
BY GLENDA THOMPSON

20 LOW GLYCEMIC FRUITY DESSERTS

INCLUDES RECIPES FOR FOR BAKED APPLES WITH CINNAMON, MANGO COCONUT CHIA PARFAIT, APPLE AND RASPBERRY CRUMBLE, AND MORE

Discover how it's possible to enjoy nutritious, low glycemic fruity desserts while keeping your blood sugar in check.



20 x Low Glycemic Fruity Desserts

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Cinnamon, Mango Coconut Chia
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Introduction

Indulge your sweet tooth without compromising your health with this collection of 20 diabetic-friendly, low glycemic fruit desserts. From classic Baked Apples with Cinnamon to exotic Mango Coconut Chia Parfait, each recipe is designed to satisfy your cravings while keeping your blood sugar in check.

These recipes feature low glycemic fruits like berries, apples, and pears, which release sugar slowly into your bloodstream. This means you can enjoy the refreshing tang of Coconut Lime Sorbet or the comforting warmth of Apple and Raspberry Crumble, knowing that each bite is kind to your body. These recipes will also guide you in how to transform simple fruits into elegant desserts, like Poached Pears in Red Wine or Grilled Pineapple Slices. So get ready to discover fruity desserts that not only taste amazing but also nourish your body with essential nutrients and fiber.

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Please note that the nutritional information is calculated per serving.



Baked Apples with Cinnamon

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 35 mins

Calories	Fats	Carbohydrates	Protein
165 kcal	9 grams	20 grams	2 grams

INGREDIENTS

- 4 medium-sized apples (such as Honeycrisp or Granny Smith)
- 1/4 cup monk fruit extract
- 1/4 cup almond flour
- 2 tbsp unsalted butter, softened
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 cup chopped pecans or walnuts (optional)
- 1/4 cup water

INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Wash and core the apples, place in a baking dish.
3. In a bowl, mix together monk fruit, almond flour, butter, cinnamon, nutmeg, and chopped nuts.
4. Spoon the mixture into the cored apples.
5. Pour the water into the baking dish.
6. Bake for 30–35 minutes.
7. Let cool for 5 minutes before serving.



Coconut Lime Sorbet

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

Calories	Fats	Carbohydrates	Protein
110 kcal	10 grams	5 grams	1 gram

INGREDIENTS

- 2 cups unsweetened coconut milk
- 1/2 cup 2 tsp monk fruit extract
- 1/4 cup fresh lime juice (about 2-3 limes)
- 2 tsp lime zest
- 1/4 tsp xanthan gum (optional)
- 1 tbsp almond flour (for garnish, optional)
- Fresh mint leaves for garnish (optional)

INSTRUCTIONS

1. In a blender, combine coconut milk, monk fruit extract, lime juice, lime zest, and xanthan gum.
2. Blend until all ingredients are well combined and the sweetener is fully dissolved, about 1-2 minutes.
3. Pour into a shallow, freezer-safe container.
4. Freeze for 4-6 hours or overnight.
5. Once frozen, let the sorbet sit at room temperature for 5-10 minutes before scooping.
6. Scoop into serving bowls and garnish with a sprinkle of almond flour and fresh mint leaves, if desired.



Apple and Raspberry Crumble

Serves: 6 | **Prep time:** 20 mins | **Freeze time:** 40 mins

Calories	Fats	Carbohydrates	Protein
220 kcal	18 grams	15 grams	5 grams

INGREDIENTS

For the filling:

- 3 medium-sized apples, peeled, cored, and sliced
- 1 cup fresh or frozen raspberries
- 1/2 tsp monk fruit extract
- 1 tsp lemon juice
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg

For the crumble topping:

- 1 cup almond flour
- 1/4 cup 1 tsp monk fruit extract
- 1/4 cup unsalted butter, cold and cubed
- 1/2 tsp ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C).
2. In a bowl, combine the sliced apples, raspberries, monk fruit, lemon juice, cinnamon, and nutmeg.
3. Transfer the fruit mixture to a 9-inch baking dish.
4. In a bowl, mix the almond flour, monk fruit extract, and cinnamon for the crumble topping.
5. Add the cold butter cubes to the almond flour mixture and use your fingers to work create coarse crumbs. Mix in the chopped nuts if using.
6. Sprinkle the crumble topping evenly over the fruit mixture.
7. Bake for 35–40 minutes
8. Let cool for 10–15 minutes before serving.



