

SWEET TREATS



10-inch ovenproof skillet with cooking spray. Pour in the oil, swirling to coat the bottom. Heat over medium-high heat. Cook the apples for 3 minutes, stirring frequently. Reduce the heat to medium. Stir in the reserved sugar mixture. Cook for 30 seconds, or until the sugar is melted, stirring frequently. Remove from the heat. Spread the apples evenly. Pour the batter over the apples.

Bake for 8 to 10 minutes, or until the frittata is golden and slightly puffed.

Meanwhile, in a small bowl, whisk together the yogurt and remaining ¼ teaspoon cinnamon.

Cut the frittata into 4 wedges. Serve topped with the yogurt mixture.

Nutrition Analysis

(per serving)	
Calories	168
Total Fat	1.5g
Saturated Fat	0.0g
Trans Fat	0.0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	1.0g
Cholesterol	1mg
Sodium	217mg
Carbohydrates	27g
Fiber	1g
Sugars	19g
Protein	12g

Dietary Exchanges

2 carbohydrate
2 very lean meat

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Baked Apple Frittata

Serves 4; 1 wedge and 2 tablespoons yogurt per serving

This custardy creation is loaded with apples and cinnamon, and will fill your kitchen with a tantalizing aroma.

Ingredients

1 tablespoon sugar and 1 teaspoon sugar, divided use
½ teaspoon ground cinnamon and ¼ teaspoon ground cinnamon, divided use

⅓ cup fat-free milk
¼ cup all-purpose flour
½ teaspoon vanilla extract
1½ cups egg substitute
Cooking spray
1 teaspoon canola or corn oil
2 medium Granny Smith apples (about 10 ounces total), peeled, cored, and thinly sliced
½ cup fat-free vanilla yogurt

Directions

Preheat the oven to 425°F. In a small bowl, stir together 1 tablespoon sugar and ½ teaspoon cinnamon. Set aside. In a medium bowl, whisk together the milk, flour, vanilla, and remaining 1 teaspoon sugar until smooth. Thoroughly whisk in the egg substitute. Lightly spray a heavy

Having diabetes doesn't mean sweets are a no-no.
Try these recipes when you crave some cake or pine for pastry.

Chocolate Pudding Cake

Serves 12; 1 piece per serving

Rich and gooey, this easy-to-prepare pudding cake is intensely satisfying. It magically bakes into two distinct layers, one cakelike and the other a chocolate pudding sauce.

Ingredients

Cooking spray
1 teaspoon unsweetened cocoa powder

Cake Layer

1 cup all-purpose flour
½ cup sugar
⅓ chopped pecans

3 tablespoons unsweetened cocoa powder
2 teaspoons baking powder
⅛ teaspoon salt
½ cup fat-free evaporated milk
1 tablespoon canola or corn oil
1 teaspoon vanilla extract

Pudding Layer

½ cup sugar
¼ cup firmly packed light brown sugar
3 tablespoons unsweetened cocoa powder
1 cup water
½ teaspoon vanilla extract

Directions

Preheat the oven to 350°F. Lightly spray a 9-inch square baking pan with cooking spray. Dust the bottom with 1 teaspoon cocoa powder.

For the cake layer, in a medium bowl, stir together the flour, sugar, pecans, cocoa powder, baking powder, and salt. Add the evaporated milk, oil, and vanilla, stirring until well combined. Using a rubber scraper or the back of a large spoon, spread the batter in the pan.

(The batter will be very thick.)

For the pudding layer, in another medium bowl, stir together the sugar, brown sugar, and cocoa powder. Whisk in the water and vanilla. Pour over the batter. Do not stir.

Bake for 25 to 30 minutes, or until the cake springs back when touched lightly in the center. (A cake tester or wooden toothpick doesn't work well for testing doneness here.) Transfer to a cooling rack and let cool in the pan for 10 to 15 minutes. Serve hot, warm, or at room temperature, spooning the pudding over the cake.

Nutrition Analysis

(per serving)	
Calories	175
Total Fat	4.0g
Saturated Fat	0.5g
Trans Fat	0.0g
Polyunsaturated Fat	1.0g
Monounsaturated Fat	2.0g
Cholesterol	0mg
Sodium	105mg
Carbohydrates	33g
Fiber	1g
Sugars	23g
Protein	3g

Dietary Exchanges

2 carbohydrate
1 fat

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Spiced Peach Packets with Frozen Yogurt

Serves 4; $\frac{3}{4}$ cup fruit and $\frac{1}{4}$ cup frozen yogurt per serving



You can enjoy this dessert year round by using either fresh or frozen peaches and cooking the packets in the oven or on the grill.

