



# Healthy Sugar-Free Desserts Guide

If you've ever tried giving up sugar, you know the struggle of navigating those tempting sweet treats. But fear not, because we've got a game-changing guide to help you satisfy your sweet tooth without sending your blood sugar on a rollercoaster ride.

In the first section of this guide, you'll discover healthier ingredient swaps to use in your cooking and baking. Next, we'll explore how to put these ingredients to work with 7 mouthwatering dessert recipes that not only satisfy your cravings but also help stabilize your blood sugar, so you can enjoy sweet treats without the post-dessert sugar crash.

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# Understanding Blood Sugar and Desserts

Blood sugar isn't just about the amount of sugar floating around in your bloodstream. It affects your health and how you *feel*. Where your blood sugar goes, energy and mood follow. When blood sugar is high your energy is frazzled and your mood is anxious, but when blood sugar crashes you feel exhausted and your mood is irritable. Can you relate?

A necessary priority for increasing energy, boosting metabolism, and *feeling* better, is to stabilize blood sugar. Unfortunately, most traditional desserts do exactly the opposite, spiking blood sugar and leaving you feeling crummy. So we created this guide to show you how to use better baking ingredients that will prevent those rollercoaster swings while still allowing you to enjoy foods you love.

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## Ingredient Swaps for Healthier Desserts

Below are healthier swaps for common dessert pantry staples, and one spice that's a superstar for healthy, stable blood sugar levels. Simply upgrading these 5 ingredients in your baking adventures can go a long way in preventing those dangerous blood sugar spikes and annoying crashes.

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### 1. Level-Up Your Sugar Game

Processed sugar may be the most dangerous thing in your pantry. In addition to sending blood sugar soaring, it also increases inflammation, weakens the immune system, and increases risk for chronic diseases like diabetes, obesity, cardiovascular disease, and even cancer. High glycemic foods, such as refined sugar, lead to insulin resistance, which is a precursor to diabetes.

Understanding these risks empowers us to make informed choices about the ingredients we use in our desserts, cultivating a healthier lifestyle.

#### Healthier Sugar Substitutes

Now that we've identified the risks of processed sugar, let's explore three healthier alternatives that won't wreak havoc on your blood sugar levels. They all have a glycemic index of zero.

## 1. Stevia:

- A natural sweetener derived from the leaves of the Stevia rebaudiana plant that has zero impact on blood sugar..
- Can be used in liquid or powder forms:



<https://amzn.to/3v2FCqp>



<https://amzn.to/3RmwDaV>

## 2. Monk Fruit:

- Extracted from the monk fruit, native to Southeast Asia, contains natural sweetness without the blood sugar impact.
- Can also be used in liquid or powdered forms. Powdered form is often mixed with another sweetener, so make sure to read the ingredient list on the label! This Monk Fruit & Allulose blend is what I use in my baking as a 1-to-1 replacement for refined, granulated sugar.



<https://amzn.to/3tlZIRg>



<https://amzn.to/48joo6b>

### 3. Allulose:

- A low-calorie sugar substitute found naturally in certain fruits that provides the sweet taste without impacting blood sugar.
- This sweetener behaves similar to sugar in cooking and baking, so it's great as a 1-to-1 sugar replacement in recipes, and is sometimes combined with other zero glycemic sweeteners in 1-to-1 sugar substitute mixes. I also have linked for you the allulose based 'brown sugar' and 'powdered sugar' options I use.



<https://amzn.to/3GLr7JW>



<https://amzn.to/403leTe>



<https://amzn.to/3NpZ7ip>

Opting for these substitutes allows you to enjoy the sweetness in your desserts while reducing the risks associated with processed sugar. Feel free to experiment with these alternatives in your recipes, and find the perfect balance for your taste buds and health.

For more information on these healthier sugar substitutes, I wrote an entire blog article on them, you can check it out [HERE](#).

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## 2. Flour Power

Traditional refined white flour, a common baking staple, is another problematic ingredient that causes blood sugar spikes due to its high glycemic index. Glycemic index refers to how quickly a food raises blood sugar - foods with a high glycemic index spike blood sugar higher and more quickly than foods with a low glycemic index.

### **Enter Almond Flour, Your Low-Glycemic Superhero**

Almond flour is a low-glycemic alternative with a glycemic index of less than 1, preventing those blood sugar spikes that come with processed flour. Unlike white flour that is stripped of any nutrients, almond flour contains vitamins, minerals, healthy fats and protein, so this swap just made your desserts more nutritious!



