
BY GLENDA THOMPSON

20 FROZEN DESSERT RECIPES

**INCLUDES RECIPES FOR CREAMY FROZEN
YOGURTS, LIGHT SORBETS, AND FROZEN BITES...**

*Say goodbye to store-bought, sugar-laden ice
creams and hello to homemade,
diabetic-friendly frozen delights.*



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By Glenda Thompson

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Introduction

Beat the heat and your sugar cravings with this collection of 20 frozen dessert recipes specially crafted for diabetics. With options ranging from creamy frozen yogurts to light sorbets to frozen bites, there's a perfect cool treat for every occasion.

These recipes also allow you to say goodbye to store-bought, sugar-laden ice creams and hello to homemade, diabetic-friendly frozen delights. With easy-to-follow instructions and simplified ingredients, you're just a freeze away from a world of cool, creamy, and guilt-free indulgence. From creamy Lemon Icebox Pie to refreshing Coconut Lime Sorbet to the velvety texture of Strawberry Frozen Cheesecake or the exotic flavors of Mango Kulfi, these recipes are carefully designed to provide a satisfying sweet treat while keeping your health in mind.

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Please note that the nutritional information is calculated per serving.



Lemon Ice Box Pie

Serves: 8 | **Prep time:** 15 mins | **Freeze time:** 4 hours

Calories	Fats	Carbohydrates	Protein
300 kcal	28 grams	6 grams	6 grams

INGREDIENTS

- 1 1/2 cups almond flour
- 1/4 cup melted butter
- 3 tablespoons monk fruit sweetener, divided
- 1 cup heavy whipping cream
- 8 oz cream cheese, softened
- 1/2 cup fresh lemon juice
- 1 tablespoon lemon zest
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine the almond flour, butter, and 1 tbs monk fruit sweetener.
3. Press the mixture into a 9-inch pie pan.
4. Bake for 10 minutes or until lightly golden.
5. In a bowl, beat the cream cheese until smooth. Mix in 2 tablespoons monk fruit, lemon juice, lemon zest, and vanilla extract.
5. In another bowl, whip the heavy cream.
6. Fold the whipped cream into the cream cheese.
7. Spread the lemon filling over the cooled crust.
8. Refrigerate for at least 4 hours or until set.



Frozen Yogurt Bark with Mixed Berries

Serves: 8 | **Prep time:** 10 mins | **Freeze time:** 3 hours

Calories	Fats	Carbohydrates	Protein
80 kcal	4 grams	6 grams	5 grams

INGREDIENTS

- 2 cups Greek yogurt (unsweetened)
- 2 tablespoons monk fruit sweetener
- 1 teaspoon vanilla extract
- 1/2 cup mixed berries (such as strawberries, blueberries, and raspberries), chopped if large
- 1/4 cup sliced almonds (optional for crunch)

INSTRUCTIONS

1. In a bowl, mix the Greek yogurt, monk fruit, and vanilla extract until well combined.
2. Spread the mixture over parchment paper on a baking sheet. Scatter the mixed berries evenly.
3. If desired, sprinkle the sliced almonds over the top for added texture.
4. Freeze the baking sheet for at least 3 hours, or until the yogurt is firm.
5. Once frozen, break the yogurt bark into pieces. Store in the freezer until ready to serve.



Strawberry Frozen

Cheesecake

Serves: 8 | **Prep time:** 15 mins | **Freeze time:** 4 hours

Calories	Fats	Carbohydrates	Protein
210 kcal	18 grams	8 grams	6 grams

INGREDIENTS

- 1 cup almond flour
- 1/4 cup melted butter
- 2 tablespoons monk fruit sweetener, divided
- 8 oz cream cheese, softened
- 1 cup Greek yogurt (unsweetened)
- 1/3 cup monk fruit sweetener
- 1 teaspoon vanilla extract
- 1 cup fresh strawberries, hulled and chopped

INSTRUCTIONS

1. Combine almond flour, melted butter, and 2 tbsp monk fruit sweetener and mix together.
2. Press the mixture into a 9-inch pan.
3. In a bowl, beat the cream cheese then add Greek yogurt, 1/3 cup monk fruit, and vanilla extract.
4. Fold in the chopped strawberries.
5. Pour the mixture over the crust.
6. Cover the pan with plastic wrap or aluminum foil, and freeze for at least 4 hours or until firm.



