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The Diabetic Dessert Cookbook is a good source of dessert recipes for those who have diabetes, as well as those who want to prevent it. I am trying to cut fat and sugar, but still treat myself occasionally. I plan to try many of the recipes here that help me do that, including Apple Spice Cake, Gingersnap Cookies, and Creamy Lemon Cream Pie.

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Pineapple wedges marinated in honey, brandy and lemon juice and grilled. A hot, sweet island-flavor treat! This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association.

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95 Diabetic-Friendly Desserts Peggy Woodward, RDN Updated: Aug. 25, 2020 These lighter, healthier desserts are smart sweets to consider if you follow a diabetic diet.

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Low-carb diabetic desserts. The diabetic desserts below are from Diabetes Strong and some of my favorite food blogs. Low-Carb Peanut Butter Cookies. These sugar-free and low-carb peanut butter cookies are a great healthy treat. Not only are

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they delicious but they are also made using just 5 ingredients! Click here for the recipe

~~10 Easy Diabetic Desserts (Low Carb) | Diabetes Strong~~

A delicious, easy-to-make recipe that's also easy on the body's glucose response is Dark Chocolate Dipped Cherries, pictured here. Dr. Ileana Vargas, MD, MS assistant professor of pediatrics pediatric endocrinology, diabetes, and metabolism at Columbia University Medical Center, recommends this sweet treat and others like it.

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## ~~Diabetes-Friendly Desserts | Martha Stewart~~

Chia pudding is actually a superfood dessert that is beneficial to health, making even more of a case to include dessert into your daily routine. Just a touch of honey sweetens this protein-rich dessert that promotes steady blood sugar while incorporating a hefty dose of fiber, especially beneficial for those with diabetes.

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Some of our favorite diabetic friendly desserts are actually sugar-free, as in they contain no added

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