



# *Sweet Treats*

*Palmerston North 13th August/1st 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.

\* next to ingredients indicates foods high in carbohydrate





# No-sugar banana bread

*Serves 12 (recipe [nadiyalim.com](http://nadiyalim.com))*

## *Ingredients*

- 125G BUTTER, MELTED (USE COCONUT OIL FOR A DAIRY FREE ALTERNATIVE)
  - 3 VERY RIPE BANANAS, MASHED\*
  - 1.5 CUPS OF DESICCATED COCONUT
    - 1 CUP GROUND ALMONDS
    - 1/2 CUP PLAIN FLOUR\*
    - 1 TSP BAKING SODA
    - 2 TSP VANILLA ESSENCE
    - A GOOD PINCH OF SALT
  - 3 FREE RANGE EGGS, WHISKED
  - 1 EXTRA BANANA, TO GARNISH (OPTIONAL)\*
- GROUND CINNAMON PINCH OF, TO GARNISH (OPTIONAL)

## *Method*

1. Preheat oven to 180degrees Celsius. Line a loaf tin with baking paper.
2. In a large bowl , mix melted butter/oil, mashed banana, coconut, ground almonds, flour, baking soda, vanilla, salt and eggs. Stir until combined.
3. Spoon mixture into prepared loaf tin. Sprinkle with cinnamon.
4. Bake for 40minutes or until loaf is golden and skewer comes out clean
5. Leave loaf to cool in tin for 5-10 minutes before transferring to a wire rack. Store in an airtight container in a cool, dark place for up to 3 days or in the fridge for up to 5 days. It also freezes well.

Nutrition per serve: 710kj, 4.3gm protein, 14.5gm carbohydrate, 3gm fibre, 19gm fat, 180mg sodium



# Chocolate chickpea cookies

*Makes 16 cookies (recipe adapted from [nadiyalim.com](http://nadiyalim.com))*

## *Ingredients*

- 1 X 400G TIN OF CHICKPEAS, DRAINED, RINSED\*
- 1/2 CUP OF NUT BUTTER (E.G PEANUT, ALMOND, CASHEW)
  - 1 TSP VANILLA ESSENCE
  - 1/3 CUP BROWN SUGAR (PACKED)\*
  - 1 TSP BAKING POWDER
  - 2 TBSP GROUND ALMONDS
- 1/3 (50G) CUP GOOD QUALITY DARK CHOCOLATE (AT LEAST 70% COCOA), FINELY CHOPPED\*

## *Method*

1. Preheat oven to 170 degrees Celsius and line a baking tray with paper
2. Pat chickpeas with paper towels. Place in the food processor with nut butter, vanilla, brown sugar, baking powder, ground almonds and butter. Blitz until all ingredients are well combined and have formed a cookie dough consistency.
3. Add dark chocolate and pulse briefly to distribute throughout the cookie dough
4. Roll heaped tablespoons of cookie dough into balls. (having wet hands stops the dough from being too sticky to roll). Place on prepared baking tray, about 3cm apart. (they wont spread much) Flatten slightly with the back of a wet fork
5. Bake for 12-15 mins until lightly golden. Remove from oven and leave to cool slightly. Use a fish slice to transfer to a wire rack to cool completely—they will be quite delicate
6. These cookies are lovely eaten warm but can be stored for up to a week in an airtight container or frozen.

Nutrition per serve: 343kj, 2.5gm protein, 8.3gm carbohydrate, 6gm fibre, 4.3gm fat, 80mg sodium



# Mango frozen yoghurt

*Serves 4 (Recipe [nadiyalim.com](http://nadiyalim.com))*

## *Ingredients*

- 300GM FROZEN MANGO\*
- 1 FROZEN BANANA (CUT INTO SLICES)\*
- 1 CUP GREEK YOGHURT WITH HONEY

## *Method*

1. Put all ingredients into a food processor and blend until smooth
2. Serve immediately or return to freezer in an airtight container

Nutrition per serve: 400kj, 1.5gm protein, 15gm carbohydrate, 1gm fibre, 3.4gm fat, 0.2mg sodium