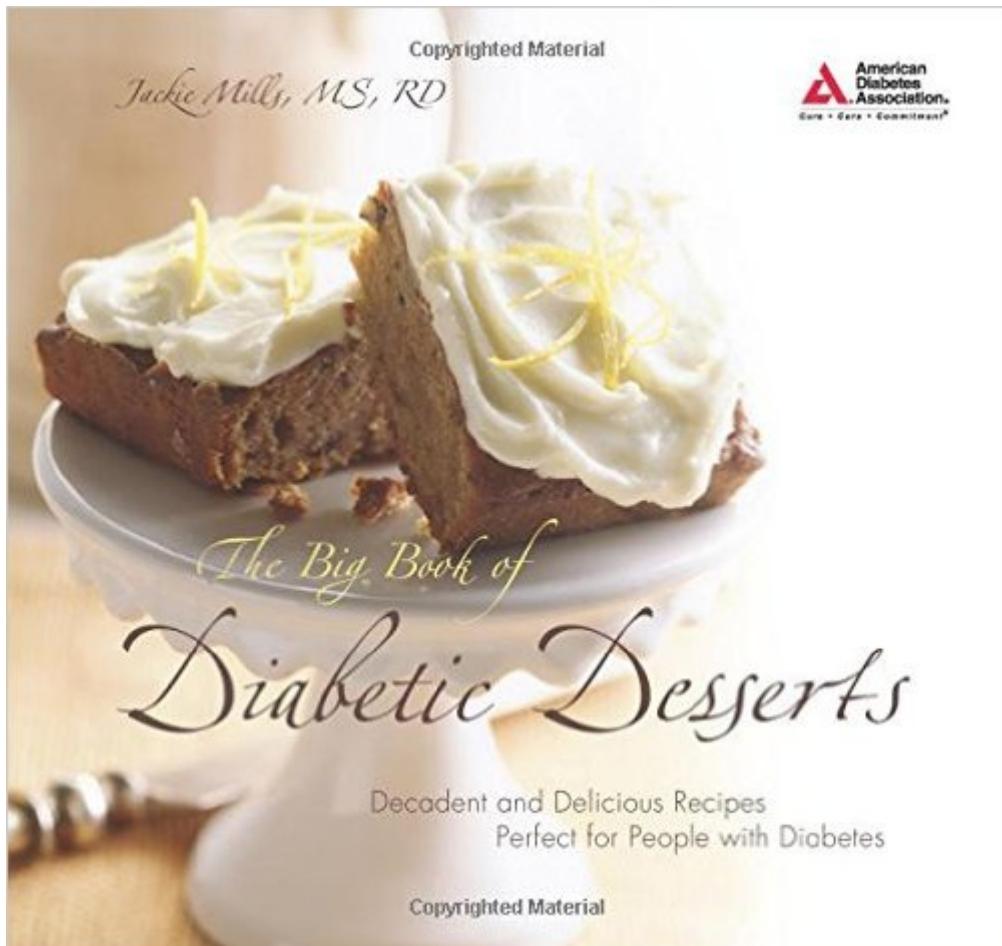


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The Big Book Of Diabetic Desserts



Synopsis

This first-ever collection of guilty pleasures from the American Diabetes Association and author Jackie Mills proves that people with diabetes never have to say no to dessert again. Packed with familiar favorites and some delicious new surprises, The Big Book of Diabetic Desserts has over 150 tantalizing treats that will satisfy any sweet tooth.

Book Information

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Average Customer Review: 3.8 out of 5 starsÂ See all reviewsÂ (43 customer reviews)

Best Sellers Rank: #380,782 in Books (See Top 100 in Books) #41 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #325 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #386 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Author Jackie Mills, MS, RD, starts off with a number of tips regarding the baking and eating of diabetic desserts. These range from the effect that some substitutions will have on diabetic desserts (baked goods made with Splenda don't retain moisture as well as those made with sugar, for example) to ways to cheat your taste buds (brushing a bit of a sweetener overtop of a muffin or similar dessert is a great way to make it taste sweeter while using less sugar than if you added it directly). Not all of these are obvious details or tricks, and they're very handy ideas to have on hand. Mills uses a handful of methods to make these desserts healthier than normal. Some recipes are just plain less sweet than their usual counterparts. Some recipes substitute Splenda (artificial sweetener) for part of the sugar content. Some recipes use fruit as a sweetener--sliced, pureed, or diced. Recipes also try to include whole grains instead of processed grains where appropriate. All of these methods decrease the rate at which your blood sugar rises (or how much sugar you take in). These are delicious recipes. A recipe of berry-bran muffins turned out surprisingly well, and a rice pudding was quite delicious. Since we didn't want to totally ignore the recipes made with

Splenda yet I couldn't actually bring myself to try something with the artificial sweetener in it, we made a coconut cream pie from the book, making it exactly as instructed but using only real sugar (thus allowing us to see how the author's ideas for making a flavorful, low-fat cream pie would work out). Let me tell you, I was bowled over.

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