<https://amzn.to/471vOKc>

## Incorporating Almond Flour into Your Recipes

- Seek Out Almond Flour Recipes:
  - Look for recipes specifically designed for almond flour to ensure proper proportions and consistency in your baked goods.
- Experiment in Your Favorite Recipes:
  - Gradually replace a portion or all of the white flour in your go-to recipes with almond flour.
  - Experimentation will help you find the right balance for your taste preferences.
- Combine with Other Flours:
  - Mix almond flour with other low-carb flours like coconut flour for a well-rounded texture and flavor profile.

By embracing almond flour as your flour alternative, you're not just making a smart choice for your blood sugar; you're also enhancing the nutritional content of your favorite treats. The journey to diabetes-friendly desserts is about making simple yet impactful substitutions, and almond flour is your ticket to a sweet and health-conscious culinary adventure.

### 3. Dairy Upgrade

While dairy is often considered a wholesome food, it's crucial to navigate the nuances, especially when managing blood sugar and insulin levels. Certain dairy proteins, especially whey protein, can elevate insulin levels after consumption. Over time, high levels of insulin make it more difficult for the body to regulate blood sugar effectively. Add to this the fact that: 1) lower fat milks (which people commonly opt for) contain more sugar, and 2) in people that have digestive or immune responses to dairy, it can increase inflammation levels which make blood sugar regulation more difficult. Suffice it to say that swapping out dairy milk can be a helpful way to support your health goals.

#### Swapping for Healthy Alternatives

Making a simple switch in your milk selection can make a substantial difference in managing insulin, blood sugar, and inflammation responses. Swap out traditional dairy milk for the following alternatives (unsweetened of course!):

- Coconut Milk:
  - Rich and creamy, coconut milk offers a delicious twist to your recipes.
  - Boxed coconut milk is a great option but full fat canned coconut milk is a great option when you need a heartier or thicker option



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<https://amzn.to/471y18J>

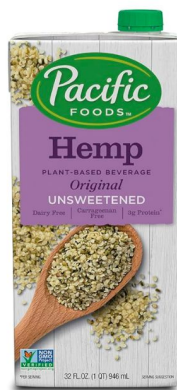
- Almond Milk:

- Almond milk provides a nutty flavor without the insulin-spiking effects of certain dairy proteins.
- It's a versatile option that complements a variety of dishes, both sweet and savory.



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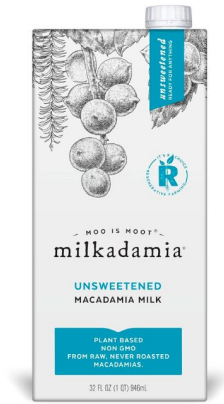
- Hemp Milk:
  - Hemp milk is a plant-based powerhouse, delivering essential fatty acids and a mild, nutty taste.
  - Its nutritional profile makes it a stellar choice for those seeking a dairy-free alternative.



<https://amzn.to/47TZ330>



- Macadamia Nut Milk:
  - Macadamia nut milk offers a rich and buttery flavor, providing a luxurious touch to your culinary creations.
  - Low in carbs and high in monounsaturated fats, it's a heart-healthy choice.



<https://amzn.to/3ttEYBz>

By opting for these healthy dairy alternatives, you're not just avoiding potential insulin surges; you're also embracing a diverse and delicious array of flavors. It's a simple yet impactful step toward crafting desserts that prioritize both taste and health.

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## 4. Oil Overhaul

Before we delve into the healthier alternatives, let's shed light on the potential pitfalls of low-quality refined vegetable oils. Although these oils, often found in traditional desserts, don't spike glucose levels, they are inflammation magnets and are associated with an increased risk for type 2 diabetes and other chronic health conditions. It's easy to swap out these low quality oils, and you may even already have these healthier alternatives in your pantry!

**Quick note on butter:** you can certainly continue using butter in your baking. Butter is mostly fat so it doesn't have the insulin raising effect that dairy products

higher in **protein** have. So if you use quality butter in your baking, there's no need to change that if you don't want to!

However, when a recipe calls for vegetable oil, swapping it with coconut, avocado, or olive oil are much healthier choices.

