

Peach Cobbler

Serves 6

You'll Need -

1 tablespoon cornstarch
2 tablespoons unsweetened apple juice
4 cups unsweetened peach slices
1/2 cup unsweetened apple juice
1/4 teaspoon ground nutmeg
1/2 cup whole wheat flour
non-stick vegetable spray
1/2 cup white flour
1 teaspoon baking powder
2 teaspoons sugar or 1 packet saccharin or
acesulfame-K (Sweet One®)
2 tablespoons reduced fat margarine
5-6 tablespoons skim milk

Take Out -

8-inch square pan
large saucepan
mixing spoon
measuring spoons
liquid measuring cup
dry measuring cups
pastry cutter
pastry cloth or
large cutting board
knife

Peach Filling:

1. Combine cornstarch and 2 tablespoons of apple juice. Mix well.
2. Combine peaches, 1/2 cup apple juice, and nutmeg in saucepan. Cover and bring to boil. Reduce heat and simmer 10 minutes.
3. Stir in cornstarch mixture. Cook and stir constantly until thickened.
4. Remove from heat and cool.
5. Spray baking pan with vegetable spray and pour peach mixture into pan.

Biscuit Crust:

1. Combine flours, baking powder and sugar or sugar substitute.
2. Cut in margarine until dough resembles coarse meal.
3. Sprinkle milk over surface, stir until dry ingredients are moistened.
4. Shape into ball.
5. Roll dough out on lightly floured surface into rectangle.
6. Place over peaches. Cut a few slits over surface of dough to allow steam to escape.
7. Bake cobbler at 425 degrees for 10 minutes. Reduce heat to 350 degrees and bake for 25 minutes.

Calories: 158 calories

Sodium: 107 mg.

Carbohydrate: 33 grams

Protein: 4 grams

Fat: 2 grams

Exchanges: 1 Fruit, 1 Starch, 1/2 Fat

Points to Remember About Peach Cobbler Recipe:

- 1. Diet margarines do make a denser crust than regular shortening or margarine. Do not use fat-free margarines for baking.**
- 2. Fruit juice can sweeten desserts with less sugar but it does have natural sugar so it is not a free food. Dishes sweetened with juice will be sweeter the next day.**
- 3. Low sodium baking powder can be substituted in the recipe.**
- 4. Cinnamon mixed with saccharin or acesulfame-K can be dusted across the top of the dough before baking if desired.**
- 5. Whole wheat flour boosts the fiber of this dessert.**
- 6. If the cobbler is not sweet enough, sprinkle on aspartame after it is cooked.**
- 7. Top with plain yogurt sweetened with artificial sweetener before serving.**

Black Bottom Pie

8 servings

You'll Need -

1 1/4 cups graham cracker crumbs
1/2 cup reduced-fat margarine
1 envelope unflavored gelatin
3/4 cups part-skim ricotta cheese
12 packets aspartame (Equal®)
1 packet low-calorie whipped topping
mix (D-zerta®)
1 1/2 cups skim milk
1 tablespoon vanilla extract
1/4 cup cocoa

Take Out -

8-inch pie pan
small saucepan
liquid measuring cup
dry measuring cups
electric mixer
spatula
mixing spoon
mixing bowls
measuring spoons

Graham cracker crust:

1. Preheat oven to 350 degrees.
2. Combine graham cracker crumbs with margarine until mixture looks like coarse crumbs.
3. Press firmly into bottom and sides of 8-inch pan. Bake in preheated oven for 8-10 minutes or until slightly browned. Cool.

Filling:

1. In a small saucepan, sprinkle gelatin over 1/2 cup milk. Let stand one minute. Heat stirring constantly until gelatin dissolves.
2. With mixer, blend ricotta cheese until smooth then add gelatin mixture along with 1 cup of milk and vanilla. Continue mixing until completely smooth.
3. Remove half of mixture and set aside. To remaining cheese mixture, add 6 packets of aspartame and the cocoa. Mix well. Pour into crust and chill 30 minutes. At the same time chill the other half of the mixture.

4. Prepare the whipped topping according to the package. Gradually add the remaining aspartame. Fold into reserved, chilled mixture until blended smoothly.

