**5 Desserts for Diabetics**

It is easy to think that once diagnosed with diabetes, you’ll no longer be able to enjoy any kind of dessert. If you have sweet tooth, it would be hard to imagine never having a slice of cake or a scoop of your favorite ice cream ever again.

But you don’t have to worry, having diabetes does not mean that you no longer get to experience the joy of dessert. You’ll just need to be more conscious about your food intake. The trick is to learn to make your own desserts. That way you’ll know exactly what goes into the treat.

There are ways to get yours sweets while coping with this metabolic disease. Stumped for ideas? Look at the recipes below:

**Diabetic-Friendly Blueberry Cheesecake**

It would be very difficult to find a person who does not enjoy a good piece of cheesecake. Thankfully, for diabetics there is a way to tweak this classic to become healthier and less of a risk.

By using whole-wheat flour, fat-free cream cheese and cutting the sugar in half, you get to eat cheesecake with zero apprehensions! Check out the Lemony Blueberry Cheesecake Bar Recipe here.

http://www.rd.com/food/lemony-blueberry-cheesecake-bars-diabetic-dessert-recipe/

**Craving for Chocolate? Try This Mousse!**

Most people who love sweets cannot get enough chocolate. Sweet, velvety and rich – it is not difficult to understand why people go gaga over chocolate.

This Black Forest Chocolate Mousse is incredibly light and relatively easy to do. Less than an hours’ worth of prep and cook time – et voila! A diabetic approved dessert the whole family can enjoy.

http://www.besthealthmag.ca/best-eats/recipes/black-forest-mousse-cake/

**Moist and Thick Cookies for Diabetics**

Pre-packaged cookies for diabetics tend to be sad, bland and dry. It is enough for any person suffering from this metabolic disease to feel sorry for themselves.

So make your own. Check out these five-star cookies. Flavorful and healthy – even non-diabetics would enjoy this cookies as a light afternoon pick-me up.

http://www.rd.com/food/five-star-cookies-recipe/

**A Shot of Sweet and Energy – Mocha Tiramisu**

Coffee, in itself, is not bad for people who are watching their sugar levels, but when you start adding sugar and creamer that is where the problem lies.

Get the sweet treat and dose of energy you need for the day with this Tiramisu with a healthy twist.

http://www.rd.com/food/mocha-ricotta-tiramisu-diabetic-recipe/

**Cool Down With Strawberry and Banana**

Nothing seems more perfect than a scoop of ice cream on a hot summer’s day. This recipe combines sweet bananas and tangy strawberry for the ultimate gelatin dessert. Simply and refreshing!

http://www.rd.com/food/low-sugar-treats-strawberry-banana-delight-recipe/

You can find many different desserts that are diabetic friendly – you’ve just got to search for them. Find a few that you really enjoy and then keep the ingredients on hand for when your sweet tooth strikes.