## 1. Coconut Oil:

- Benefits: Rich in medium-chain triglycerides (MCTs), coconut oil offers potential benefits for metabolism and energy.
- Smoke Point: 350 degrees, making it a great option for your baking.
- (The smoke point is the temperature which an oil or fat begins to burn)



<https://amzn.to/3Rq2g3t>

## 2. Avocado Oil:

- Benefits: Packed with monounsaturated fats and antioxidants, avocado oil supports heart health.
- Smoke Point: 510-520 degrees, making it ideal for high-heat cooking and baking.



<https://amzn.to/4amgwme>

### 3. Olive Oil:

- Benefits: Abundant in heart-healthy monounsaturated fats and antioxidants.
- Smoke Point: 350-410 degrees, making it another great option for baking.



<https://amzn.to/3v2GgnP>

By choosing these healthier oil alternatives, you're not just upgrading your culinary choices; you're making a conscious decision to prioritize your health. Remember, small changes in your kitchen can lead to significant benefits for your well-being.

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## 5. Chocolate Bliss

A plethora of desserts we love contain chocolate chips. Traditional semi-sweet chocolate chips are high in sugar (8 grams per tablespoon!) and low in fiber, making them tiny blood sugar-spiking bombs. Thankfully there is a better option that's both tasty and much easier on blood sugar levels.

Chocolate chips that contain 85% **or more** of cocoa are a much better option. My favorite is the Pascha brand of chocolate chips. Their Organic Bitter Sweet Chocolate Baking Chips are 85% Cacao; while they do contain 2 grams of sugar per tablespoon, they also have 2 grams of fiber. Fiber helps reduce blood sugar impact, making these little bliss bombs a serious upgrade from the higher sugar option! Pascha also makes unsweetened chocolate chips if you want to go completely sugar-free. I use the unsweetened chips in cookies... both my husband and I love them just as much as the 85% cacao chips!



<https://amzn.to/3RtoscX>



<https://amzn.to/48ibrTA>

By making these smart chocolate swaps, you not only satisfy your sweet cravings but also promote better blood sugar control and overall health. So, go ahead and savor the rich taste of dark chocolate chips and feel good about making mindful choices for your well-being.

## 6. Cinnamon Magic

When it comes to choosing healthier ingredients in your baking and cooking to prevent blood sugar spikes, Cinnamon emerges as a potent ally in your culinary

arsenal. Not only does it add a delightful touch to your recipes, but it also boasts remarkable blood sugar-lowering properties. And you probably already have it in your pantry!

## **The Power of Ceylon Cinnamon: A Blood Sugar Stabilizing Superstar**

Ceylon Cinnamon, in particular, stands out for its exceptional blood sugar lowering properties. Rich in cinnamaldehyde, a key compound, it contributes to improved blood glucose control... plus, it tastes delicious and gives a natural sweet taste to treats without the inflammation inducing refined sugar.



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With strategic ingredient swaps, you can enjoy desserts guilt-free without the blood sugar chaos. With this guide and the 7 delectable dessert recipes to follow, you'll see how easy it can be to enjoy delicious and healthy sugar-free desserts!

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## **7 Delicious Dessert Recipes**

For those itching to get hands-on, I've included seven delectable dessert recipes. From cookies to brownies and even pumpkin spice cake with a dairy-free cream cheese frosting, I've got your cravings covered... without the BS (blood sugar) spikes ;)



## **Peanut Butter Chocolate Chip Cookies**

### **Ingredients:**

- 1 cup peanut butter (unsweetened)
- 1 tsp baking powder
- 1 egg
- 1/2 cup allulose brown sugar
- 3/4 cup unsweetened chocolate chips

### **Directions:**

Preheat oven to 350 degrees and line a cookie sheet with parchment paper.

In a medium bowl whisk egg, baking soda and brown allulose until well mixed. Use a spatula to stir in the peanut butter until well combined - the batter will thicken. Fold in chocolate chips.

Using a cookie scooper, scoop dough onto the baking sheet and bake for 9 to 12 minutes, or until the cookies just start to turn golden.

Remove from the oven and allow to cool before enjoying.



## Vanilla Coconut Frozen Custard

### Ingredients:

2 14 ounce cans of coconut milk

6 egg yolks

1/4 cup allulose brown sugar

1/4 cup powdered (confectioners) allulose

1 tsp vanilla extract

2 Tbsp arrowroot powder

### Directions:

Add canned coconut milk to a medium saucepan, saving a few tablespoons in a separate dish to make a slurry with the arrowroot powder. Heat coconut milk until it is hot and steaming but not boiling. Stir in the arrowroot slurry and continue stirring over medium-low heat for 1 minute. Turn off heat and remove saucepan from hot burner.