Poached Pears in Red Wine

Servings: 4 | **Prep time:** 15 mins | **Cook time:** 35 mins

Calories	Fats	Carbohydrates	Protein
140 kcal	1 gram	20 grams	1 gram

INGREDIENTS

- 4 firm, ripe pears (such as Bosc or Anjou)
- 2 cups dry red wine
- 1 cup water
- 1 tsp monk fruit extract
- 1 cinnamon stick
- 2 whole cloves
- 1 star anise
- 1 vanilla bean, split lengthwise (or 1 tsp vanilla extract)
- Zest of 1 orange
- 2 tbsp almond flour (for garnish)

INSTRUCTIONS

1. Peel the pears, leaving the stems intact. Cut a thin slice off the bottom so they can stand upright.
2. In a pan, combine all the ingredients except the flour and bring to a simmer over medium heat.
3. Add the pears and add more water to cover them.
4. Simmer for 20-25 minutes until tender.
5. Place each pear on a serving plate. Strain the reduced syrup and drizzle it over the pears.
9. Sprinkle each pear with a light dusting of almond flour for added texture and nutty flavor.
10. Serve warm or chilled.



Fruit Kabobs with Yogurt Dip

Serves: 4 | **Prep time:** 20 mins

Calories	Fats	Carbohydrates	Protein
145 kcal	3 grams	25 grams	8 grams

INGREDIENTS

For the Fruit Kabobs:

1 cup strawberries, hulled
and halved

1 cup pineapple chunks

1 cup cantaloupe, cut
into 1-inch cubes

1 cup green grapes

1 medium apple, cut into
1-inch cubes

8 wooden skewers

For the Yogurt Dip:

1 cup plain Greek yogurt

1/2 tsp monk fruit extract

1 tsp vanilla extract

1/4 tsp ground
cinnamon

1 tbs almond flour (for
garnish)

INSTRUCTIONS

1. Wash and prepare all fruits as described.
2. Thread the fruit onto the skewers, alternating colors and types for an attractive presentation. Set aside.
3. In a small bowl, mix the Greek yogurt, monk fruit extract, vanilla extract, and cinnamon until well combined.
4. Transfer the yogurt dip to a serving bowl and sprinkle the almond flour on top as a garnish.
5. Arrange the fruit kabobs on a serving platter with the yogurt dip in the center.
6. Serve immediately or chill until ready to serve.



Frozen Banana Bites

Servings: 4 | **Prep time:** 20 mins | **Freeze:** 2 hours

Calories	Fats	Carbohydrates	Protein
165 kcal	12 grams	15 grams	3 grams

INGREDIENTS

- 2 medium ripe bananas
- 4 oz sugar-free dark chocolate (70% cocoa or higher)
- 1 tbsp coconut oil
- 1/4 tsp monk fruit extract
- 1/4 cup finely chopped almonds or other nuts
- 1 tbsp almond flour (for dusting)

INSTRUCTIONS

1. Line a baking sheet with parchment paper.
2. Peel and slice the bananas into 1/2 inch thick rounds.
3. Place the banana slices on the baking sheet and freeze for about 1 hour.
4. In a microwave-safe bowl, combine the dark chocolate and coconut oil. Microwave until fully melted and smooth.
5. Stir in the monk fruit into the melted chocolate mixture.
6. Remove the banana slices from the freezer. Dip each slice into the chocolate mixture.
7. Place the chocolate-covered banana slice back on the parchment paper and sprinkle with chopped nuts.
8. Freeze the banana bites for at least 1 hour.
10. Before serving, lightly dust with almond flour.



