

Contents

Foreword	6
Baking Tips for Diabetics	8
Diabetic Desserts: Basics	10
Choosing the Ingredients	11
Adapting the Recipes	18
Selecting the Baking Pans	30
Optimizing the Baking Process	33

Recipes

Pound Cakes	36
Basics	38
Sponge Cakes	83
Basics	84
Cake Testers	84
Using Plastic Wrap	84
Sponge Cake Basic Recipe	85
Cakes with Dairy	94
Basics	96
Preparing Quark Cakes without a Base	96
Preparing Short Crust Cakes	96
Preparing Yeast Batter	96
Preparing Quark and Oil Dough	96
Steps for Short Crust Dough	98
Steps for Yeast Dough	116
Cookies	118
Basics and Steps	120
Savory Dishes	134
Basics	136
 Recipe List	 144