Mango Kulfi

Serves: 16 | **Prep time:** 15 mins | **Freeze time:** 6 hours

Calories	Fats	Carbohydrates	Protein
150 kcal	11 gram	12 grams	2 grams

INGREDIENTS

- 2 ripe mangoes, peeled and chopped
- 1 cup heavy cream
- 1 cup unsweetened coconut milk
- 1/4 cup almond flour
- 1/3 cup monk fruit sweetener
- 1 teaspoon cardamom powder
- Pinch of saffron strands (optional)
- 1/4 cup chopped pistachios (optional)

INSTRUCTIONS

1. Blend the chopped mangoes until smooth.
2. In a saucepan over medium heat, combine heavy cream, coconut milk, almond flour, and monk fruit sweetener. Stir continuously until the mixture starts to thicken slightly.
3. Add the cardamom powder and saffron strands, stirring well to combine. Remove from heat and let it cool slightly.
4. Mix in the mango puree. Then pour into kulfi molds and sprinkle with chopped pistachios.
5. Freeze for 6 hours or until completely set.
6. Before serving, let the kulfi sit at room temperature for a minute or two.



Pineapple Dole Whip

Servings: 4 | **Prep time:** 10 mins | **Freeze time:** 1 hour

Calories	Fats	Carbohydrates	Protein
70 kcal	3 grams	10 grams	1 gram

INGREDIENTS

- 2 cups frozen pineapple chunks
- 1/2 cup unsweetened coconut milk
- 2 tablespoons monk fruit sweetener
- 1 teaspoon lemon juice
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. Add frozen pineapple chunks, coconut milk, monk fruit sweetener, lemon juice, and vanilla extract to a blender.
2. Blend ingredients on high speed until smooth and creamy, scraping down the sides as needed.
3. If the mixture is too thick, add a little more coconut milk until the desired consistency is reached.
4. Serve immediately for a soft-serve consistency or freeze for an additional 1-2 hours for a firmer texture. For serving, transfer to bowls or cones.
5. Garnish with a pineapple slice or mint leaf if desired.



Vanilla Bean Panna Cotta

Serves: 4 | **Prep time:** 10 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
300 kcal	28 grams	3 grams	4 grams

INGREDIENTS

- 2 cups heavy cream
- 1/4 cup monk fruit sweetener
- 1 vanilla bean (or 1 teaspoon vanilla extract)
- 1 packet unflavored gelatin (about 2 1/4 teaspoons)
- 3 tablespoons water

INSTRUCTIONS

1. In a small bowl, sprinkle the gelatin over the water and let it stand for about 5 minutes.
2. In a saucepan, combine the heavy cream and monk fruit.
3. If using a vanilla bean, scrape out the seeds, and add both the seeds and pod to the cream.
4. Over medium heat, stir until the sweetener dissolves and the cream is hot but not boiling.
5. Remove from the heat, and remove the pod.
6. Stir in the softened gelatin until fully dissolved.
7. If using vanilla extract, stir it in now.
8. Divide the mixture evenly among four small ramekins or serving glasses.
9. Cover and refrigerate for at least 4 hours, until set.



Coconut Lime Sorbet

Servings: 6 | **Prep time:** 10 mins | **Freeze:** 5 hours

Calories	Fats	Carbohydrates	Protein
110 kcal	8 grams	8 grams	1 gram

INGREDIENTS

- 1 can (13.5 oz) unsweetened coconut milk
- 1/2 cup fresh lime juice
- 1/3 cup monk fruit sweetener
- 1 tablespoon lime zest
- Pinch of salt

INSTRUCTIONS

1. In a mixing bowl, whisk together the coconut milk, lime juice, monk fruit sweetener, lime zest, and a pinch of salt until the sweetener is completely dissolved.
2. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches a soft, sorbet-like consistency.
3. If you don't have an ice cream maker, pour the mixture into a shallow dish and freeze, stirring every 30 minutes for a few hours until it reaches the desired consistency.
4. Transfer the sorbet to a lidded container and freeze for an additional 2-3 hours to firm up.