Ingredients

4 cups peeled and thinly sliced fresh peaches (about 5 medium) or frozen unsweetened sliced peaches, thawed

$\frac{1}{4}$ cup honey
 3 tablespoons fresh orange juice
 1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground nutmeg
 1 cup fat-free vanilla frozen yogurt

Directions

Preheat the oven to 425°F. In a small bowl, combine all the ingredients except the

yogurt, stirring to coat the peaches.

Cut four 12-inch-square pieces of aluminum foil. Spoon the peach mixture, including any juice, onto the center of each piece. Make packets by folding all the sides toward the center, over the peaches. Double fold the edges together to tightly seal the packets. Place the packets in a single layer on

a baking sheet.

Bake for 15 to 20 minutes, or until the peaches are tender. Being careful to avoid steam burns, open the packets, allowing the steam to escape. Pour into small bowls. Top each serving with the frozen yogurt. Serve immediately.

Cook's Tip: To grill the peaches, assemble the packets as directed, but use heavy-duty aluminum foil. Preheat the grill on medium high. Place the packets on a grill grate and grill on a covered grill for 8 minutes. Turn the packets over and grill for 5 minutes, or until the peaches are tender.

Nutrition Analysis

(per serving)

Calories	188
Total Fat	0.5g
Saturated Fat	0.0g
Trans Fat	0.0g
Polyunsaturated Fat	0.0g
Monounsaturated Fat	0.0g
Cholesterol	1mg
Sodium	43mg
Carbohydrates	45g
Fiber	3g
Sugars	42g
Protein	5g

Dietary Exchanges

1 fruit
 2 carbohydrate

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Bran Muffins

Serves 12; 1 muffin per serving

Bake a batch of these tasty muffins to enjoy throughout the week. They're great for breakfast on the go.

Ingredients

Cooking spray
 1½ cups bran flakes cereal
 1 cup fat-free milk
 ½ cup uncooked quick-cooking oatmeal and 2 tablespoons uncooked quick-cooking oatmeal, divided use
 ½ cup unsweetened applesauce

¼ cup egg substitute
 1 tablespoon olive oil
 1¼ cups all-purpose flour
 ⅓ cup firmly packed light brown sugar
 2 teaspoons baking powder
 1 teaspoon pumpkin pie spice
 ¼ teaspoon baking soda

Directions

Preheat the oven to 375°F. Lightly spray a 12-cup muffin pan with cooking spray.

In a medium bowl, stir together the bran flakes, milk, ½ cup oatmeal, applesauce,

egg substitute, and oil. Let the mixture stand for 5 minutes, or until the bran flakes and oatmeal are softened.

Meanwhile, in a small bowl, stir together the flour, brown sugar, baking powder, pumpkin pie spice, and baking soda. Stir into the bran flakes mixture until just blended (no flour remains visible). Don't overmix; the batter will be slightly lumpy. Spoon into the muffin cups. Sprinkle with the remaining 2 tablespoons oatmeal.

Bake for 18 to 20 minutes,

or until a cake tester or wooden toothpick inserted in the center comes out clean. Transfer the muffin pan to a cooling rack and let the muffins cool in the pan for 5 minutes. Turn the muffins onto the rack and let cool completely, 20 to 30 minutes. You can store leftover muffins in an airtight container in the refrigerator for up to one week or in the freezer for up to four months.

Cook's Tip: on Filling Muffin Pan Cups: A spring-loaded ice cream scoop works well for filling the muffin pan cups. Lightly spray the scoop with cooking spray first, and the batter will slide right out.

Nutrition Analysis

(per serving)	
Calories	129
Total Fat	1.5g
Saturated Fat	0.5g
Trans Fat	0.0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	1.0g
Cholesterol	0mg
Sodium	149mg
Carbohydrates	25g
Fiber	2g
Sugars	9g
Protein	4g

Dietary Exchanges

1½ starch

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Honey-Ginger Fruit Dip

Serves 12; 2 tablespoons per serving



Fresh ginger adds the “wow” factor to this dip. It is especially good with crisp apple or pear slices.

Ingredients

- 1 8-ounce can crushed pineapple in its own juice, drained
- ½ cup fat-free sour cream
- ½ cup fat-free vanilla yogurt

- 2 teaspoons honey
- 1 teaspoon grated peeled gingerroot
- ½ teaspoon poppy seeds

Directions

In a small bowl, stir together all the ingredients.

Nutrition Analysis
(per serving)

Calories	33
Total Fat	0.0g
Saturated Fat	0.0g
Trans Fat	0.0g
Polyunsaturated Fat	0.0g
Monounsaturated Fat	0.0g
Cholesterol	2mg
Sodium	17mg
Carbohydrates	7g
Fiber	0g
Sugars	6g

Protein 1g

Dietary Exchanges

½ carbohydrate

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