter Cookies

Sometimes you just need a quick and easy treat to satisfy your sweet cravings. Our low-carb recipe for 3-Ingredient Peanut Butter Cookies does just the trick, without the guilt!

Yields: 20 cookies | **Serving Size:** 1 cookie

Cook Time: 9 min

What You'll Need:

- 1 cup Splenda baking blend, plus extra for dipping glass
- 1 cup no-sugar-added creamy peanut butter
- 1 large egg



What To Do:

1. Preheat oven to 375 degrees F. Coat two baking sheets with cooking spray.
2. In a medium bowl, stir together all ingredients. Using your hands, roll mixture into 1-inch balls; place 2 inches apart on prepared baking sheets. Flatten each ball slightly with a drinking glass that has been lightly greased and dipped in sugar.
3. Bake about 8-9 minutes or until edges are set and bottoms are lightly browned.

Nutrition Facts

Amount Per Serving

Calories 127 **Calories from Fat** 59

% Daily Value*

Total Fat 6.6g	10 %
Saturated Fat 1.3g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.5g	7 %
Cholesterol 9.3mg	3 %
Sodium 29 mg	1 %
Total Carbohydrate 2.4g	1 %
Dietary Fiber 0.8g	3 %
Sugars 10g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

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Fruity Fingerprint Cookies

Our Fruity Fingerprint Cookies are a lightened up version of your favorite holiday thumbprint cookies. This cookie recipe is light enough to be enjoyed year-round!

Yields: 24 cookies | **Serving Size:** 1 cookie

Cook Time: 20 min

What You'll Need:

3/4	cup sugar
1/2	cup butter
1	egg
2	teaspoons vanilla extract, divided
1	3/4 cup all-purpose flour
2	tablespoons skim milk
1/2	cup finely chopped walnuts
1/4	cup sugar-free fruit preserves for filling



What To Do:

1. Preheat the oven to 350 degree F.
2. In a large bowl, combine the sugar, butter, egg, and 1 teaspoon of the vanilla. Add the flour, milk, and remaining 1 teaspoon of vanilla; mix well.
3. Shape into balls, then roll the balls in the chopped walnuts.
4. Place on cookie sheets that have been coated with nonstick vegetable cooking spray. Press thumb into the center of each cookie ball to make an indentation, then fill each "imprint" with your favorite preserves. Bake for 15 to 20 minutes or until light golden.

Note:

- The amount of preserves you'll use will depend upon the size of your thumbprints! And be sure to use preserves 'cause jams and jellies tend to liquefy while baking.
- It's best not to substitute margarine for butter in this recipe.

Nutrition Facts

Amount Per Serving

Calories 113 **Calories from Fat** 51

% Daily Value*

Total Fat 5.7g	9 %
Saturated Fat 2.7g	13 %
<i>Trans</i> Fat 0.2g	0 %
Protein 1.7g	3 %
Cholesterol 18mg	6 %
Sodium 38 mg	2 %
Total Carbohydrate 14g	5 %
Dietary Fiber 0.9g	4 %
Sugars 6.4g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Grandma's Oatmeal Raisin Cookies

Grandma's Oatmeal Raisin Cookies will take you back to the days of your childhood, when Grandma would hand you a plate of cookies and milk as soon as you walked through the door.

Yields: 20 cookies | **Serving Size:** 1 cookie

Cook Time: 20 min

What You'll Need:

- 1-1/2 cup quick-cooking rolled oats
- 1/2 cup all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 2 tablespoons Splenda brown sugar
- 1/3 cup granulated Splenda
- 2 tablespoons reduced-calorie margarine, melted
- 1 egg, slightly beaten
- 1/2 cup unsweetened applesauce
- 1/4 cup fat-free plain yogurt
- 1/3 cup raisins



What To Do:

1. Preheat oven to 350 degrees F. Coat 2 baking sheets with cooking spray.
2. In a large bowl, combine oats, flour, baking powder, baking soda, pumpkin pie spice, Splenda brown sugar, and granulated Splenda. Add margarine and blend into oats mixture. Add egg, applesauce, yogurt, and raisins. Mix gently to combine.
3. Drop by tablespoonfuls to form 24 cookies on prepared baking sheets.
4. Bake 20 to 22 minutes. Let cool completely on wire racks.

Nutrition Facts

Amount Per Serving

Calories 149 **Calories from Fat** 22

% Daily Value*

Total Fat 2.4g	4 %
Saturated Fat 0.5g	3 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.2g	6 %
Cholesterol 21mg	7 %
Sodium 176 mg	7 %
Total Carbohydrate 20g	7 %
Dietary Fiber 1.8g	7 %
Sugars 14g	0 %

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Fudgy Chocolate Cookies

Our Fudgy Chocolate Cookies are so decadent and delicious, nobody will ever guess that they've been lightened up for a diabetic diet. Aren't you glad you've finally found the perfect chocolate cookie recipe?