Raspberry Lemon Frozen Mousse

Servings: 6 | **Prep time:** 20 mins | **Freeze:** 4 hours

Calories	Fats	Carbohydrates	Protein
180 kcal	16 grams	8 grams	2 grams

INGREDIENTS

- 2 cups fresh or frozen raspberries
- 1/2 cup monk fruit sweetener, divided
- 1 tablespoon lemon juice
- 1 tablespoon lemon zest
- 1 1/2 cups heavy cream
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. In a blender, puree the raspberries, 1/4 cup of monk fruit sweetener, lemon juice, and lemon zest.
2. Strain the mixture to remove the seeds.
3. In a bowl, whip the heavy cream with the remaining 1/4 cup of monk fruit and vanilla extract until stiff peaks form.
4. Gently fold the raspberry puree into the whipped cream.
5. Freeze for at least 4 hours or until firm.
6. Before serving, let the mousse sit at room temperature for about 5 minutes.



Blueberry Basil Granita

Servings: 4 | **Prep time:** 10 mins | **Freeze time:** 4 hours

Calories	Fats	Carbohydrates	Protein
35 kcal	0 grams	9 grams	0 grams

INGREDIENTS

- 2 cups fresh or frozen blueberries
- 1/4 cup fresh basil leaves
- 1/3 cup monk fruit sweetener
- 1 cup water
- 1 tablespoon lemon juice

INSTRUCTIONS

1. In a blender, combine blueberries, basil leaves, monk fruit sweetener, water, and lemon juice.
2. Blend until smooth.
3. Pour the mixture through a fine mesh sieve into a shallow dish.
4. Place the shallow dish in the freezer and let it freeze for about 1 hour.
5. Using a fork, scrape the mixture to break up ice crystals.
6. Return the dish to the freezer for another hour, then scrape again with a fork. Repeat this process every hour for about 3-4 hours until the granita is fully frozen and fluffy.
7. Serve the granita in chilled glasses or bowls.



Chia Pudding Popsicles

Servings: 4 | **Prep time:** 15 mins | **Freeze time:** 4 hours

Calories	Fats	Carbohydrates	Protein
50 kcal	3 grams	5 grams	1 gram

INGREDIENTS

- 1 cup unsweetened almond milk
- 2 tablespoons chia seeds
- 2 tablespoons monk fruit sweetener
- 1 teaspoon vanilla extract
- 1/2 cup berries (such as blueberries or strawberries), chopped
- Popsicle molds and sticks

INSTRUCTIONS

1. In a bowl, whisk together almond milk, chia seeds, monk fruit sweetener, and vanilla extract.
2. Let the mixture sit for 10 minutes, stirring until the chia seeds begin to thicken.
3. Once thickened, add chopped berries into the mixture and stir gently to combine.
4. Pour the mixture evenly into popsicle molds, leaving a little space at the top for expansion.
5. Insert popsicle sticks into the molds. Freeze for at least 4 hours or until fully set.
6. To serve, run the molds under warm water for a few seconds to release the popsicles.



Pumpkin Spice Frozen Custard

Servings: 6 | **Prep time:** 20 mins | **Freeze time:** 5 hours

Calories	Fats	Carbohydrates	Protein
220 kcal	20 grams	7 grams	3 grams

INGREDIENTS

- 1 cup pumpkin puree
- 1 1/2 cups heavy cream
- 1/2 cup unsweetened almond milk
- 1/3 cup monk fruit sweetener
- 3 egg yolks
- 1 teaspoon vanilla extract
- 1 tablespoon pumpkin pie spice

INSTRUCTIONS

1. In a saucepan over medium heat, combine the heavy cream, almond milk, and monk fruit.
2. In a separate bowl, whisk the egg yolks and slowly add the heated cream to temper the yolks.
3. Slowly whisk the tempered yolks back into the saucepan with the rest of the cream mixture.
4. Cook on low, stirring gently until the mixture thickens.
5. Remove from heat and stir in the pumpkin puree, vanilla extract, and pumpkin pie spice.
6. Let it cool, then refrigerate until chilled.
7. Once chilled, pour the mixture into an ice cream maker and churn to a soft-serve consistency.
8. Freeze for an additional 2–3 hours before serving.



