

## Gulab Jamun

(each Gulab Jamun will have 6g carbs)

Eid al- Fitr is also called 'Festival of Breaking the Fast' that marks the end of Ramadan.

Desserts and puddings in Asian cuisine are traditionally very sweet and carbohydrate based, therefore making it very difficult for people with diabetes to celebrate Eid and enjoy the feast without the risk of raising their blood glucose to a high level. One ball of Gulab Jamun usually contains about 54g carbs. We wanted to include a well-loved recipe containing less sugar that everyone can enjoy.

This recipe uses xylitol instead of sugar. Xylitol is a carbohydrate known as a 'sugar alcohol' usually processed from natural plant sources. However, xylitol is poorly absorbed by the digestive system and acts as soluble fibre. Because of this, it does not raise blood glucose fast. When you carb count, just **count** half the carbs in the amount of xylitol used (see recipe below).

If too much xylitol is consumed, it may cause some bloating or a laxative effect. As with all new foods, it's good for you to understand how it affects your blood glucose (BG). So, if you try this recipe, we would recommend you to test your BG 2 hrs after eating.

### Ingredients (carbs shown in bold) Makes 15 small balls

- 140g ricotta cheese (**0g carbs**)
- 70g coconut flour (**11g**)
- 70g ground almonds (**don't need to count nuts**)
- ½ teaspoon bicarbonate of soda
- 150g xylitol (50g for the dough and 100g for the syrup) (**75g**)
- 100mls water
- 4 cardamom pods
- Flaked almonds and/or pistachio nuts or desiccated coconut to garnish
- Vegetable oil for frying



**Total carbs 86g in the recipe. 15 small Gulab Jamun balls = 86 ÷ 15 = 5.7g = 6g carbs per gulab jamun ball**

### Method:

1. In a bowl, mix together the ricotta cheese, coconut flour, ground almonds, bicarbonate of soda and 50g of the xylitol until a soft dough has formed. Leave to rest for 15mins.
2. Meanwhile, make the syrup by mixing 100g xylitol with the water and add the cardamom pods to flavour the syrup. Simmer for 15 mins until the liquid thickens (it thickens more as it cools so make sure you cover your gulab jamuns before the syrup gets too thick)
3. Make your gulab jamun balls. Put a tiny amount of oil on your hands to prevent the dough from sticking. Pull a small amount of the dough and roll in your hands until smooth (so they do not fall apart when frying).
4. When you have 15 gulab jamun balls, heat your oil on a medium heat
5. Fry 2-3 balls at a time, flipping over gently to brown both sides. Place on kitchen tissue when golden brown.
6. When they are all cooked, pour over or place in the syrup and leave for 30 mins for the syrup to soak into the gulab jamun balls
7. Garnish with chopped nuts or roll in desiccated coconut