Allow coconut milk to cool completely, stirring occasionally. After about a half an hour you can transfer the coconut milk saucepan to the fridge to quicken cooling.

In a separate large bowl, combine egg yolks with sweeteners and vanilla extract and whisk until well combined. Whisk in the cooled coconut milk mixture, transfer to a freezer-safe container, and place in the freezer.

Allow to freeze for approximately 6 hours to set. For best consistency, remove from the freezer and stir every 1 to 2 hours during the initial freezing process.

Remove ice cream from the freezer and allow to soften for about 10 minutes before serving. Pairs nicely with the fudgy brownies below!

NOTE: you can make this without the egg yolks, just omit the yolks and stir the sweeteners and vanilla extract directly into the cooled coconut milk mixture.

NOTE: you can use an ice cream maker for this recipe, just follow the instructions on your ice cream maker once you have all ingredients combined.

## Sauces

If you're looking to take your bowl of ice cream up a notch, here are the fudge and caramel sauce recipes that I use. You could even top your bowl of ice cream with a tablespoon of each and throw a few pecans on top for a Turtle Sunday. Just sayin.

Hot Fudge Sauce - In this recipe, in place of heavy cream I use this canned coconut milk, in place of brown Swerve I use this allulose brown sugar, and these unsweetened dark chocolate chips.

Caramel Sauce - In this recipe I use this allulose brown sugar and in place of heavy cream I use this canned coconut milk.





## Fudgy Zucchini Brownies

### Ingredients:

1 cup almond flour

1 cup brown allulose

1/2 cup cocoa powder

2 Tbsp arrowroot powder

1/2 tsp baking soda

1/4 tsp salt

1/2 cup coconut oil

1/2 cup unsweetened chocolate chips

2 eggs

1 tsp vanilla extract

2 cups zucchini (shredded, do not drain or squeeze)

### Directions:

Preheat oven to 325 degrees, and grease an 8 × 8 baking dish with coconut oil.

In a large bowl, add the almond flour, arrowroot powder, cocoa powder, baking soda, and salt and whisk until well combined. Add the brown allulose and whisk until combined, breaking up any large clumps. Set bowl aside.

In a glass pyrex or heat-proof dish add the coconut oil and chocolate chips and heat in the oven, in a convection oven, or in the microwave until melted.

In a medium size bowl whisk together the eggs and vanilla extract.

Add egg vanilla mixture to the bowl of dry ingredients and use a spatula to gently fold in. Add the melted coconut oil and chocolate chips to the bowl and stir until well combined. Finally, fold in the zucchini until just combined. Pour mixture into greased baking dish.

Bake for 33 to 35 minutes or until the center is no longer jiggly. Remove from the oven and allow to cool before enjoying.



## **Pumpkin Spice Cake with Cream Cheese Frosting**

### **Pumpkin Cake Ingredients:**

- 1 and 3/4 cups of almond flour
- 1/4 cup of arrowroot powder
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 Tbsp pumpkin pie spices
- 1 cup pumpkin puree
- 1/2 cup avocado (or olive) oil
- 1/2 cup allulose brown sugar
- 1/4 cup granulated allulose
- 1/4 cup room temperature canned coconut milk
- 1 tsp apple cider vinegar
- 2 eggs
- 1 1/2 tsp vanilla extract
- 3/4 cup shredded zucchini

### **Pumpkin Cake Directions:**

Preheat oven to 350 degrees. Grease an 8 × 8 baking dish.

In a small dish combine the canned coconut milk with the apple cider vinegar and allow to sit at room temperature.

In a medium bowl whisk together almond flour, arrowroot powder, baking soda, baking powder, salt, and pumpkin pie spices. Set aside.

In a large bowl combine pumpkin puree, oil, sugars, coconut milk and apple cider vinegar mixture, eggs, and vanilla extract. Stir until smooth.

Add dry ingredients to wet ingredients and stir until just combined. Don't over mix.

Gently fold in the zucchini.

Pour batter into baking dish and smooth the top with a spatula.

Bake on middle rack for 40 to 50 minutes, or until cake is golden brown and a toothpick comes out clean.

Allow to cool completely before enjoying as-is, or frosting with the cream cheese frosting.