5. Spoon over the chocolate layer. Chill until set. Garnish with a dusting of cocoa.

Calories: 214

Sodium: 292 milligrams

Carbohydrate: 18 grams

Protein: 8 grams

Fat: 13 grams

Exchanges: 1 milk, 1/2 starch, 2 fat

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Points to Remember about the Black Bottom Pie Recipe:

- 1. Unflavored gelatin can thicken food that uses lower fat and sugar ingredients.**
- 2. Part-skim ricotta cheese will work better in this recipe than fat-free ricotta cheese. Fat-free ricotta cheese is less thick.**
- 3. Sugar-free whipped toppings usually are made with tropical oils so use only for special occasions.**
- 4. Vanilla extract helps make a recipe sweet with less sugar.**
- 5. Cocoa is sugar-free and low in fat. It works well in many chocolate recipes.**
- 6. The graham cracker crust recipe can be used in many other recipes that need a lower fat, lower sugar crust.**

Apple Cake

16 servings

You'll Need -

1 1/4 cup raisins
1/2 cup water
1 packet Sugar Twin Plus®
1/2 cup vegetable oil
1 1/4 cup unsweetened applesauce
1 apple, chopped
3/4 cup egg substitute
1/2 cup prunes, chopped
1 1/2 teaspoons cinnamon
1/2 teaspoons allspice
1 teaspoon vanilla
8 packets Sweet One®
1 teaspoon baking soda
1 1/2 cup white flour
1/2 cup whole wheat flour
1 tablespoon baking powder
Non-stick cooking spray

Take Out -

small saucepan
knife
dry measuring cups
liquid measuring cups
measuring spoons
mixing spoon
large mixing bowl
small mixing bowl
9x13 inch baking pan

1. Combine raisins, water and 1 packet of Sugar Twin Plus in small saucepan. Simmer over medium heat until all water is absorbed. Stir occasionally. Once water is absorbed, remove from heat and let cool.
2. In the large bowl, combine the oil, apple, applesauce, egg substitute, prunes, cinnamon, allspice, vanilla and 8 packets of Sugar Twin Plus. Stir well. Stir in cooked raisins.
3. In small bowl, combine the baking soda, baking powder and flours. Add flour mixture to batter and raisins. Mix well.
4. Pour batter into pan coated with non-stick spray. Bake at 350 degrees for 30 minutes or until the cake is light brown.

Calories: 189 Sodium: 138 milligrams Carbohydrate: 28 grams
Protein: 4 grams Fat: 7 grams Exchanges: 1 fruit, 1 starch, 1 1/2 fat

Points to Remember about the Apple Cake Recipe:

- 1. Applesauce adds flavor, sweetness and moistness to this modified fat and reduced sugar cake.**
- 2. The dried fruit and spices also add a sweet flavor to the recipe.**
- 3. Sweet One is acesulfame K. It is more stable in cooking than aspartame and seems to have less of an after taste than saccharin.**
- 4. Using vegetable oil instead of shortening lowers the saturated fat and trans fatty acids in the cake.**
- 6. Egg substitute reduces the amount of cholesterol in the cake while adding volume and structure.**
- 7. Low sodium baking powder can be substituted for the regular baking powder to lower the sodium level.**
- 8. This product has 2 grams of dietary fiber per serving which is equivalent to a slice of whole wheat bread.**

Oatmeal Raisin Cookies

Yield - 2 1/2 dozen cookies

You'll Need -

1 1/4 cups rolled oats
3/4 cup all-purpose flour
1/2 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon salt (optional)
1/2 teaspoon baking powder
1/2 cup reduced-fat margarine
1/3 cup dark brown sugar, packed
5 packets acesulfame-K (Sweet One®)
1 egg or 2 egg whites
1 teaspoon vanilla extract
1/3 cup chopped raisins
Non-stick cooking spray

Take Out -

dry measuring cups
measuring spoons
cookie sheets
wire rack
pancake turner
electric mixer
mixing bowls
knife
teaspoon
spatula

1. Preheat oven to 350 degrees.
2. Stir together oats, flour, cinnamon, ginger, salt and baking powder.
3. In another bowl, cream the margarine, brown sugar and acesulfame-K with the electric mixer. Beat in egg and vanilla.
4. Stir in dry ingredients, then raisins.
5. Drop by heaping teaspoonsful onto baking sheets sprayed with non-stick cooking spray.
6. Bake 8-10 minutes. Cool on wire rack.