Yields: 24 cookies | **Serving Size:** 1 cookie

Cook Time: 10 min

What You'll Need:

- 1 cup all-purpose flour
- 1/4 teaspoon baking soda
- 1/4 cup butter
- 2/3 cup Splenda baking blend
- 1/3 cup unsweetened cocoa powder
- 1/4 cup brown sugar Splenda, packed
- 1/4 cup buttermilk
- 1 teaspoon vanilla
- 1 tablespoon Confectioners' sugar, sifted, for dusting (optional)



What To Do:

1. In a small bowl, stir together flour and baking soda; set aside.
2. In a medium saucepan melt butter; remove from heat. Stir in granulated sugar, cocoa powder, brown sugar, buttermilk and vanilla. Add flour mixture; stir until just combined. Cover and chill dough for an 30 mins (dough will be stiff).
3. Preheat oven to 350 degrees F. Lightly coat baking sheet with cooking spray.
4. Drop chilled dough by rounded teaspoons onto prepared baking sheets. Bake 8 to 10 minutes, until edges are set. Cool on cookie sheet for 1 minute. Transfer to a wire rack and let cool. Sprinkle with confectioner's sugar if desired.

Nutrition Facts

Amount Per Serving

Calories 63 **Calories from Fat** 20

% Daily Value*

Total Fat 2.2g 3 %

Saturated Fat 1.4g 7 %

Trans Fat 0.1g 0 %

Protein 0.9g 2 %

Cholesterol 5.4mg 2 %

Sodium 33 mg 1 %

Total Carbohydrate 10g 3 %

Dietary Fiber 0.8g 3 %

Sugars 5.6g 0 %

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Lickety Split Lemon Oaties

Lickety Split Lemon Oaties are a great change-of-pace cookie, especially when you're looking for something light but packed with flavor. Everyone will love snacking on these light, citrusy cookies!

Yields: 30 cookies | **Serving Size:** 1 cookie

Cook Time: 10 min

What You'll Need:

- 5 tablespoons stick margarine
- 1/4 cup granulated sugar
- 1/4 cup packed light brown sugar
- 2 egg whites
- 1 tablespoon grated lemon peel
- 1 cup quick-cooking rolled oats
- 1/2 cup all-purpose flour



What To Do:

1. Preheat the oven to 350 degrees F. Coat baking sheets with nonstick cooking spray.
2. In a large bowl, beat the margarine, granulated sugar, brown sugar, egg whites, and lemon peel until light and creamy. Add the oats and flour; mix until just blended.
3. Drop the dough by rounded teaspoonfuls 1-1/2 inches apart onto the baking sheets.
4. Bake for 10 to 12 minutes, or until the edges are golden.
5. Remove from the oven and let stand for 3 minutes. Remove the cookies to a wire rack to cool completely.

Nutrition Facts

Amount Per Serving

Calories 44 **Calories from Fat** 17

% Daily Value*

Total Fat 1.9g	3 %
Saturated Fat 0.3g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.6g	1 %
Cholesterol 0mg	0 %
Sodium 22 mg	1 %
Total Carbohydrate 6.0g	2 %
Dietary Fiber 0.2g	1 %
Sugars 3.5g	0 %

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Rainbow Bars

Just because you're making an effort to eat healthier doesn't mean you can't enjoy a treat now and then. Treat your sweet tooth to a creamy, chewy, and chocolatey Rainbow Bar. Yum!

Yields: 18 bars | **Serving Size:** 1 bar

Cook Time: 12 min

What You'll Need:

- 1/2 cup granulated Splenda
- 1/2 cup packed brown sugar
- 1/2 cup canola oil
- 1/4 cup reduced-fat peanut butter
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup mini candy-coated chocolate pieces



What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a bowl, combine the Splenda, brown sugar, oil, peanut butter, egg, and vanilla.
3. In another bowl, combine flour, baking soda, and salt; stir into the peanut butter mixture. Stir in the candy pieces. Spread into prepared pan.
4. Bake 12 to 15 minutes or until lightly browned. Cool on a wire rack.

Nutrition Facts

Amount Per Serving

Calories 195 Calories from Fat 87

% Daily Value*

Total Fat 9.7g	15 %
Saturated Fat 1.9g	10 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.2g	6 %
Cholesterol 12mg	4 %
Sodium 100 mg	4 %
Total Carbohydrate 24g	8 %
Dietary Fiber 0.8g	3 %
Sugars 12g	0 %

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Snickerdoodles

You'll be astonished at how fast these chewy Snickerdoodles go when you put 'em out for your whole gang! They taste just like your childhood-favorite version, but lighter ingredients make 'em low-carb and low-fat!

Yields: 42 cookies | **Serving Size:** 1 cookie
Cook Time: 5 min | **Chilling Time:** 10 min

What You'll Need:

- 1-3/4 cup white whole wheat flour (we like to use King Arthur brand)
- 1/2 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- 1 cup plus 2 tablespoons sugar, divided
- 1/4 cup butter, softened
- 3 tablespoons fat-free milk
- 1 teaspoon vanilla extract
- 1 large egg
- 2 teaspoons cinnamon



What To Do:

1. Preheat oven to 375 degrees F. Line baking sheets with parchment paper.
2. In a medium bowl, combine flour, baking soda, and cream of tartar. In a large bowl, combine 1 cup sugar and the butter; beat with a mixer until well blended. Add the milk, vanilla, and egg; beat well. Gradually add the flour mixture to the sugar mixture, beating just until combined. Cover and chill 10 minutes.
3. In a medium bowl, combine remaining sugar with the cinnamon.
4. Shape dough into 42 1-inch balls, then roll in cinnamon-sugar mixture until evenly coated. Place balls 2 inches apart on prepared baking sheets and slightly flatten with the bottom of a glass.
5. Bake 5 to 7 minutes. (Cookies will be slightly soft.) Cool on baking sheets 2 minutes, then remove and cool completely on wire racks.