Blueberry Almond Parfait

Servings: 4 | **Prep time:** 30 mins | **Chill:** 30 mins

Calories	Fats	Carbohydrates	Protein
180 kcal	8 grams	18 grams	14 grams

INGREDIENTS

- 2 cups Greek yogurt
- 1/2 tsp monk fruit extract
- 1 tsp vanilla extract
- 2 cups fresh blueberries
- 1/4 cup sliced almonds
- 2 tbsp almond flour

INSTRUCTIONS

1. In a bowl, mix Greek yogurt, monk fruit extract, and vanilla extract.
2. In parfait glasses, layer yogurt mixture, blueberries, and sliced almonds.
3. Repeat layers, ending with blueberries on top.
4. Sprinkle almond flour over the top for added texture.
5. Chill for 30 minutes if desired, or serve immediately.



Grilled Pineapple Slices with Cinnamon

Servings: 4 | **Prep time:** 10 mins | **Cook time:** 8 mins

Calories	Fats	Carbohydrates	Protein
60 kcal	0 grams	15 grams	1 gram

INGREDIENTS

- 1 fresh pineapple, peeled and cored
- 1 tablespoon monk fruit sweetener
- 1 teaspoon ground cinnamon
- 1 tablespoon lemon juice

INSTRUCTIONS

1. Slice the pineapple into 1/2-inch thick rings.
2. In a small bowl, mix the monk fruit sweetener and ground cinnamon together.
3. Brush each pineapple slice lightly with lemon juice.
4. Sprinkle the monk fruit and cinnamon mixture evenly over both sides of the pineapple slices.
5. Preheat a grill or grill pan to medium-high heat.
6. Grill the pineapple slices for about 3-4 minutes on each side, or until grill marks appear and the pineapple is tender.



Strawberry Basil

Popsicles

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

Calories	Fats	Carbohydrates	Protein
25 kcal	0 grams	6 grams	0 gram

INGREDIENTS

- 2 cups fresh strawberries, hulled and halved
- 1/4 cup water
- 1/4 cup monk fruit sweetener
- 1 tablespoon fresh basil leaves, finely chopped
- 1 tablespoon lemon juice

INSTRUCTIONS

1. Blend the strawberries, water, monk fruit sweetener, and lemon juice in a blender until smooth.
2. Stir in the chopped basil leaves.
3. Pour the mixture into popsicle molds, leaving a little space at the top for expansion.
4. Insert popsicle sticks into the molds.
5. Freeze the popsicles for at least 4-6 hours or until completely solid.
6. To serve, run the molds under warm water for a few seconds to loosen the popsicles.



Kiwi Lime Granita

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

Calories	Fats	Carbohydrates	Protein
40 kcal	0 grams	10 grams	1 gram

INGREDIENTS

- 4 ripe kiwis, peeled and chopped
- 1/4 cup fresh lime juice
- 1/4 cup monk fruit sweetener
- 1/2 cup water

INSTRUCTIONS

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



Raspberry Chia Pudding

Servings: 2 | **Prep time:** 10 mins | **Chill time:** 4 hours

Calories	Fats	Carbohydrates	Protein
115 kcal	6 grams	15 grams	4 grams

INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 cup fresh or frozen raspberries (plus extra for garnish)
- 3 tablespoons chia seeds
- 1 tablespoon monk fruit sweetener
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. Mash the raspberries with a fork or blend them until smooth.
2. In a mixing bowl, combine the mashed raspberries, almond milk, chia seeds, monk fruit sweetener, and vanilla extract.
3. Stir well to ensure the chia seeds are evenly distributed.
4. Cover the mixture and refrigerate it for at least 4 hours, or overnight, until the pudding becomes thick.
5. Stir the pudding again before serving.
6. Serve in individual bowls or glasses, garnished with extra raspberries if desired.



