

Title:

Jello Shot Dessert

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Summary:

It's very simple to produce tasty jello desserts for your diabetic partner. When it comes to t

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Article Body:

It's very simple to produce tasty jello desserts for your diabetic partner. When it comes to t

Here are a few of the favorites for jello desserts:

Easy Orange/Banana Parfait

1 package Light Orange Jello (no sugar)

2 cups vanilla yogurt (fat free, no sugar but artificially sweetened)

1/2 tsp vanilla

2 tsp Splenda

1 banana

1/8 cup Light cream cheese

Makes 4 servings

Prepare the jello per the package directions. When it is partially set, slice and drop your ba
Beat the remaining ingredients well together and set aside in the fridge.

Just before dinner put your dessert together. I use parfait glasses, they add to the fun and l
Drop a dollop of yogurt mixture into the bottom of each of 4 dishes and a scoop of the jello a

I have tried different flavors and different fruit, but, hubby likes the orange banana the bes
Faux Apple Crisp

3 large apples (jona golds are the best, in my opinion)

Cinammon

Sprouted wheat bread (I use Ezechial cinammon raisin from the health food store - 2 slices, th
9" square casserole dish

Makes 4 servings

Preheat oven to 375F. Spray your casserole dish with a non stick spray.

Peel, core, and slice your apples thinly into your baking dish. Sprinkle with cinammon (as muc

I take my bread from the freezer and grind it into crumbs in the blender. Now sprinkle evenly

Bake uncovered in your oven 40 mins. or until your apples are cooked tender.

Cool and serve with flavored yogurt, artificially sweetened.

You can swap out the apples for blueberries, fresh or frozen. Just coat the berries first with

It's not been as hard an adjustment as we thought it would be and we are both eating healthier

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