Calories: 55 per cookie

Carbohydrate: 8 grams

Fat: 2 grams

Sodium: 62 milligrams

Protein: 1 gram

Exchanges: 1/2 Starch per cookie

Adapted from a recipe provided by the Stadt Corporation, manufacturers of Sweet One.

Points to Remember about Oatmeal Raisin Cookie Recipe:

- 1. When any artificial sweetener is combined with another sweetener whether it is sugar or another artificial sweetener, it is sweeter than when it is used alone.**
- 2. Keeping some sugar in this recipe helps its texture and color. If less than a teaspoon of sugar is in each serving of a recipe, it is usually permitted.**
- 3. This cookie is best eaten with a meal rather than between meals to slow the absorption of the sugar.**
- 4. Oatmeal, when used in a low fat diet, can help lower blood cholesterol levels and blood sugar levels.**
- 5. When reduced fat margarine is used in a cookie recipe, the cookie is usually denser and less crispy.**
- 6. Sweet spices like cinnamon and ginger can make a recipe seem sweeter without as much sugar.**
- 7. Vanilla also makes a recipe taste sweeter.**
- 8. If acesulfame-K is not available, use saccharin. Ideally a saccharin-aspartame combination like Sugar Twin Plus would reduce the after-taste from the saccharin. Using any saccharin will add some aftertaste.**

Light Pumpkin Pie

10 servings

You'll Need -

2 cups canned pumpkin
2 eggs or 1/2 cup egg substitute
or 4 egg whites, slightly beaten
3 tablespoons brown sugar
12 packets aspartame (Equal®)
1/4 teaspoon salt (optional)
1 teaspoon ground cinnamon
1/2 teaspoon ginger
12 ounces of evaporated skim milk
10 inch unbaked pie crust

Take Out -

dry measuring cups
spatula
measuring spoons
large mixing bowl
electric mixer
knife

1. Preheat oven to 425 degrees.
2. Combine first 8 ingredients beginning with pumpkin and ending with evaporated milk.
3. Pour into pie shell.
4. Bake at 425 degrees for 10 minutes.
5. Reduce oven temperature to 325 degrees and continue baking for another 45 minutes or until knife inserted into center comes out clean.
6. Cool.

Calories: 163

Carbohydrate: 22 grams

Fat: 7 grams

Sodium: 198 milligrams

Protein: 6 grams

Exchanges: 1 Starch, 1 Vegetable, 1 Fat

Points to Remember about Pumpkin Pie Recipe:

- 1. While aspartame usually loses its sweetness when it is heated for more than 15 minutes, this recipe preserves aspartame's sweetness by combining it with another sweetener, brown sugar. Also, the cinnamon and ginger and the naturally sweet taste of the pumpkin help the pie taste sweet.**
- 2. Evaporated skim milk is an excellent substitute for regular evaporated milk and can also easily substitute for cream in many recipes.**
- 3. The pie crust is a high-fat food and contains more saturated and trans fatty acids that could raise blood cholesterol levels, but since it is only a single-crust pie and the slice is small, it is OK occasionally.**
- 4. Using egg substitute or egg whites will eliminate all the cholesterol in the recipe and lower its saturated fat.**

Lemonade Pie

Serves 16 - Makes 2 pies

You'll Need -

Take Out-

1 1/2 cups graham cracker crumbs	2 9-inch pie pans
4 tablespoons reduced-fat margarine	small saucepan
1 1/2 teaspoons Nutrasweet Spoonfuls®	knife
7 1/2 ounce bottle frozen lemon juice, thawed	mixing spoon
6 tablespoons Nutrasweet Spoonfuls®	electric mixer
4 serving-size box of sugar-free lemon gelatin	measuring spoons
8 ounces Neufchatel cheese	spatula
12 ounce can of evaporated skim milk	
8 ounces lite whipped topping	
2 tablespoon grated lemon rind (optional)	
2 sliced kiwi fruit	

Graham Cracker Crust:

1. Preheat oven to 350 degrees.
2. Mix together graham crackers, artificial sweetener and margarine until resembles coarse crumbs.
3. Press into the bottom of two pie pans.
4. Bake for 5-7 minutes. Cool.