Mango Coconut Chia Parfait

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

Calories	Fats	Carbohydrates	Protein
160 kcal	10 grams	17 grams	2 grams

INGREDIENTS

- 1 ripe mango, peeled and chopped
- 1 cup unsweetened coconut milk
- 3 tablespoons chia seeds
- 1 tablespoon monk fruit sweetener
- 1/2 teaspoon vanilla extract
- 1/4 cup unsweetened toasted coconut flakes

INSTRUCTIONS

1. Blend the chopped mango until smooth. In a mixing bowl, whisk together the coconut milk, chia seeds, monk fruit sweetener, and vanilla extract.
2. Let the mixture sit for 5 minutes, then stir again to ensure the chia seeds are evenly distributed.
3. Cover and refrigerate for at least 4 hours or overnight until set.
4. To assemble the parfait, layer the chia pudding and mango puree in individual serving glasses.
5. Top each parfait with toasted coconut flakes.



Papaya Boats filled with cottage cheese

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

Calories	Fats	Carbohydrates	Protein
100 kcal	2 grams	18 grams	6 grams

INGREDIENTS

- 2 ripe papayas, halved and seeds removed
- 1 cup low-fat cottage cheese or Greek yogurt
- 1 tablespoon monk fruit sweetener
- 1 teaspoon vanilla extract
- Fresh mint leaves, for garnish (optional)

INSTRUCTIONS

1. In a small bowl, mix the cottage cheese or Greek yogurt with monk fruit sweetener and vanilla extract until well combined.
2. Scoop equal portions of the mixture into each papaya half.
3. Garnish with fresh mint leaves, if desired.
4. Serve immediately or chill for a slightly cooler treat.



Peach Slices Topped with Balsamic Glaze

Servings: 4 | **Prep time:** 10 mins | **Cook:** 7 mins

Calories	Fats	Carbohydrates	Protein
60 kcal	0 grams	15 grams	1 gram

INGREDIENTS

- 3 ripe peaches, pitted and thinly sliced
- 1/4 cup balsamic vinegar
- 1 tablespoon monk fruit sweetener
- Fresh mint leaves for garnish (optional)

INSTRUCTIONS

1. In a small saucepan, combine balsamic vinegar and monk fruit sweetener.
2. Cook over medium heat, stirring until the sweetener is dissolved.
3. Allow the mixture to simmer until it has reduced by half and has thickened to a glaze, about 5-7 minutes.
4. Remove from heat and let it cool slightly. Arrange the peach slices on a serving platter.
5. Drizzle the balsamic glaze over the peach slices.
6. Garnish with fresh mint leaves if desired. Serve immediately.



Cherry Almond Clafoutis

Servings: 8 | **Prep time:** 15 mins | **Cook:** 35 mins

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

INGREDIENTS

- 1 cup almond flour
- 1/4 cup monk fruit sweetener
- 3 large eggs
- 1 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/4 teaspoon salt
- 2 cups fresh or frozen cherries, pitted
- 1 tablespoon sliced almonds (optional, for topping)

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Grease a baking dish with a little butter or cooking spray.
2. Spread the pitted cherries over the dish.
3. In a bowl, whisk together the almond flour, monk fruit, eggs, almond milk, vanilla extract, almond extract, and salt until smooth and well combined.
4. Pour the batter over the cherries and sprinkle sliced almonds over the top.
5. Bake for 30–35 minutes, or until the clafoutis is set and golden brown.



