



## EID MUBARAK!



It can be difficult for people with diabetes to fully enjoy their Eid celebrations as many of the traditional desserts are high in sugar which cause blood glucose (BG) levels to rise to high levels very quickly. Even when insulin is given, it doesn't always bring BG levels down.

The Diabetes Team would like our patients to enjoy Eid, joining in the celebrations with their family and enjoying their food.

The traditional desserts like Jalebi, Gulab Jamen and Barfi are difficult to make healthier. We have tried to give you some ideas for some healthier desserts for the whole family to try, the carbs you need to count are in brackets. Send us your Eid recipes and pictures we can share them on our app.

Please check your BG 2 hours after these dishes especially if you know your BG rises with certain foods

### Cardamom Cookies

#### Ingredients (25 cookies):

- 200g plain flour (gluten free flour can also be used) (170g)
- 50g ground almonds (0g)
- 30g xylitol (15g)
- ½teaspoon green cardamom powder (0g)
- Pinch of salt (0g)
- ½ teaspoon baking powder (0g)
- 1 egg (0g)
- 60g coconut oil or butter, melted (0g)
- Cashew/pistachio nuts to garnish (0g)

$$170 + 15 = 185\text{g carbs}$$

$$185 \div 25 = 7.4\text{g}$$

7g carbs per cookie



#### Method:

1. Preheat your oven to 200°C
2. Sift the flour, baking powder and spices into a bowl
3. Add a pinch of salt, the ground almonds and xylitol and stir in
4. Add the egg and the melted butter or coconut oil and mix to form a dough
5. Leave to chill in the fridge for at least 30mins
6. Roll out so the dough is about the thickness of a pound coin and cut into discs using a cookie cutter. You should get about 25 cookies
7. Add a cashew or pistachio nut to the middle of the cookie and bake in the oven until golden
8. Remove and allow to cool

# Sevian Kheer

## Ingredients (serves 6):

- 150g raw vermicelli (114g)
- 3 cloves or 1 cinnamon stick (whichever flavour you prefer) (0g)
- 800ml milk (40g)
- 3 teaspoons rosewater (0g)
- 50g butter (0g)
- 2-3 green cardamom pods, seeds crushed (0g)
- 30g xylitol (15g)

## Method:

1. Fry the vermicelli in the butter until golden brown. Set aside
2. Boil the milk with the spices and the xylitol. Once it has come to the boil, turn down the heat and simmer for 5 - 10 mins
3. Remove the cloves or cinnamon stick and discard
4. Add the vermicelli and simmer until thickened

$$114 + 40 + 15 = 169\text{g carbs}$$

$$169 \div 6 = 17.1\text{g}$$

28g carbs per portion



## Tahini stuffed dates with chocolate cardamom sauce

### Ingredients:

- 20g tablespoons light tahini (0g)
- 10 medjool dates, pitted (150g)
- 100g 70% dark chocolate, broken into pieces (34g)
- ½ teaspoon ground cardamom (0g)
- 2 tbsp chopped pistachio nuts (0g)



### Method:

1. Spoon a small amount of the tahini into the middle of each date. Place on a baking sheet or freezer-proof board and chill in the freezer until the tahini is firm and set.
2. Meanwhile, melt the chocolate in a heatproof bowl set over a saucepan of gently simmering water (do not allow the bottom of the bowl to touch the water). Stir the ground cardamom into the melted chocolate.
3. Transfer the dates to serving plates and pour over the chocolate mixture. Sprinkle with the pistachio nuts and serve immediately.

$$150 + 34 = 184\text{g carbs}$$

$$184\text{g} \div 10 = 18.4\text{ g}$$

18g carbs per date

## Squash Halwa

### Ingredients:

- 450g/1lb pumpkin or squash (36g)
- 568ml/1 pint milk (27g)
- 1 teaspoon cardamom seeds, crushed (0g)
- 30g clarified butter (0g)
- 30g xylitol (15g)
- 45g halved cashew nuts, almonds or pistachios, lightly toasted (0g)
- 1 teaspoon rosewater (0g)



