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works and what doesn't work for traditional desserts. Some low-carb flours, for example, work better for piecrusts than for cookies.

So start blending the flour, swapping out the sugar, eliminating the trans fats, and cutting the milk carbohydrates. Delicious and satisfying Pineapple Upside-Down Cake, Chocolate Chunk Muffins, Best Banana Bread, and Easy Peanut Butter Cookies are only a substitution away.



A caterer specializing in pastries, Stacey Harris has been baking and collecting recipes since she was a teenager. She is a member of


the American Diabetes Association, and her baking techniques have been featured in their magazine, *Diabetes Forecast*. She works with Bayer Healthcare and Giant Eagle Marketplace Grocery Stores to develop diabetic-friendly recipes and regularly gives cooking demonstrations throughout her area. She trained at the Bidwell Culinary School in Pittsburgh, Pennsylvania. Her blog, www.DiabeticPastryChef.com, features her recipes and tips on recipe modification. Harris lives in Pittsburgh with her husband.

"In *The Diabetic Pastry Chef*, Stacey Harris proves what I have been saying for years. You can prepare and eat wonderful food and still stay well within the guidelines of food for a person with diabetes."

—Alan L. Rubin, M.D., author of *Diabetes for Dummies* and *Diabetes Cookbook for Dummies*

Now diabetics can have their cake and eat it too thanks to pastry chef and diabetic Stacey Harris and her simple four-part substitution system that turns any decadent dessert into a diabetic-friendly delight. By blending flours, combining sugar and sugar substitutes, eliminating trans fats, and reducing milk carbohydrates, every baker can whip up low-carb and low-calorie Flourless Chocolate Cake, Honey-Pecan Cookies, Lemon Meringue Cake, German Chocolate Pie, and Coffee Bread Pudding, among hundreds of others.

This healthier approach to baking for diabetics results in desserts that fit within the nutritional limits of a diabetic diet without losing any traditional flavor, texture, or ooey-gooey goodness. Opening chapters on diabetes; flours, ranging from homemade almond flour to the benefits of oat bran; sugar and sugar substitutes; and helpful hints and tricks provide a hearty introduction to the more than two hundred recipes in this collection. Organized by type of goodie—breakfast and brunch selections, breads, cakes, cookies, pies and tarts, frostings and glazes, and puddings—this resource also includes nutritional information for each recipe and a net carb counter to enable and encourage other diabetic bakers to make their own delicious substitutions in the future.

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The *Diabetic* Pastry Chef

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Stacey Harris

The
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Stacey Harris

Stacey Harris was diagnosed with diabetes while training to become a pastry chef. She thought her career—not to mention her lifetime love affair with desserts—was over. Her devastation gave way to innovation, resulting in the inventive and simple substitution system presented here. Now Harris, and the more than twenty million other Americans who also have diabetes, can enjoy desserts specifically designed to satisfy the sweet tooth without sacrificing flavor.

Hundreds of nutritionally sound low-calorie, low-carbohydrate recipes ranging from Cinnamon Coffeecake and Gingerbread-Jam Muffins to Key Lime Cream Cheese Pound Cake, Coconut Custard, and Chocolate Mousse are presented here, accompanied by easy-reference nutritional information for each entry. Tips about what types of substitutes work best, no-fuss shortcuts, and basic baking techniques enhance the volume.

From the familiar to the fancy, the dishes make use of a creative arsenal of alternative yet easy-to-find ingredients to lower the carbohydrate and calorie counts. Harris experimented with different combinations of flours (from conventional cake flour to the exotic coconut flour) and sweeteners (Splenda®, agave nectar, and white sugar, to name a few) to discover what

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