Nutrition Facts

Amount Per Serving

Calories 50 Calories from Fat 12

% Daily Value*

Total Fat 1.3g	2 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.9g	2 %
Cholesterol 7.4mg	2 %
Sodium 27mg	1 %
Total Carbohydrate 9.2g	3 %
Dietary Fiber 0.6g	2 %
Sugars 5.5g	0 %

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Chocolate Chip Blondies

Our version of lightened up Chocolate Chip Blondies will have all the vanilla fans asking for more. Brown sugar and honey round out the flavors of this guilt-free goody that's as easy to make as it is to eat!

Yields: 12 squares | **Serving Size:** 1 square

Cook Time: 20 min

What You'll Need:

- 1/3 cup whole wheat flour
- 1/3 cup all-purpose flour
- 1/4 cup packed brown sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/4 cup canola oil
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup semisweet chocolate chips



What To Do:

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a small bowl, combine the flours, brown sugar, baking powder, and salt. In another bowl, whisk the egg, oil, honey, and vanilla. Stir into dry ingredients just until combined. Stir in chocolate chips (batter will be thick). Spread into prepared pan.
3. Bake 20 to 22 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Nutrition Facts

Amount Per Serving

Calories 126 **Calories from Fat** 57

% Daily Value*

Total Fat 6.3g	10 %
Saturated Fat 1.3g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.6g	3 %
Cholesterol 16mg	5 %
Sodium 80mg	3 %
Total Carbohydrate 16g	5 %
Dietary Fiber 0.6g	2 %
Sugars 11g	0 %

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Spiced Pumpkin Chip Cookies

Did you know that pumpkin puree is a great source of fiber? Adding canned pumpkin puree to baked goods also keeps them moist without adding fat. These Spiced Pumpkin Chip Cookies are winners all around!

Yields: 48 cookies | **Serving Size:** 1 cookie

Cook Time: 12 min

What You'll Need:

- 1/2 cup butter, softened
- 1-1/4 cup Splenda
- 1 cup canned pumpkin
- 1 egg
- 1-1/2 teaspoon vanilla
- 1-1/2 cup all-purpose flour
- 1-1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup mini semi-sweet chocolate chips



What To Do:

1. Beat butter and Splenda until fluffy. Mix in pumpkin, egg and vanilla until blended. Gradually stir in flour, cinnamon, nutmeg, baking soda and salt until well blended. Stir in chocolate chips.
2. Drop by teaspoonfuls onto sprayed baking sheets. Bake in preheated 350 degree F. oven 10 to 12 minutes or until light golden brown.
3. Remove from baking sheet and cool completely on wire rack. Store in airtight containers at room temperature.

Nutrition Facts

Amount Per Serving

Calories 52 Calories from Fat 28

% Daily Value*

Total Fat 3.1g	5 %
Saturated Fat 2.0g	10 %
<i>Trans</i> Fat 0.1g	0 %
Protein 0.9g	2 %
Cholesterol 9.0mg	3 %
Sodium 70mg	3 %
Total Carbohydrate 5.6g	2 %
Dietary Fiber 0.5g	2 %
Sugars 1.6g	0 %

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Cocoa Loco Cream Cheese Pie

We've gone crazy for cocoa by combining sugar-free chocolate fudge pudding mix, sugar-free chocolate drink mix and mini chocolate chips and placing it all in a sugar-free chocolate cookie pie crust. Yum!

Serves: 8 | Serving Size: 1 slice

Chill Time: 2 hr 15 min

What You'll Need:

- 2 (8-ounce) packages fat-free cream cheese, softened
- 1 (4-serving) package sugar-free instant chocolate fudge pudding mix
- 1 cup skim milk
- 1/4 cup water
- 1-1/2 teaspoon almond extract, divided
- 1 cup lite frozen whipped topping, thawed, divided
- 1 (9-ounce) sugar-free chocolate cookie pie crust
- 2 teaspoons sugar-free instant chocolate drink mix
- 1 tablespoon chopped almonds
- 1 tablespoon mini chocolate chips



What To Do:

1. In a large bowl, combine cream cheese, dry pudding mix, milk, and water. Mix well with a wire whisk. Mix in 1 teaspoon almond extract, and 1/4 cup whipped topping.
2. Pour mixture into pie crust. Refrigerate about 15 minutes.
3. In a small bowl, combine remaining 3/4 cup whipped topping, remaining almond extract, and instant chocolate drink mix.
4. Spread evenly over cheesecake filling. Sprinkle with almonds and chocolate chips. Refrigerate 2 hours or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 229 **Calories from Fat** 77

% Daily Value*

Total Fat 8.5g	13 %
Saturated Fat 3.3g	16 %
<i>Trans Fat</i> 0.0g	0 %
Protein 12g	24 %
Cholesterol 7.7mg	3 %
Sodium 642mg	27 %
Total Carbohydrate 26g	9 %
Dietary Fiber 0.6g	3 %
Sugars 8.0g	0 %

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Tropical Cream Cheese Pie

Set sail for the islands with our Tropical Cream Cheese Pie! The flavors of rum, pineapple, and coconut will leave you and your guests going back for seconds.