### **Cream Cheese Frosting Ingredients:**

1 package (8 oz) Kite Hill plain cream cheese

1/2 stick of butter (allow to soften to room temperature)

1 1/2 cups powdered (confectioners) allulose

1/2 tsp cinnamon (optional)

1 tsp vanilla extract

### **Cream Cheese Frosting Directions:**

Combine butter and cream cheese in the bowl of a stand mixer and beat until creamy, lump-free, and well combined.

Add vanilla extract and cinnamon and mix well.

Slowly add in powdered allulose with mixer on low, until well combined.



## Vanilla Angel Food Cake

### Ingredients:

12 egg whites

1 tsp cream of tartar

3/4 cup blanched almond flour

1/4 cup arrowroot powder

1/4 tsp salt

1 cup powdered (confectioners) allulose

1/2 cup granulated allulose

1 Tbsp vanilla extract

### Directions:

Preheat oven to 350 degrees.

In a small bowl combine the almond flour, arrowroot powder, and salt. Whisk until combined, and set aside.

Separate egg whites from the yolks and set yolks aside for another use. In the bowl of a stand mixer, whip the egg whites on medium high speed until frothy. Add the cream of tartar and increase speed to high, whipping until stiff peaks form.

This can take time, so be patient. Reduce speed to medium high and slowly add in vanilla extract. Slowly add in the confectioners allulose, followed by the granulated

allulose, adding them in one spoonful at a time. After sweeteners are mixed in, increase speed to high for 30 seconds.

Remove bowl from mixer and slowly fold in flour mixture one spoonful at a time.

Transfer batter to angel food cake pan, smooth the top with a spatula, and place on the middle rack in the oven. Bake for 45 minutes, or until a toothpick comes out clean.

Flip upside down on a cooling rack and allow to cool completely. Once cooled, run a knife along the edge of the pan to release the cake.

Serve with coconut whip and fresh cut strawberries. A drizzle of the caramel sauce (recipe above) is a nice optional touch.



## Coconut Whip with Strawberries

### Ingredients:

1 cup full-fat coconut cream (I use [this one](#)), chilled in the refrigerator overnight

2 Tbsp powdered (confectioners) allulose

2 Tbsp Kite Hill plain cream cheese

1 tsp vanilla extract

Coconut flour - to thicken further if needed (almond flour can also be used for this)

### Directions:

Place bowl and the beaters for your hand mixer (or the whisk if using a stand mixer) in the freezer for 10 to 15 minutes.

If your can of coconut cream separated, scoop out the solid portion and place it in your chilled bowl. You can reserve the liquid portion for another use (like in a smoothie).

Whip the coconut cream with your mixer at medium speed until it's smooth. Add in the cream cheese and vanilla extract and mix well. Add powdered allulose to the bowl 1 tablespoon at a time until mixed well.

If your can of coconut cream didn't separate, you can thicken this recipe to desired consistency using coconut flour. Add the coconut flour to the mixing bowl 1/2 Tbsp at a time, mixing well with the mixer for at least 30 to 60 seconds after

each addition. Continue adding flour until your desired consistency is achieved. If you don't have coconut flour you can use almond flour instead but coconut flour will yield best results for this recipe.

Serve in a bowl topped with fresh chopped strawberries, or use as a topping over angel food cake, or any other dessert.





## Salted Chocolate Nuts

### Ingredients:

- 1 bag unsweetened chocolate chips
- 1/2 cup granulated allulose sweetener
- 1 tsp coconut oil
- 2 Tbsp almond butter
- 1/2 cup walnuts
- 1/2 cup pecans
- Pink Himalayan salt

### Directions:

Heat dark chocolate chips, coconut oil, and almond butter in a double boiler on the stove until chocolate is melted. Stir well to combine. Stir in sweetener.

Use a silicone mini muffin mold with 24 cups or a 24 cup mini muffin pan and fill it with mini muffin liners.

Divide the nuts into the silicone mold or muffin liners.

Once the chocolate, coconut oil, and almond butter are melted and combined well with sweetener, spoon the melted chocolate over the nuts.

Dust the tops of the chocolates with pink Himalayan salt.

Optional: sprinkle unsweetened shredded coconut, cacao nibs, or other topping of choice over the chocolate covered nuts.

Transfer to the refrigerator until the chocolate is set, about 1 hour.

Remove from the refrigerator and enjoy!

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