Mango Melon Salsa Recipe

Ingredients:
1 cup cantaloupe, diced – rockmelon
1 cup fresh mango, peeled and diced
1/2 serrano chili, seeded and minced
1 Tbsp. fresh mint, chopped
Juice of one fresh lime
1/2 cup diced pineapple
1 tsp. ground ginger
1 Tbsp. fresh cilantro, chopped
10 drops SweetLeaf Stevia Liquid - Lemon Flavour
1/2 tsp. salt
1/2 tsp. chili powder

Method:
Combine all ingredients in bowl and gently toss to combine. Refrigerate before serving. Makes 2 cups.

Alternatives:
• Use watermelon, honeydew, or any other melon
• Use a mix of fresh herbs, such as parsley and basil

Banana Rice Pudding Recipe

Ingredients:
1 cup brown rice, cooked and chilled
½ cup 2% milk
½ teaspoon cinnamon
5 drops SweetLeaf Stevia Liquid - Vanilla Creme Flavour
1 banana, quartered and sliced

Method:
Place rice, milk, cinnamon and SweetLeaf Stevia Liquid - Vanilla Creme Flavour in bowl. Heat in microwave for 1 minute. Add banana and mix well. Heat in microwave for 1 minute. Serve immediately or refrigerate in sealed container to be enjoyed as a chilled dish.
Raspberry Peach Jam Recipe

Ingredients:
2 cups peaches, processed, not pureed, in blender
2 cups raspberries, mashed
1/4 cup lemon juice
1 tsp. almond extract
1 1/2 Tbsp. SweetLeaf Stevia®
2 1/2 tsp. pectin powder
3 tsp. calcium water

Method:
Important note: It’s important that the pectin and calcium water come from Pomona’s Universal Pectin. These pectins work with sugar substitutes, while others don’t. Pomona’s is specially made for low-no sugar jamming.

Make calcium water. Put 1/2 tsp. white calcium powder and 1/2 cup water in a small, clear jar with lid. Store in refrigerator between uses. Lasts a number of months. Shake well before using.

Wash and rinse jars. Place canning rack and jars in canning pot with water just to barely cover the rim. Bring water to a boil, turn down heat, and let jars stand in hot water.

Prepare fruit. Most recipes call for 4 cups of mashed/processed fruit.
Measure 4 cups fruit into pan with spices, extracts, and lemon or lime juice (if called for in recipe.) Do not add sweetener yet. Stir well.
Add proper amount of calcium water from jar into pan; stir well.

Bring fruit mixture to a gentle simmer.
In a small pot, bring 3/4 cup water to a boil. Put water in a blender/processor and add proper amount of pectin powder. Vent lid and blend 1-2 minutes, until all powder is dissolved.
Bring fruit up to a boil and add pectin gel. Stir well.

Add SweetLeaf Stevia® and stir well.
Return fruit to a boil, then remove from heat.
Bring one jar and a 2 piece lid out of the hot water. Insert funnel and fill jars to 1/4 of top.
Wipe any excess off the rim and screw on 2-piece lid. Place jar in water and repeat until the jam fills the last jar. Leftover jam can be put in a jar and into the fridge. Try to do this step swiftly.

Bring water to a boil and process jars for 10-15 minutes. Remove from water carefully, and let cool.

You may hear popping as the jars cool, but don’t shake or jostle them for 24 hours. After that, check seals- lids should be sucked down. Any jars that didn’t seal can be refrigerated.
Stevia Fruit Spread Recipe

Ingredients:
Fruit Plate
Pineapple
Apple
Bananas
Grapes
Any colourful, assorted fruit will do!

Fruit Spread
8 oz. cream cheese, softened
½ Tbsp. vanilla extract
5 drops SweetLeaf Stevia Liquid - Vanilla Creme Flavour
4 Tbsp. milk
3 packets SweetLeaf Stevia®
Zest of one lemon

Method:
Whip all ingredients together in a bowl.
Refrigerate (to let the flavours blend) 1 hour or more. Serve with fresh cut fruit.