Serves: 8 | **Serving Size:** 1 slice

Chill Time: 2 hr 15 min

What You'll Need:

- 2 (8-ounce) packages fat-free cream cheese, softened
- 1 (4-serving) package sugar-free instant vanilla pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup crushed pineapple, packed in its own juice, undrained
- 1-1/2 teaspoon coconut extract, divided
- 1 teaspoon rum extract
- 1 cup frozen lite whipped topping, thawed, divided
- 1 (9-ounce) reduced-fat graham cracker pie crust
- 2 tablespoons shredded sweetened coconut



What To Do:

1. In a medium bowl, combine cream cheese, dry pudding mix, dry milk powder, and pineapple with juice. Using a wire whisk, mix well. Mix in 1 teaspoon coconut extract, rum extract, and 1/4 cup whipped topping.
2. Spread mixture evenly into pie crust. Refrigerate about 15 minutes.
3. In a small bowl, combine remaining whipped topping and remaining coconut extract. Spread mixture evenly over cheesecake filling. Sprinkle coconut evenly over top. Refrigerate about 2 hours, or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 229 **Calories from Fat** 51

% Daily Value*

Total Fat 5.7g	9 %
Saturated Fat 2.8g	14 %
<i>Trans Fat</i> 0.0g	0 %
Protein 12g	25 %
Cholesterol 8.0mg	3 %
Sodium 690mg	29 %
Total Carbohydrate 31g	10 %
Dietary Fiber 1.4g	5 %
Sugars 17g	0 %

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Decadent Peanut Butter Pudding Pie

You don't have to ignore your sweet tooth when it's telling you to eat something rich and creamy. Our Decadent Peanut Butter Pudding Pie uses lighter ingredients, but has so much flavor you'd never even know!

Serves: 10 | **Serving Size:** 1 slice
Prep Time: 10 min | **Chill Time:** 4 hr

What You'll Need:

- 1-1/2 cup fat-free (skim) milk
- 1 (4-serving) package sugar-free instant vanilla pudding mix
- 1/3 cup reduced-fat peanut butter
- 1/2 teaspoon vanilla extract
- 1-1/2 cup frozen fat-free whipped topping, thawed and divided
- 1 (1.5-ounce) package peanut butter cups, chopped
- 1 (9-inch) reduced-fat graham cracker pie crust



What To Do:

1. In a large bowl, using a wire whisk, combine milk and pudding until thickened. Whisk in peanut butter, vanilla, and 1 cup whipped topping. Stir in peanut butter cups.
2. Pour mixture into pie crust then spread remaining 1/2 cup whipped topping over pie. Cover and chill at least 4 hours before serving.

Nutrition Facts

Amount Per Serving

Calories 229 Calories from Fat 51

% Daily Value*

Total Fat 5.7g	9 %
Saturated Fat 2.8g	14 %
<i>Trans</i> Fat 0.0g	0 %
Protein 12g	25 %
Cholesterol 8.0mg	3 %
Sodium 690mg	29 %
Total Carbohydrate 31g	10 %
Dietary Fiber 1.4g	5 %
Sugars 17g	0 %

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Tiramisu Pie

Our Tiramisu Pie is a quirky twist on a popular Italian dessert. Even though we've made it diabetes-friendly, it's still full of flavor and has that classic taste you remember!

Serves: 10 | **Serving Size:** 1 slice
Cook Time: 55 min | **Chill Time:** 3 hr

What You'll Need:

- 1 (15-ounce) container part-skim ricotta cheese
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9-inch) reduced-fat graham cracker pie crust
- 6 l ladyfingers, split
- 1/2 cup strong black coffee
- 1 tablespoon brandy
- 1 cup frozen fat-free whipped topping, thawed
- 1 (1-ounce) square semi-sweet chocolate, shaved



What To Do:

1. Preheat oven to 350 degrees F.
2. In a large bowl, with an electric mixer on medium speed, combine ricotta cheese, sugar, and vanilla until well blended. Add eggs and mix until blended.
3. Arrange ladyfingers on bottom of pie crust and drizzle with coffee and brandy.
4. Pour cheese mixture over ladyfingers and bake 55 to 60 minutes, or until the center is nearly set. Cool on a wire rack, then cover and chill for at least 3 hours or overnight.
5. Cover with a thin layer of whipped topping and top with shaved chocolate just before serving.

Nutrition Facts

Amount Per Serving

Calories 241 Calories from Fat 80

% Daily Value*

Total Fat 8.9g	14 %
Saturated Fat 4.1g	21 %
<i>Trans</i> Fat 0.0g	0 %
Protein 7.7g	15 %
Cholesterol 65mg	22 %
Sodium 159mg	7 %
Total Carbohydrate 31g	10 %
Dietary Fiber 1.1g	4 %
Sugars 17g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Crustless Pumpkin Pie

If you're looking for easy holiday dessert recipes, look no further! With our recipe for Crustless Pumpkin Pie, you just have to mix and bake! But, why wait for the holidays when you can have this lighter pumpkin pie anytime?