Green Tea Matcha

Granita

Servings: 4 | **Prep time:** 5 mins | **Freeze time:** 4 hours

Calories	Fats	Carbohydrates	Protein
5 kcal	0 grams	1 gram	0 grams

INGREDIENTS

- 2 teaspoons matcha green tea powder
- 1/3 cup monk fruit sweetener
- 2 cups water
- 1 teaspoon lemon juice

INSTRUCTIONS

1. In a small saucepan, bring the water to a simmer. Remove from heat and whisk in the matcha green tea powder and monk fruit.
2. Stir in the lemon juice then pour into a shallow baking dish and place it in the freezer.
3. After about 1 hour, use a fork to scrape and stir the mixture to break up ice crystals, then return it to the freezer.
4. Repeat this scraping process every hour for approximately 3 to 4 hours until the granita is fully frozen and has a fluffy texture.
5. Serve the granita in chilled glasses or bowls.



Cherry Almond Frozen Yogurt

Servings: 4 | **Prep time:** 15 mins | **Freeze time:** 3 hours

Calories	Fats	Carbohydrates	Protein
120 kcal	5 grams	14 grams	8 grams

INGREDIENTS

- 2 cups Greek yogurt (unsweetened)
- 1 cup pitted cherries (fresh or frozen)
- 1/4 cup almond flour
- 1/4 cup monk fruit sweetener
- 1 teaspoon almond extract

INSTRUCTIONS

1. Blend the cherries, monk fruit, and almond extract in a blender until smooth.
2. In a mixing bowl, combine the Greek yogurt, blended cherry mixture, and almond flour.
3. Pour the mixture into an ice cream maker and churn until it reaches a creamy consistency.
4. If you do not have an ice cream maker, pour the mixture into a shallow dish, cover, and freeze, stirring every 30 minutes.
5. Transfer the frozen yogurt to a lidded container and freeze for an additional 1-2 hours for a firmer texture.
6. Let it sit at room temperature for a few minutes to soften slightly.



Ginger Lime Slush

Servings: 4 | **Prep time:** 10 mins | **Freeze:** 2-3 hours

Calories	Fats	Carbohydrates	Protein
10 kcal	0 grams	3 grams	0 grams

INGREDIENTS

- 1/4 cup fresh lime juice
- 2 tablespoons grated fresh ginger
- 1/3 cup monk fruit sweetener
- 2 cups water
- Lime slices and mint leaves for garnish

INSTRUCTIONS

1. In a saucepan, combine the water, grated ginger, and monk fruit. Bring to a simmer over medium heat while stirring.
2. Remove from heat and let it cool for 10 minutes.
3. Strain to remove the ginger pieces.
4. Stir in the fresh lime juice.
5. Pour the mixture into a shallow baking dish and place it in the freezer.
6. After about 1 hour, use a fork to scrape and stir the mixture to create slushy ice crystals.
7. Repeat every 30 minutes for 2-3 hours, until the mixture is fully frozen and fluffy.
8. Serve the slush in chilled glasses, garnished with lime slices and mint if desired. allow the sorbet to soften slightly at room temperature before serving.



Orange Carrot Frozen Delight

Servings: 4 | **Prep time:** 10 mins | **Freeze:** 2-3 hours

Calories	Fats	Carbohydrates	Protein
50 kcal	0 grams	12 grams	1 gram

INGREDIENTS

- 1 cup fresh orange juice
- 1 cup carrot juice
- 1/4 cup monk fruit sweetener
- 1 teaspoon orange zest
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. In a bowl, mix together the orange juice and carrot juice. Add the monk fruit, orange zest, and vanilla extract.
2. Pour the mixture into an ice cream maker and churn until it reaches a slushy consistency.
3. If an ice cream maker is not available, pour the mixture into a shallow dish and freeze, stirring every 30 minutes for 2-3 hours until it reaches a slushy consistency.
4. Serve the frozen delight in chilled glasses or bowls.



Almond Espresso Granita

Servings: 4 | **Prep time:** 10 mins | **Freeze:** 2-3 hours

Calories	Fats	Carbohydrates	Protein
40 kcal	3 grams	2 grams	1 gram

INGREDIENTS

- 2 cups brewed espresso or strong coffee, cooled
- 1/4 cup monk fruit sweetener
- 1 teaspoon almond extract
- 1/4 cup almond flour
- Sliced almonds for garnish (optional)

INSTRUCTIONS

1. Mix the cooled espresso, monk fruit, and almond extract in a bowl.
2. Stir in the almond flour until combined.
3. Pour the mixture into a shallow baking dish and place it in the freezer.
4. After about 1 hour, use a fork to scrape the mixture into icy crystals.
5. Return the dish to the freezer and repeat the scraping process every 30 minutes for 2-3 hours until the granita is fully frozen and fluffy.
6. Serve the granita in chilled glasses or bowls, garnished with sliced almonds if desired.



