

## Some Desserts for Arthritis Gout Diet

**G**out is one of the various recognized types of arthritis, which can be treated with and a proper arthritis gout diet along with regular exercise and a healthy lifestyle. Gout is a result of having excessive **uric acid** in the bloodstream.

Order to treat gout, one has to have an arthritis gout diet that can regulate the **uric acid** levels, but this does not mean that you can not eat desserts anymore. In fact, here are two desserts that you can try: the Cinnamon Crusted Blood Flan and also the Cinnamon Carrot Pancakes.

The ingredients for the crust of the Cinnamon Crusted Strawberry Flan are rolled oats, whole grain pastry flour, sugar, ground cinnamon, baking soda, canola oil, and fat-free plain yogurt. When it comes to filling, you will need blood all-fruit spread, vanilla extract, and hulled strawberries. The crust will be baked like a normal piecrust, and then it will be filled with strawberries. It will then be covered with a mixture of melted fruit spread and vanilla extract brushed on the surface of the strawberries. This will then be refrigerated until the spread will be jelled. Since cherries are also known for managing gout naturally, you may substitute strawberries with canned cherries or fresh cherries.



GoutUric AcidUricUric Acid LevelsGouty ArthritisTreating

The 2nd dessert recipe is the Cinnamon Carrot Pancakes, which can be created using pancake mix, cinnamon, raisins, carrots, and nutmeg as the main components. You will also need brown sugar, salt, and cloves. Combine the pancake mix with water as well as in another bowl, combine the remaining ingredients. The second mixture will then be gently folded in the pancake batter. This will then always be cooked like any other pancake.

- So whoever said that you couldn't eat yummy desserts if you have gout so if you're under an arthritis gout diet?
- These two examples prove otherwise, don't they?

[Http://bit.ly/GoutDietGuide](http://bit.ly/GoutDietGuide) Research based and Scientifically proven Gout Diet Guide recommended by Doctors and Dietitians in order to Reverse Gouty Osteoarthritis.

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