

Lucy Sugars

SWEET TREAT IDEAS

When sweet cravings hit, aim for fruit. You'll get a sweet taste plus the benefit of fibre and a range of vitamins and minerals. Whole fresh fruit has less of an impact on blood sugar levels than sugar rich puddings and desserts.

Fresh, poached, baked, stewed - there are endless fruit possibilities. Get creative with herbs and spices; vanilla, cinnamon, nutmeg, ginger. Add a little fat from nuts, dark chocolate, cream, yoghurt or some ice cream occasionally can also reduce the effect on blood sugar levels.

Vanilla and ginger stewed rhubarb & Greek yoghurt

Bowl of fresh strawberries & cream

Grilled peaches with cinnamon & ice cream

Fruit crumble (make the topping with oats & ground almonds)

Pan fried banana in coconut oil

Poached pear with vanilla & cream

Stewed apple and cinnamon & yoghurt

Pineapple chunks with cashew nut butter and desiccated coconut sprinkles

Nectarine slices, vanilla yoghurt & grated chocolate

2-4 squares of 75%+ dark chocolate & fresh berries

Apple slices & peanut butter dippers