Grape and Cheese Skewers

Servings: 8 skewers | **Prep time:** 10 mins

Calories	Fats	Carbohydrates	Protein
85 kcal	6 grams	7 grams	4 grams

INGREDIENTS

- 1 cup fresh seedless grapes
- 4 ounces of cheese (such as cheddar or mozzarella), cut into cubes
- 1/4 cup almonds, roasted and unsalted
- 1 tablespoon monk fruit sweetener (optional, for a touch of sweetness)
- Small wooden skewers or toothpicks

INSTRUCTIONS

1. Wash and dry the grapes thoroughly. If desired, roll the grapes lightly in a small amount of monk fruit for additional sweetness.
2. Alternate threading grapes and cheese cubes onto each skewer.
3. Add an almond between each grape and cheese cube for a crunchy texture.
4. Repeat the process until all ingredients are used.
5. Arrange the skewers on a serving platter.



Apricot Almond Tarts

Servings: 8 | **Prep time:** 15 mins | **Cook:** 25 mins

Calories	Fats	Carbohydrates	Protein
150 kcal	11 gram	11 gram	3 grams

INGREDIENTS

For the crust:

1 1/2 cups almond flour
1/4 cup butter, melted
2 tbsp monk fruit
sweetener
1/4 tsp salt

For the filling:

6–8 fresh apricots,
halved and pitted
2 tbsp monk fruit
1/2 teaspoon almond
extract
1 tbsp almonds

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix together the almond flour, melted butter, monk fruit, and salt until a crumbly dough forms.
3. Press the dough into the tartlet pans or a muffin tin.
4. Place halved apricots inside each crust, cut side up.
5. Sprinkle monk fruit and almond extract over the apricots.
6. Top with sliced almonds for added crunch.
7. Bake in the preheated oven for 20–25 minutes, or until the crust is golden brown and the apricots are soft.



Cranberry Apple

Compote

Servings: 6 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
45 kcal	0 grams	12 grams	0 grams

INGREDIENTS

- 2 cups fresh or frozen cranberries
- 2 medium apples, peeled, cored, and diced
- 1/4 cup monk fruit sweetener
- 1/2 cup water
- Teaspoon lemon juice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

INSTRUCTIONS

1. In a medium saucepan, combine cranberries, diced apples, monk fruit, water, lemon juice, cinnamon, and nutmeg.
2. Bring the mixture to a boil over medium heat, then reduce the heat to low.
3. Simmer for about 10-15 minutes, stirring occasionally, until cranberries have burst and apples are tender.
4. Remove from heat and let it cool slightly before serving warm or refrigerate and serve chilled.



Roasted Plums

Servings: 4 | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
80 kcal	5 grams	10 grams	1 gram

INGREDIENTS

- 4 ripe plums, halved and pitted
- 2 tablespoons monk fruit sweetener
- 1 teaspoon ground cinnamon
- 1/4 cup chopped walnuts

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. Place the halved plums, cut side up, in a baking dish.
3. Sprinkle the monk fruit sweetener and cinnamon evenly over the plums.
4. Scatter the chopped walnuts over the top.
5. Roast in the preheated oven for 20–25 minutes, or until the plums are tender and the walnuts are toasted.
6. Remove from oven and let sit for a few minutes before serving.



Orange Gelatin Dessert

Servings: 4 | **Prep time:** 10 mins | **Chill time:** 2 hours

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

INGREDIENTS

- 2 cups fresh orange juice
- 1 teaspoon agar-agar powder
- 2 tablespoons monk fruit sweetener (adjust to taste)
- 1/2 teaspoon vanilla extract (optional)

INSTRUCTIONS

1. In a small saucepan, mix the fresh orange juice and agar-agar powder until the powder is fully dissolved.
2. Place the saucepan over medium heat and bring the mixture to a gentle boil, stirring continuously.
3. Reduce the heat and simmer for about 2-3 minutes to ensure the agar-agar is fully activated.
4. Stir in the monk fruit sweetener and vanilla extract, if using, until well combined.
5. Remove from heat and let it cool slightly.
6. Pour the mixture into molds or a shallow dish.
7. Refrigerate for at least 2 hours, or until fully set



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