Serves: 8 | Serving Size: 1 slice
Cook Time: 1 hr | Chill Time: 2 hr

What You'll Need:

- 1 (15-ounce) can 100% pure pumpkin (not pumpkin pie filling)
- 1 (12-ounce) can fat-free evaporated milk
- 1 tablespoon light butter, softened
- 2 eggs
- 1/2 cup sugar
- 1/2 cup reduced-fat biscuit baking mix
- 2-1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract



What To Do:

1. Preheat oven to 350 degrees F. Coat a 9-inch deep-dish pie plate with cooking spray.
2. Blend all ingredients together in a blender on high speed for 1 minute, or place all ingredients in a large bowl and beat 2 minutes with a hand beater. Pour mixture into pie plate.
3. Bake 1 hour, or until a knife inserted in center comes out clean.
4. Let cool then cover and chill at least 2 hours before serving.

Note: If you want to fancy up this pie a bit, top with dollops of light whipped cream and a cinnamon stick.

Nutrition Facts

Amount Per Serving	
Calories 138	Calories from Fat 22
% Daily Value*	
Total Fat 2.4g	4 %
Saturated Fat 1.0g	5 %
Trans Fat 0.0g	0 %
Protein 5.6g	11 %
Cholesterol 50mg	17 %
Sodium 239mg	10 %
Total Carbohydrate 24g	8 %
Dietary Fiber 1.7g	7 %
Sugars 19g	0 %
<i>*Percent Daily Values are based on a 2,000 calorie diet</i>	

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Creamy Dreamy Banana Pie

You'd never guess that our Creamy Dreamy Banana Pie is guilt-free. Honest! It tastes as good as the real thing, and no one has to know you used lighter ingredients!

Serves: 8 | Serving Size: 1 slice

Chill Time: 4 hr

What You'll Need:

- 1 cup fat-free (skim) milk
- 1 (4-serving) package sugar-free instant vanilla pudding mix
- 1 large ripe banana, peeled and sliced
- 1 (9-inch) reduced-fat graham cracker pie crust
- 1 (8-ounce) container frozen fat-free whipped topping, thawed and divided
- 2 tablespoons toasted coconut (optional)



What To Do:

1. In a large bowl, using a wire whisk, combine milk and pudding mix until thickened.
2. Place banana slices on bottom of pie crust. Fold half the whipped topping into the pudding.
3. Spoon pudding mixture evenly over bananas then spoon remaining whipped topping over pudding mixture and sprinkle with toasted coconut, if desired. Cover and chill at least 4 hours, or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 246 Calories from Fat 78

% Daily Value*

Total Fat 8.7g	13 %
Saturated Fat 2.8g	14 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.3g	7 %
Cholesterol 5.2mg	2 %
Sodium 415mg	17 %
Total Carbohydrate 40g	13 %
Dietary Fiber 0.9g	4 %
Sugars 18g	0 %

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Crustless Lemon Cream Pie

This isn't your ordinary fruit pie. With the taste of classic lemon meringue pie, this Crustless Lemon Cream Pie is easy to make, and sure to work every time. That's why it's one of our favorite, low-carb desserts!

Serves: 12 | **Serving Size:** 1 slice

Chill Time: 3 hr

What You'll Need:

- 2 packages (4-serving-size) sugar-free lemon gelatin
- 2 cups boiling water
- 1 cup ice cubes
- 2 cups frozen light whipped topping*, thawed



What To Do:

1. In a large bowl, dissolve gelatin in boiling water; add ice cubes and stir until melted.
2. Add whipped topping; fold together gently. Pour into a 9-inch deep-dish pie plate. The whipped topping will naturally separate from the gelatin once poured into the pie plate, creating a top layer.
3. Cover, and chill at least 3 hours, or until set.

Note: *To make this a gluten-free recipe, use gluten-free whipped topping.

Nutrition Facts

Amount Per Serving

Calories 35 Calories from Fat 15

% Daily Value*

Total Fat 1.6g	3 %
Saturated Fat 1.4g	7 %
Trans Fat 0.0g	0 %
Protein 1.1g	2 %
Cholesterol 0.3mg	0 %
Sodium 51mg	2 %
Total Carbohydrate 3.0g	1 %
Dietary Fiber 0.0g	0 %
Sugars 3g	0 %

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Pecan Pie

There isn't a more classic Thanksgiving dessert recipe than Pecan Pie. Perhaps you thought because you're on a diabetes diet that dessert was off limits. That's not the case, especially with our lightened up version!

Serves: 10 | **Serving Size:** 1 slice

Cook Time: 50 min

What You'll Need:

- 1 refrigerated pie crust
- 3 eggs
- 2 tablespoons SLENDA sugar substitute
- 1 cup sugar-free maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup butter, melted
- 1 cup pecan halves



What To Do:

1. Preheat oven to 350 degrees F. Place pie in 9-inch glass pie plate and flute edges.
2. In a large bowl, mix eggs with the sugar substitute. Stir in syrup, vanilla, and melted butter. Stir in pecans. Pour into pie crust.
3. Bake 40 to 50 minutes or until filling is puffed and pie is golden brown. Cool completely, about 2 hours.

