

# DISCOVERING DIABETIC SWEET TREATS

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**14–20th June is Diabetes Awareness Week. Diabetes is on the rise globally and can have serious health implications for those living with both Type 1 and Type 2 Diabetes.**

There has been lots of research and guidance to indicate that a healthy balanced diet can in fact help to support and, in some cases, reverse type 2 Diabetes and pre-Diabetes.

When deciding to make **healthier food choices** to better support health and wellbeing, it can often feel like hard work and may even signify to some people that they need to resign themselves to a lifetime of boring, 'healthy' food.

## Healthy choices can be delicious!

The truth is that healthy food is far from uninteresting when you get the hang of it! It can take work in the beginning whilst changing habits and making positive adjustments to your diet, but **there is a world of flavour, colour and texture to explore!**

Being a diabetic *does* mean that you should limit the amount of refined carbs and sugars you consume. It *doesn't* mean that all sweet treats should never pass your lips ever again. It is all about choices and changing the nutritionally deplete, unhealthy refined options for tasty nourishing,

healthy alternatives.

## Low-Carb Chocolate Greek Yoghurt Ice Cream

This recipe from *Diabetes Strong* is easy to make and good for blood sugar balance. Especially good for a hot day!

Prep Time: 2 hours

Total Time: 2 hours

Servings: 1

### Ingredients

- 2½ oz fat-free Greek yogurt
- ½ oz vanilla protein powder
- 1 tsp unsweetened cocoa powder
- ½ cup unsweetened almond milk
- 1 tsp vanilla extract
- 2 tbsp Stevia to taste
- Almonds and berries (optional)

### Instructions

- Blend yogurt, protein powder, cocoa, Stevia and almond milk thoroughly. I recommend using a blender, although a whisk and some elbow grease will work as well.
- Place in your freezer or ice cream machine.
- If making in the freezer, take the ice cream out after an hour and turn it over gently with a spoon to avoid it becoming one big ice block. Repeat every 30 minutes until the ice cream has the right consistency (it should take about 2 hours total).
- When you're ready to enjoy, take the ice cream out of the freezer 5-10 minutes before you serve it to let it soften up a bit.

### Recipe Notes

- This recipe is for 1 serving of ice cream.
- You can make the recipe in an ice cream machine or in the freezer. If using the freezer, make sure to stir every 30 minutes for two hours to break up the ice crystals.
- I recommend sliced almonds and raspberries for your toppings, but you can choose any you prefer.

This dessert can be left in the freezer for up to a week.

References: [diabetesstrong.com/healthy-chocolate-yogurt-ice-cream](http://diabetesstrong.com/healthy-chocolate-yogurt-ice-cream)