Apple Cinnamon Sorbet

Servings: 4 | **Prep time:** 10 mins | **Freeze:** 3–4 hours

Calories	Fats	Carbohydrates	Protein
60 kcal	0 grams	15 grams	0 grams

INGREDIENTS

- 3 cups unsweetened apple juice
- 1/4 cup monk fruit sweetener
- 1 teaspoon ground cinnamon
- 1 tablespoon lemon juice

INSTRUCTIONS

1. In a medium saucepan, combine the apple juice, monk fruit, and ground cinnamon over medium heat.
2. Stir the mixture until the mixture is well combined.
3. Remove the saucepan from heat and stir in the lemon juice.
4. Allow the mixture to cool to room temperature. Then pour the cooled mixture into a shallow baking dish and place it in the freezer.
5. After about 1 hour, use a fork to scrape and stir the mixture to break up ice crystals. Repeat this scraping process every 30 minutes for 2–3 hours until the sorbet is fully frozen and fluffy.
6. Serve the sorbet in chilled bowls.



Kiwi Lime Sorbet

Servings: 12 | **Prep time:** 15 mins | **Freeze:** 3-4 hours

Calories	Fats	Carbohydrates	Protein
55 kcal	0 grams	14 grams	1 gram

INGREDIENTS

- 5 ripe kiwis, peeled and chopped
- 1/4 cup fresh lime juice
- 1/3 cup monk fruit sweetener
- 1 teaspoon lime zest
- 1/4 cup water

INSTRUCTIONS

1. Blend the chopped kiwis, lime juice, monk fruit sweetener, lime zest, and water in a blender until smooth.
2. Strain the mixture through a fine mesh sieve to remove the seeds, if desired. Pour the smooth mixture into a shallow baking dish and place it in the freezer.
3. After about 1 hour, use a fork to scrape and stir the mixture to break up ice crystals. Repeat this scraping process every 30 minutes for about 2-3 hours until the sorbet is fully frozen and fluffy.
4. Serve the sorbet in chilled bowls..



Peanut Butter Banana Pops

Servings: 6 | **Prep time:** 10 mins | **Freeze time:** 6 hours

Calories	Fats	Carbohydrates	Protein
130 kcal	9 grams	10 grams	4 grams

INGREDIENTS

- 2 ripe bananas
- 1/2 cup natural peanut butter (unsweetened)
- 1 tablespoon monk fruit sweetener
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- Optional: chopped peanuts or almond flour for coating

INSTRUCTIONS

1. Mash the bananas in a bowl until smooth.
2. Mix in the peanut butter, monk fruit sweetener, almond milk, and vanilla extract until fully combined.
3. Pour the mixture into popsicle molds, leaving a little space at the top for expansion.
4. If using chopped peanuts or almond flour, dip the ends of the popsicles into the coating.
5. Insert sticks into the molds. Freeze the popsicles for at least 4-6 hours or until completely solid.
6. Serve the popsicles directly from the freezer.



Frozen Chocolate

Hazelnut Bites

Servings: 12 | **Prep time:** 15 mins | **Freeze time:** 3 hours

Calories	Fats	Carbohydrates	Protein
130 kcal	9 grams	13 grams	2 grams

INGREDIENTS

- 1 cup almond flour
- 1/4 cup unsweetened cocoa powder
- 1/4 cup monk fruit sweetener
- 1/4 cup hazelnut butter
- 1 teaspoon vanilla extract
- 2 tablespoons coconut oil, melted
- Chopped hazelnuts for garnish (optional)

INSTRUCTIONS

1. In a mixing bowl, combine almond flour, cocoa powder, monk fruit, and a pinch of salt.
2. Add hazelnut butter, vanilla extract, and melted coconut oil to the dry ingredients and mix until a dough forms.
3. Roll small portions of the mixture into bite-sized balls. If desired, roll each ball in chopped hazelnuts for extra texture.
4. Place the balls on a baking sheet lined with parchment paper.
5. Freeze the bites for at least 1-2 hours or until they are firm.



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