### Method:

1. Trim, peel and finely grate the squash or pumpkin
2. Combine them with milk, cardamom in a large non-stick frying pan.
3. Heat gently and bring to a simmer, stirring occasionally.
4. Cook until the squash is tender and almost all the liquid has evaporated, stirring frequently as the mixture thickens.
5. Add butter, xylitol, nuts, and rosewater (if using), and stir well.
6. Spread the halwa out in a shallow pan to cool; garnish with the cashews
7. When cool, cut into squares and serve.

$$36 + 27 + 15 = 78\text{g carbs}$$

$$78\text{g} \div 20 = 3.9\text{g}$$

4g carbs per square

Note: maybe more if you do not get 20 portions

## Raspberry and Rosewater Fool

### Ingredients (serves 6):

- 400g raspberries (20g), plus 18 raspberries for decorating. Frozen raspberries can be used
- 30g xylitol (15g)
- squeeze lemon juice (0g)
- 300ml double cream (0g)
- 100ml low fat Greek yoghurt (5g)
- 1-2 tablespoons rosewater, or to taste (0g)
- 30g–50g toasted coconut flakes, to decorate (0g)

### Method:

1. Put the raspberries and xylitol in a saucepan and add the lemon juice. Press the berries lightly with the back of a fork. Cook over a medium heat for 10–15 minutes, or until the mixture thickens, then remove from the heat and set aside to cool completely.
2. Meanwhile, put the cream in a bowl and whisk to soft peaks. Add the yoghurt and rose water to taste (be careful as rose water varies considerably) and fold together gently. Pour in the cooled raspberry mixture and ripple through
3. Spoon the mixture into six pots and leave to chill in the fridge for at least 1 hour.
4. Top with extra raspberries, toasted coconut flakes and serve.

$$20 + 15 + 5 = 50\text{g carbs}$$

$$50\text{g} \div 6 = 8.3$$

8g carbs per portion



# Fruity Fattoush

## Ingredients (serves 8):

### For the crispy tortillas

- 4 small or 2 large flour tortilla wraps, cut into 1cm/½ inch pieces (70g)
- 10g spread, melted or spray oil (0g)
- ½ teaspoon ground cinnamon (0g)

### For the fruit salad

- 400g fresh strawberries, hulled and quartered (24g)
- 1 large orange, peeled and segmented (13g)
- 120g fresh pineapple (12g)
- 200g green grapes, halved lengthways (30g)
- 200g frozen blueberries (18g)
- 150g frozen raspberries (11g)
- 2 passion fruit, halved and pulp spooned out (8g)
- 2 tablespoons sunflower seeds or pumpkin seeds (0g)
- 25g mint, roughly chopped (0g)



## Method:

1. Begin by making the crispy tortillas. Preheat the oven to 200°C/180°C Fan/Gas 6. Put the tortilla pieces in a large baking tray in a single layer. Pour over the melted spread or spray with oil, then, using your hands, toss the tortillas around so that each piece is coated.
2. Sprinkle over the cinnamon and make sure the pieces are coated well.
3. Transfer the tortillas to the oven and bake until crispy. They will not take long – minutes, so keep a close eye on them so that they do not burn. You may need to turn them over part way through
4. You will know they are ready when they make a crunchy sound when dropped onto the tray. Once the tortillas are crisp, leave them on the tray to cool and dry out a little bit more while you put the salad together.
5. Put all the salad ingredients into a large bowl and mix together. This can be done just before serving, so that the frozen fruit stays frozen.
6. Serve in individual bowls and sprinkle the crispy tortillas over the top.