Nutrition Facts

Amount Per Serving

Calories 295 Calories from Fat 205

% Daily Value*

Total Fat 23g	35 %
Saturated Fat 8.0g	40 %
<i>Trans</i> Fat 0.2g	0 %
Protein 2.8g	6 %
Cholesterol 76mg	25 %
Sodium 273mg	11 %
Total Carbohydrate 22g	7 %
Dietary Fiber 1.0g	4 %
Sugars 0.5g	0 %

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Fruity Shortbread Pie

Imagine a pie with a cookie crust, a creamy filling and a burst of fresh fruit! Our Fruity Shortbread Pie is everything you dreamed of, and the best part is that it fits our goal to eat healthy!

Serves: 8 | Serving Size: 1 slice

Cook Time: 6 min

What You'll Need:

- 1-1/4 cup sugar-free shortbread cookie crumbs
- 1/4 cup melted butter
- 1 (8-ounce) container fat-free sour cream
- 2 tablespoons granulated Splenda
- 2 cups assorted fresh fruit (such as sliced strawberries, peaches, bananas, apples, or blueberries)



What To Do:

1. Preheat oven to 325 degrees F.
2. In a small bowl, combine shortbread cookie crumbs with melted butter. Press the mixture firmly into a 9-inch pie plate and bake about 6 minutes, or until golden. Remove from oven and cool completely before filling.
3. In a small bowl, mix together sour cream and Splenda. Spread on bottom of pie crust. Arrange fresh fruit on top.
4. Chill until ready to serve. Cut into 8 wedges.

Nutrition Facts

Amount Per Serving

Calories 190 Calories from Fat 100

% Daily Value*

Total Fat 11g	17 %
Saturated Fat 4.9g	24 %
<i>Trans</i> Fat 0.2g	0 %
Protein 2.4g	5 %
Cholesterol 18mg	6 %
Sodium 137mg	6 %
Total Carbohydrate 23g	8 %
Dietary Fiber 1.0g	4 %
Sugars 2.5g	0 %

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Really Good Chocolate Cake

Every once in a while, you just need a piece of Really Good Chocolate Cake. Well, have no fear, because the Test Kitchen has come up with a diabetes-friendly recipe that will let you indulge your sweet tooth!

Serves: 12 | **Serving Size:** 1 slice

Cook Time: 35 min

What You'll Need:

- 1-3/4 cup all-purpose flour
- 1/2 cup granulated Splenda
- 1/2 cup Splenda brown sugar blend
- 1-1/2 teaspoon baking powder
- 1-1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup unsweetened cocoa powder
- 1-1/4 cup low-fat buttermilk
- 1/4 cup vegetable oil
- 1/4 cup liquid egg substitute
- 2 teaspoons vanilla extract
- 1 cup hot strong brewed coffee



What To Do:

1. Preheat oven to 350 degrees F. Coat a Bundt pan with cooking spray and set aside.
2. In a large bowl, mix flour, both kinds of Splenda, baking powder, baking soda, salt and cocoa powder.
3. In a small bowl, combine buttermilk, oil, egg substitute, vanilla and coffee. Add to flour mixture, and with an electric mixer on medium speed, mix about 2 minutes or until smooth. Pour into prepared pan.
4. Bake 35 minutes or until a toothpick inserted comes out clean. Cool in pan 5 minutes, then invert onto platter. Let cool completely before serving.

Nutrition Facts

Amount Per Serving

Calories 139 Calories from Fat 51

% Daily Value*

Total Fat 5.7g	9 %
Saturated Fat 1.2g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.3g	9 %
Cholesterol 1.0mg	0 %
Sodium 354mg	15 %
Total Carbohydrate 20g	7 %
Dietary Fiber 3.2g	13 %
Sugars 1.6g	0 %

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Cinnamon Banana Cake

Turn your ripe bananas into this delectably moist Cinnamon Banana Cake, perfect for any special occasion or any night of the week! Low-fat yogurt helps keep fat and calories low, while keeping flavor and nutrition high!

Serves: 16 | **Serving Size:** 1 square
Prep Time: 10 min | **Cook Time:** 22 min

What You'll Need:

- 1-1/2 cup all-purpose flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1 cup low-fat vanilla yogurt
- 2 ripe bananas, mashed
- 2 tablespoons vegetable oil
- 1 egg
- 1 teaspoon vanilla extract



What To Do:

1. Preheat the oven to 400 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda, cinnamon, and salt; mix well. Add the yogurt, bananas, oil, egg, and vanilla; mix until well blended, then spread into the baking dish.
3. Bake for 22 to 25 minutes, or until golden and a wooden toothpick inserted in the center comes out clean.
4. Let cool, then cut into squares.

Nutrition Facts

Amount Per Serving

Calories 114 Calories from Fat 21

% Daily Value*

Total Fat 2.4g	4 %
Saturated Fat 0.5g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.5g	5 %
Cholesterol 12mg	4 %
Sodium 227mg	9 %
Total Carbohydrate 21g	7 %
Dietary Fiber 0.9g	3 %
Sugars 10g	0 %

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Hummingbird Cake

One bite of this Southern favorite and you'll be thinking of Grandma. That's 'cause our Hummingbird Cake is so flavorful, it reminds us of Grandma's best cakes. Our lighter version even has all the great spices and fruits!

