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WORLD DIABETES DAY

On World Diabetes Day, find out what's the latest in diabetes treatment and care, and dietary recommendations. Log on to www.timeswellness.com/diabetes

Desserts for Diabetics

Being diabetic doesn't mean being completely devoid of deserts. On World Diabetes Day, here is a dessert recipe to satiate your sweet tooth

Hiteshi Dharmi Shah

Strawberry Orange Sandesh
- 6 pieces

Ingredients

1 cup freshly made low fat paneer
2 tsp finely chopped strawberry
2 tsp finely chopped orange
3 tsp sugar substitute

Method

Stew the strawberry in 1 tsp sugar substitute. Combine pa-

neer and 2 tsp sugar substitute in a bowl. Mash it and mix it well. Add stewed strawberry and oranges and mix well. Divide into 6 equal portions and shape each portion in a ball. Place a leaf of mint over each *sandesh*. Refrigerate for at least 45 minutes and serve chilled.



For more diabetes-friendly recipes, visit
www.timeswellness.com/diabetes

get in
touch

Editor: Sridhar Ramakrishnan (sridhar.ramakrishnan@timesgroup.com)

Consulting Editor: Amy Fernandes

Editorial Coordinators: Elton Pinto, Zoha Tapia (Tel: 66353636 Ext: 3474)

Design: Resp-Art Marketing: Response *Snailmail:* The Times of India Building, Dr. D.N. Road Mumbai - 400 001 **Mktg:** Manjusha Kulkarni (Tel: 9819570910)

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