

# Crave Dessert?

How to create diabetes-friendly sweet treats

February 26, 2015 By [Gerrie E. Summers](#)

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Although you may find it hard to believe, people with diabetes can enjoy cakes, cookies, pies, tarts and other delectable desserts of all kinds. But these usually off-limits sweets must be either eaten in moderation or modified to make them appropriate for a diabetic's after-dinner satisfaction. If you choose to modify a dessert, says Sobia Khan, RD, MSc, author of the cookbook *150 Best Indian, Asian, Caribbean and More Diabetes Recipes*, simply cut back on the sugar and make some additional adjustments to the ingredients, as shown below. You can satisfy your sweet tooth without guilt or worry about your health.

- Use substitute sweeteners to ease sugar out of your dessert equation.
- Skip butter or shortening, ghee or lard, and use oils.
- Forget cream, or use less of it, and switch to using milk with 1 percent fat, or skim milk.
- If the recipe screams for chocolate, try using darker chocolate, 70 percent or more, and use pure cocoa, not a premade chocolate that may have added sugar.
- Try whole wheat, spelt, soy, millet, buckwheat or oat flour instead of white flour to lower the dessert's glycemic index (the ranking of a food's effect on blood sugar levels) and add fiber.
- It's OK to eat your favorite dessert occasionally; just don't go overboard, Khan suggests. "If you know you're going to have dessert, cut down on carbs, such as rice, bread or pasta, earlier in the meal to avoid a spike in blood sugar."

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