Filling:

1. Heat lemon juice. Dissolve gelatin and Nutrasweet in it.
2. In mixer, combine cheese, whipped topping, evaporated skim milk and lemon juice mixture. Blend thoroughly.
3. Pour half of filling into each pie shell.
4. Chill 4 hours. Garnish with lemon rind and/or kiwi fruit before serving.

Calories: 167 calories

Sodium: 204 mg.

Carbohydrate: 17 grams

Protein: 5 grams

Fat: 9 grams

Exchanges: 1 starch, 2 fat5

Points to Remember about the Lemonade Pie Recipe:

- 1. This can also be made with lime gelatin. The lemon version has a very tart taste to some people.**
- 2. Nutrasweet Spoonfuls does not give texture or bulk to a recipe. It just allows the person to substitute equal amounts of artificial sweetener for equal amounts of sugar.**
- 3. Since this is very acidic, substituting Sugar Twin or another granulated saccharin product should also work without adding too much of an aftertaste.**
- 4. Evaporated skim milk is an excellent product when a cream substitute is needed.**
- 5. Neufchatel cream cheese gives more texture and bulk to this product than a fat-free cream cheese does.**
- 6. Many times using a product made with an artificial sweetener like sugar-free gelatin will provide more texture and bulk than attempting to replace sugar in a recipe with artificial sweetener alone. Food manufacturers add other ingredients to sugar-free products not available to the consumer that provide texture and bulk lost when sugar is replaced.**

Italian Cheesecake

Serves 12

You'll Need -

1 1/2 cups skim milk
8 ounces Neufchatel cheese
2 tablespoons coffee
2 tablespoons brandy (optional)
1 4-serving size package of sugar-free vanilla pudding
2 cups lite whipped topping substitute
1 package ladyfingers, split
1 square semi-sweet chocolate, grated

Take Out -

1 8-inch spring form pan
electric mixer
spatula
liquid measuring cup
measuring spoons
small mixing bowl
large mixing bowl
knife
grater
dry measuring cup

1. Pour milk into large mixing bowl. Add cheese and mix well on low speed until smooth.
2. Add coffee, brandy and pudding. Mix again until smooth. Scrape down sides of mixing bowl as needed.
3. Gently stir whipped topping into the pudding-cheese mixture.
4. Cut ladyfingers in half crosswise. Cover bottom of spring form pan. Place remaining halves, cut-end down around sides of pan.
5. Spoon pudding-cheese mixture into pan.
6. Chill 3 hours. Remove sides of pan. Sprinkle grated chocolate around top edges of cheese cake.

Adapted from a recipe in the cookbook, There's Always Room for Sugar Free Jell-O.

Calories: 148
Carbohydrate: 15 grams
Fat: 9 grams

Sodium: 153 milligrams
Protein: 4 grams
Exchanges: 1 starch, 2 fats

Points to Remember About Cheesecake Recipe:

- 1. Sugar-free puddings substitute well in recipes that use regular pudding or that need a creamy texture.**
- 2. "Lite" whipped topping substitute (Lite Cool Whip) does contain some sugar and has small amounts of tropical oils so it should be used only occasionally.**
- 3. D-zerta brand sugar-free whipped topping mix should be able to be substituted for the Cool Whip if desired. It has less sugar but contains some tropical oil. It does require more preparation time and may be a little less stable.**
- 4. Neufchatel or Lite cream cheese can be used in this recipe but fat-free cream cheese may not work as well depending on the brand.**
- 5. The lady fingers and semi-sweet chocolate also contain some sugar so this dessert is for special occasions.**

Chocolate Angel Food Cake

Serves 12

You'll Need -

1 box (14.5 ounce angel food cake mix)
1/4 cup unsweetened cocoa, sifted
1/4 teaspoon chocolate flavoring
1 cup skim milk
1 4-serving box sugar-free instant chocolate pudding
8 ounces lite whipped topping substitute

Take Out -

electric mixer
large mixing bowl
flour shifter
liquid measuring cup
tube pan
1/4 cup dry measuring cup
medium mixing bowl
knife

1. In large bowl, combine flour packet of cake with the cocoa. Prepare cake according to package directions.
2. Fold in chocolate flavoring.
3. Bake cake in tube pan according to cake package directions.
4. When cool, remove from pan.
5. In medium-sized bowl, blend milk and instant pudding with mixer for one to two minutes. Fold in whipped topping substitute. Spread on cooled cake before cutting. Garnish with fresh fruit if desired.

