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Chocolate Mousse Recipe This easy 4-ingredient dessert features frozen whipped topping and sugar-free chocolate syrup and has only 11 grams of carbohydrate per serving.

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Diabetic Dessert Recipes EatingWell

Desserts for a Diabetic Diet! These diabetic desserts are lower in carbohydrates and in calories to keep your blood sugar in check while indulging your sweet tooth.

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Continued. Instead of following recipes to a T, sub in items like applesauce for oil or artificial sweeteners for sugar. No surprise, portion control is also a big deal when it comes to home-baked

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Diabetic Gluten free Dessert Recipes healthhearty com

A gluten-free diet is recommended for the treatment of diabetes, celiac disease, and wheat allergy. But when it comes to sweets, the diet usually fades. So, here are some simple diabetic gluten-free dessert recipes that will not only satisfy your taste buds, but will also help maintain your diet plan.

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Chef John's simple Italian dessert ice has just a few ingredients and brings you the pure, fresh taste of sweet strawberries to refresh you on the hottest of days. Garnish with a sprig of spearmint or a beautiful fresh strawberry.

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