Serves: 10 | **Serving Size:** 1 slice

Cook Time: 30 min

What You'll Need:

- 3 bananas, mashed
- 1 cup yellow cake mix
- 1/3 cup whole wheat flour
- 1/4 cup crushed pineapple packed in juice, not drained
- 2/3 cup fat-free liquid egg substitute
- 1/2 cup Splenda Sugar Blend sweetener
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 3 ounces reduced-fat cream cheese
- 1 tablespoon Splenda Sugar Blend sweetener
- 1 tablespoon chopped pecans



What To Do:

1. Preheat oven to 350 degrees F. Coat a 9-inch round cake pan with cooking spray.
2. In a large bowl, combine bananas, cake mix, flour, pineapple with its juice, egg substitute, 1/2 cup Splenda, cinnamon, baking powder, and vanilla with a wooden spoon until batter is well mixed. Pour into prepared cake pan.
3. Bake 30 to 35 minutes, or until a toothpick inserted in center comes out clean. Let cool 10 to 15 minutes, then invert onto wire rack to cool completely.
4. In a medium bowl, mix cream cheese and 1 tablespoon Splenda until smooth. Spread evenly on top of cake, sprinkle with pecans, and serve.

Nutrition Facts

Amount Per Serving

Calories 195 **Calories from Fat** 33

% Daily Value*

Total Fat 3.7g	6 %
Saturated Fat 1.1g	6 %
Trans Fat 0.0g	0 %
Protein 4.0g	8 %
Cholesterol 4.9mg	2 %
Sodium 217mg	9 %
Total Carbohydrate 24g	8 %
Dietary Fiber 1.7g	7 %
Sugars 23g	0 %

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Soda Pop Cake

Our Test Kitchen removed the high fat oils and substituted light and flavorful diet lemon-lime soda to make this delicious Soda Pop Cake that anyone following a diabetes diet or healthy eating routine can enjoy!

Serves: 24 | **Serving Size:** 1 piece

Cook Time: 30 min

What You'll Need:

- 1 box (18-ounce) sugar-free yellow cake mix
- 1 can (12-ounce) diet lemon-lime soda
- 1-1/2 cup fat-free whipped topping, thawed, divided
- 1/2 cup sugar-free red raspberry preserves



What To Do:

1. Coat a 9- x 13-inch baking pan with cooking spray. Preheat oven to 350 degrees F for a metal baking pan or 325 if using glass.
2. Add cake mix to large bowl. Break up lumps with your fingers. Fold soda into cake mix gradually with large spatula just until it mixes well.
3. Pour batter into prepared baking pan and smooth evenly with spatula. Bake for 25-30 minutes or until toothpick inserted in center comes out clean. Cool on wire rack.
4. Garnish each piece with 1 tablespoon whipped topping and 1 teaspoon warmed raspberry preserves.

Nutrition Facts

Amount Per Serving

Calories 73 **Calories from Fat** 17

% Daily Value*

Total Fat 1.9g	3 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.0g	2 %
Cholesterol 0.7mg	0 %
Sodium 146mg	6 %
Total Carbohydrate 24g	8 %
Dietary Fiber 2.4g	10 %
Sugars 2.4g	0 %

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Strawberry Shortcake

We've created a lighter version of classic strawberry shortcake that will make you the star of any dinner party. With lighter ingredients and plenty of fresh berries, this guilt-free Strawberry Shortcake is just that!

Serves: 6

Cook Time: 10 min

What You'll Need:

- 2-1/2 cups reduced-fat biscuit baking mix
- 3/4 cup fat-free (skim) milk
- 1/4 tablespoon vanilla extract
- 1 tablespoon butter, melted
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- 1 quart strawberries, hulled and sliced
- 1-1/2 cup frozen fat-free whipped topping, thawed



What To Do:

1. Preheat oven to 450 degrees F.
2. In a large bowl, combine baking mix, milk, and vanilla extract, stirring until a soft dough forms. Turn dough onto a work surface dusted with baking mix. Knead dough 10 times, adding a little more baking mix to stiffen it, if needed. Roll out dough to a 1/2-inch thickness. Using a 3-inch biscuit cutter, cut out 6 circles. Place dough circles on an ungreased baking sheet.
3. In a small bowl, combine butter, sugar, and cinnamon; mix well and brush over dough circles.
4. Bake 8 to 10 minutes, or until golden. Remove biscuits to a wire rack to cool completely.
5. Cut each biscuit horizontally in half and separate. Distribute half the strawberries and half the whipped topping over biscuit bottoms. Replace tops, dollop with remaining whipped topping, and decorate with remaining strawberries. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 164 **Calories from Fat** 38

% Daily Value*

Total Fat 4.3g	7 %
Saturated Fat 1.2g	6 %
<i>Trans</i> Fat 0.1g	0 %
Protein 3.6g	7 %
Cholesterol 8.6mg	3 %
Sodium 252mg	11 %
Total Carbohydrate 29g	10 %
Dietary Fiber 2.9g	12 %
Sugars 14g	0 %

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Secret Devilish Chocolate Cake

What's the secret ingredient in this lighter, devilishly good chocolate cake? None other than some diet cola! Bake up our Secret Devilish Chocolate Cake and enjoy a piece of heaven anytime you want!