Adapted from a recipe originally published in Diabetes Forecast, November, 1991.

Calories: 205

Carbohydrate: 40 grams

Fat: 5 grams

Sodium: 202 milligrams

Protein: 6 grams

Exchanges: 2 1/2 starches, 1 fat

Points to Remember about the Angel Food Cake Recipe:

- 1. Angel food cake is listed in the diabetic exchange list as an occasional food. It should be eaten only 1-2 times a week by a person in good control of their blood sugar.**
- 2. Baker's cocoa naturally is sugar-free and is relatively low in fat.**
- 3. Sugar-free pudding even without the whipped topping can be used as a substitute frosting on cakes.**
- 4. The whipped topping substitute does contain some sugar and tropical oils so this is also an occasional food.**
- 5. Either D-zerta brand sugar-free whipped topping or the Lite Cool Whip can be used.**

Fresh Cherry Cobbler

Serves 6

You'll Need -

2 tablespoons cornstarch
2 tablespoons sugar
1/8 teaspoon ground allspice
1 cup unsweetened white grape juice
4 cups sweet pitted
cherries with no added sugar
vegetable cooking spray
1/3 cup diet margarine
1/2 cup whole wheat flour
1/2 cup white flour
3 tablespoons cold water

Take Out -

measuring spoons
liquid measuring cup
knife
mixing spoon
measuring cups
large sauce pan
1 1/2 quart casserole dish
fork
pastry cloth and large cutting
board
medium mixing bowl

1. Combine cornstarch, sugar and allspice in saucepan. Stir in grape juice until blended.
2. Cook over medium heat, stirring constantly, until clear and thickened.
3. Remove from heat and add cherries.
4. Spray casserole with cooking spray. Spoon in cherry mixture.
5. Mix the whole wheat and white flours. Cut in margarine.
6. Add water and mix into ball.
7. Roll out on floured pastry cloth or cutting board. Cut into 1 inch strips.
8. Place strips in cross-wise pattern on top of cherries.
9. Bake in 425 degree oven for 20 minutes or until lightly browned and filling is bubbly.

(This cobbler will taste more sweet the next day as the grape juice penetrates the fruit. If it needs to be sweeter, sprinkle on some artificial sweetener before serving.)

Calories: 195

Carbohydrate: 34 grams

Fat: 6 grams

Sodium: 117 mg.

Protein: 4 grams

Exchanges: 1 Fruit, 1 Starch, 1 Fat

Points to Remember about Cherry Cobbler Recipe:

- 1. Fruit juice can sweeten a food with less sugar but it does contain some natural sugar so it is not a free food.**
- 2. Some sugar may be allowed in the diabetic diet if the blood sugar is in good control. Check with your dietitian or doctor to be sure sugar is right for you.**
- 3. The diet margarine makes the pie crust less flakey. Use a reduced fat not a no fat margarine for pastry.**
- 4. Using whole wheat flour for part of the flour will increase the fiber in the diet. Also whole wheat adds a nutty flavor to the dessert.**
- 5. Almond extract can be added to the cherry pie filling if desired.**

Mixed Berry Cobbler

Serves 12

You'll Need

Take Out-

1/4 cup light margarine
1 cup all-purpose flour
1 1/2 teaspoon baking powder
1 cup apple juice concentrate
1/2 cup water
2 teaspoons almond flavoring
4 packets saccharin-based sweetener
like Sweet and Low
12-ounce package frozen unsweetened
blackberries, thawed*
12-ounce package frozen unsweetened
raspberries, thawed*

2-3 quart casserole
small mixing bowl
measuring cups
measuring spoons
large mixing bowl

*You may use all blackberries or all raspberries or substitute blueberries for either. If you use blueberries, add a little lemon juice.

1. Pre-heat oven to 350 degrees F.
2. Melt margarine in casserole. Set aside.
3. Combine flour and baking powder in small bowl. Add apple juice concentrate and water. Mix well. Pour batter over melted margarine.
4. In large bowl, combine berries, berry juice and almond flavoring. Stir well and spoon over batter.
5. Bake for 45 minutes or until browned. Serve warm.