$$70 + 24 + 13 + 12 + 30 + 18 + 11 + 8 = 186\text{g carbs}$$

$$186\text{g} \div 8 = 23.25\text{g}$$

**23g carbs per portion.**

**If you want to use other fruit, remember to carb count**

**Can use gluten free wraps**



## Chocolate Cardamom Truffles

### Ingredients (makes 30):

- 200g 70% dark chocolate (64g)
- 300ml double cream (0g)
- 50g butter (0g)
- 30g xylitol (15g)
- ½ - 1 teaspoon cardamom (powdered or crushed seeds)
- Sesame seeds or unsweetened desiccated coconut, or chopped pistachio nuts, toasted to roll the truffles in

### Method:

1. Whip the double cream until quite stiff
2. In a separate bowl, melt the butter, chocolate, xylitol and cardamom
3. Fold the cream and the chocolate sauce
4. Cool until the mixture 'sets'
5. Use a teaspoon to scoop some of the mixture and roll into a ball
6. Coat with the sesame seeds, coconut or pistachio's

$$64 + 15 = 79\text{g carbs} \quad 79\text{g} \div 30 = 2.6\text{g}$$

3g carbs per truffle



# Rice Kheer

## Ingredients (serves 5):

- 50g raw basmati rice (42g)
- 1l milk (50g)
- 20g xylitol (10g)
- 2 -3 cardamom pods (0g)
- Kewra essence (optional) (0g)
- Nuts and or coconut flakes (0g)



## Method:

1. Wash the rice under running cold water. Soak in plenty of cold water for 30 mins
2. Toast your butts and/or coconut in a warm pan until golden brown. Set aside to the end
3. Drain the rice and then crush the grains with your hands
4. Add the rice, xylitol, and cardamom pods in a heavy based saucepan and add the milk
5. Bring to the boil on a medium heat, stirring often so the milk does not burn on the bottom of the pan.
6. Simmer and stir until the rice is tender and the pudding has thickened.
7. Remove the cardamom pods and add the kewra essence (if using)
8. Scatter your toasted nuts and/or coconut on the top of the pudding before serving

$$42 + 50 + 10 = 102\text{g carbs}$$

$$102\text{g} \div 5 = 20.4\text{g}$$

20g carbs per portion

You can make this healthier using a lower fat milk ( the carbs will be the same) or a plant based milk, eg oat milk (70g carbs) or almond milk (30g carbs)

Note: To make Phirni, this recipe can be used but replace rice with ground rice – the carbs should be the same

## Popular Flavourings for kheer:

- ❖ **Cardamom, cinnamon or nutmeg**
- ❖ **Rose Water:** a splash of rose water goes a long way in giving the kheer that flowery aroma.
- ❖ **Saffron:** can be expensive but if you are making kheer for a special occasion then saffron gives a nice colour and aroma.
- ❖ **Nuts:** cashews, almonds, pistachios
- ❖ **Kewra essence:** is an extract distilled from pandanus flowers and used to flavour lot of Indian dishes and desserts.

### Desserts that are best avoided:

- Jaggery
- Jalebi
- Gulab Jamen
- Ladoo
- Barfi

### Try instead:

- 1) **Sugar free jelly and cream** (not whipped cream as this contains sugar) 0g carbs
- 2) **Sugar free ice lollies** – simply make up your favourite sugar free cordial, pour into lolly moulds and freeze 0g carbs
- 3) **Fruity Choc Pops ( see below)**



### **Fruity Choc Pops**

- 100g 70% dark chocolate (32g)
- Fruit of your choice chopped into bite sized pieces
- Chopped nuts (toasted in the oven for a few minutes) – optional (0g)
- Lolly sticks

#### **Method:**

1. Toast the nuts and lay over greaseproof paper
2. Melt the chocolate and place a dessertspoon of melted chocolate onto the toasted nuts – you should get 6 ‘pops’. Insert your lolly stick
3. Place your fruit on top of the soft chocolate
4. Place in fridge to firm
5. Peel off the greaseproof paper and serve

**10g carbs per fruit pop**