Serves: 24 | Serving Size: 1 piece

Cook Time: 30 min

What You'll Need:

- 1 box (18-ounce) devil's food chocolate cake mix
- 1 can (12-ounce) diet cola
- 1-1/2 cup fat-free whipped topping, thawed



What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Add cake mix to large bowl. Break up lumps with your fingers. Fold in cola gradually with large spatula just until mix is moistened.
3. Pour batter into prepared pan and smooth evenly with spatula.
4. Bake for 30 minutes or until toothpick inserted in center comes out clean. Cool on wire rack.
5. Spoon 1 tablespoon whipped topping on each serving.

Nutrition Facts

Amount Per Serving

Calories 87 Calories from Fat 20

% Daily Value*

Total Fat 2.2g	3 %
Saturated Fat 0.9g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.2g	2 %
Cholesterol 0.7mg	0 %
Sodium 154mg	6 %
Total Carbohydrate 16g	5 %
Dietary Fiber 0.5g	2 %
Sugars 9.2g	0 %

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Banana Peanut Butter Cake

The combination of peanut butter and bananas in this easy cake recipe makes it sinfully divine. Don't be surprised at how fast this Banana Peanut Butter Cake disappears!

Serves: 8 | **Serving Size:** 1 wedge

Cook Time: 25min

What You'll Need:

- 3/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup (1/2 stick) unsalted butter, softened
- 1/3 cup sugar
- 1 egg
- 1/4 cup reduced-fat peanut butter
- 2 tablespoons reduced-fat sour cream
- 1 large ripe banana, mashed



What To Do:

1. Preheat the oven to 350 degrees F. Coat an 8-inch round cake pan with cooking spray.
2. In a small bowl, combine the flour, baking powder, baking soda, and salt; mix well and set aside.
3. In a large bowl, cream the butter and sugar. Add the egg, peanut butter, sour cream, and banana; mix well. Add the flour mixture; mix well, then spread into the cake pan.
4. Bake for 30 to 35 minutes, or until a wooden toothpick inserted in the center comes out clean. Let cool in the pan for 10 minutes, then remove from the pan to cool completely before cutting into wedges.

Nutrition Facts

Amount Per Serving

Calories 202 **Calories from Fat** 90

% Daily Value*

Total Fat 10g	15 %
Saturated Fat 3.0g	15 %
<i>Trans Fat</i> 0g	0 %
Protein 4.8g	10 %
Cholesterol 31mg	10 %
Sodium 244mg	10 %
Total Carbohydrate 25g	8 %
Dietary Fiber 1.2g	5 %
Sugars 11g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

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Easy Peach Cake

Our moist, melt-in-your-mouth Easy Peach Cake is so simple to make, you can whip it up any night of the week. It'll make any night feel special!

Serves: 8 | **Serving Size:** 1 wedge

Cook Time: 25min

What You'll Need:

- 2 cups all-purpose flour
- 1-1/2 cup brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 eggs
- 1 teaspoon rum extract
- 1 (14-1/2-ounce) can, sliced peaches, no sugar added, diced and liquid reserved
- 1/4 cup Maraschino cherries, chopped, plus more for garnish
- Whipped topping for garnish*



What To Do:

1. Preheat oven to 350 degrees F. Coat a 9 x 13-inch baking dish with cooking spray.
2. In a large bowl, combine flour, sugar, baking powder, and salt. Stir in eggs, rum extract, peaches with reserved liquid, and cherries; mix well. Spoon into prepared baking dish.
3. Bake 30 to 35 minutes or until toothpick comes out dry. Let cool. When ready to serve, add a dollop of whipped topping and a cherry.

Nutrition Facts

Amount Per Serving

Calories 202 **Calories from Fat** 90

% Daily Value*

Total Fat 10g 15 %

Saturated Fat 3.0g 15 %

Trans Fat 0g 0 %

Protein 4.8g 10 %

Cholesterol 31mg 10 %

Sodium 244mg 10 %

Total Carbohydrate 25g 8 %

Dietary Fiber 1.2g 5 %

Sugars 11g 0 %

**Percent Daily Values are based on a 2,000 calorie diet*

The following ingredients or measurements are not included:
Whipped topping for garnish

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Tunnel of Love Cake

Our Tunnel of Love Cake will surely surprise your sweetheart when they cut into a creamy tunnel of raspberry-vanilla frozen yogurt. This heavenly dessert is perfect for Valentine's Day, or any night of the week!

Serves: 24 | **Serving Size:** 1 piece

Cook Time: 30 min

What You'll Need:

- 1 (10-ounce) prepared angel food cake
- 1 pint sugar-free raspberry-vanilla swirl frozen yogurt, softened



What To Do:

1. Place cake on a serving plate. With a serrated knife, slice top 1 inch off cake by slicing it horizontally all the way around; carefully remove top of cake and reserve.
2. Cut and scoop out a tunnel in center of cake, leaving a 3/4-inch border of cake on sides and bottom. (Reserve scooped-out cake for another use.)
3. Spoon frozen yogurt evenly into tunnel then replace cake top. Wrap with plastic wrap and freeze until firm.

Nutrition Facts

Amount Per Serving

Calories 91 **Calories from Fat** 1.7

% Daily Value*

Total Fat 0.2g	0 %
Saturated Fat 0g	0 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.4g	5 %
Cholesterol 0mg	0 %
Sodium 194mg	8 %
Total Carbohydrate 20g	7 %
Dietary Fiber 0.4g	1 %
Sugars 5.3g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

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