Calories: 126
Carbohydrate: 26 grams
Fat: 2.5 grams

Sodium: 70 milligrams
Protein: 1.6 grams

Exchanges: 1 Fruit, 1/2 Starch, 1/2 fat

Points to Remember about Mixed Berry Cobbler:

- 1. A saccharin-based sweetener will stay sweet when heated. A small amount is used because large amounts have a bitter aftertaste. The almond flavoring helps mask any aftertaste.**
- 2. Apple juice as a sweetener does add carbohydrate and calories to the dish. "Natural" sugar in the fruit must be counted as part of the carbohydrate and calories of the dessert. Many people find that a food sweetened with fruit juice will taste sweeter the longer it sits.**
- 3. Any combination of berries can be used in this dessert.**
- 4. Do not use fat-free margarine. It will not melt well. Tub or liquid reduced-fat margarine is lower in trans fatty acids than stick margarines.**

Layered Fruit Salad

22 Servings

You'll Need-

3 (9-inch) bananas or 3 cups sliced
2 (14-ounce) cans pineapple chunks
in own juice
4 cups seedless grapes (1 1/4 pounds)
4 cups (1 pound) large fresh strawberries

Take Out-

4-quart trifle dish
knife
measuring cups/kitchen scales

1. Slice bananas into bottom of trifle dish. Pour pineapple chunks and juice over bananas.
2. Sort and wash grapes. Arrange layer of grapes over pineapple.
3. Wash and stem strawberries, cutting away questionable areas. Arrange layer of strawberries over grapes. Cover with plastic wrap. Refrigerate until serving time.
4. If desired, garnish with washed fresh mint leaves or sliced kiwi fruit.

Calories: 58
Carbohydrate: 15 grams
Fat: 0 grams
Exchange: 1 Fruit

Sodium: 1 milligram
Protein: 1/2 gram

Points to Remember about the Fruit Salad Recipe:

- 1. Any unsweetened fruit can be used in this dessert.**
- 2. You can also top the salad with a dollop of plain yogurt sweetened with artificial sweetener or a fruit-flavored yogurt sweetened with aspartame.**
- 3. Even though fruit is "natural", it does contain carbohydrate and calories. A half cup serving equals one fruit serving. It is not a free food.**

Strawberry Dessert

8 Servings

You'll Need-

1/2 purchased angel food cake
1 (.3-ounce) package sugar-free
strawberry gelatin
3/4 cup boiling water
1 pint fresh strawberries
1 packet Sucralose
3/4 cup evaporated skim milk (chilled)
Fresh strawberries for garnish

Take Out-

large mixing bowl
medium mixing bowl
small sauce pan
mixing spoon
knife
cutting board
blender
can opener
plastic wrap
1 1/2 quart oblong casserole
dish
liquid measuring cup

1. Into large mixing bowl, break angel food cake into bite-size pieces. Set aside.
2. Dissolve gelatin into boiling water. Cool in refrigerator for 30 minutes.
3. Wash strawberries. Set aside 8 of the prettiest with stems on for garnish.
4. Stem and trim blemishes from the remaining strawberries. Put these in a blender, along with the packet of sweetener, chilled evaporated milk and cooled gelatin mixture. Process until well blended, light and fluffy.
5. Pour blended fruit mixture over angel food cake. Fold until cake pieces are coated and equally distributed. Pour into a 1 1/2 quart oblong casserole dish. Cover with plastic wrap and chill until serving time.
6. To serve, cut into squares and garnish with a strawberry fan made from the reserved strawberries.

Calories: 93

Carbohydrate: 19 grams

Fat: 0 grams

Sodium: 226 milligrams

Protein: 4 grams

Exchange: 1 starch

Points to Remember about the Strawberry Dessert:

- 1. Angel food cake is listed in the diabetic exchange list as an occasional food. It does contain about a tablespoon of sugar per serving. Any occasional food should be eaten only 1-2 times a week.**
- 2. Evaporated skim milk whips better when it is very cold. Cool in refrigerator overnight, then in the freezer for 15-20 minutes before whipping. It works best if there are a few ice crystals in it.**
- 3. Even though some of the carbohydrate comes from the fruit, it is easier to count the exchange as one starch instead of 1/4 fruit and 3/4 starch.**
- 4. This a great dessert to serve to anyone. Just don't tell your friends without diabetes and they'll never know.**