Alternative:
• Use almond, soy, coconut, or buttermilk for milk

Lemon Poppy Seed Bread Recipe

Ingredients:
1 1/2 cups flour
1/2 tsp. salt
1 tsp. baking powder
1/2 cup butter
4 drops SweetLeaf Stevia Liquid - Lemon Flavour
4 drops SweetLeaf Stevia Liquid - Vanilla Creme Flavour
3 Tbsp. poppy seeds
2 eggs
1/2 cup milk
Lemon juice
Juice of 2 lemons
1 tsp. lemon extract

Method:
Preheat oven to 177C and grease 1 medium loaf pan. In a bowl, combine flours, salt and baking powder with a whisk. Beat room temperature butter with a hand mixer until fluffy, about 1 to 2 minutes. Add SweetLeaf Stevia Liquid - Lemon Flavour and SweetLeaf Stevia Liquid - Vanilla Creme Flavour, eggs, milk, and lemon juice, zest and extract. Hand mix wet ingredients into dry ingredients. Fold in poppy seeds. Place the batter in the prepared pan and bake for 25 to 35 minutes. Makes 1 medium loaf.
Chocolate Truffles Recipe

Ingredients:
8 oz. semisweet chocolate chips or pieces
6 to 8 drops SweetLeaf Stevia Liquid - Vanilla Creme Flavour
1/2 cup heavy whipping cream
2 Tbsp. unsalted butter, cut into small pieces
2 Tbsp. alcohol (cognac, brandy, Grand Marnier, rum, bourbon, Kahlúa, etc.)

Different coatings for truffles (optional):
Cocoa powder
Confectioner’s sugar
Toasted and chopped nuts (pecans, walnuts, almonds, hazelnuts)
Toasted coconut
Shaved chocolate

Method:
Place the chopped chocolate and SweetLeaf Stevia Liquid - Vanilla Creme Flavour in a medium-sized heatproof bowl. Set aside. Heat the cream and butter in a small saucepan over medium heat. Bring just to a boil. Immediately pour the boiling cream over the chocolate and stevia and stir with a rubber spatula until melted and smooth (if the chocolate doesn’t melt completely, place in the microwave for about 20 seconds, or over a saucepan of simmering water, just until melted). If desired, add the liqueur. Cover and place in the refrigerator until the truffle mixture is firm (8 to 12 hours).

Place coatings for the truffles on a plate. Remove the truffle mixture from the refrigerator. With your hands, a small ice cream scoop, a melon baller, or a small spoon, form the chocolate into round balls. Immediately roll the truffle in the coating and place on a parchment-lined baking sheet or tray. Cover and place in the refrigerator until firm.
Raspberry Cheesecake Mousse Recipe

**Ingredients:**
- 8 ounces light cream cheese, softened
- 1 cup frozen, thawed and drained raspberries
- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 1 teaspoon SweetLeaf Stevia Liquid - Berry Flavour

**Method:**
In a stand mixer, combine the cream cheese and blend until smooth in texture. Add the raspberries and blend until combined. Pour heavy cream into cream cheese and raspberries and blend on high until it becomes whipped in texture. Once whipped, add the vanilla extract and SweetLeaf Stevia Liquid - Berry Flavour and blend again.

Makes 3 cups total. Serves 6 at ½ cup each.

Recipe and photo courtesy Sugar-Free Mom.

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Strawberries ‘N Cream Oatmeal Recipe

**Ingredients:**
- 6 strawberries, stems removed and puréed
- 1/2 banana, puréed
- 1/2 cup milk
- 1/4 cup rolled oats
- 8 drops SweetLeaf Stevia Liquid - Vanilla Crème Flavour

**Method:**
Place strawberries and banana in blender or food processor and pulse until puréed. Combine all ingredients in a bowl and enjoy cold or heat in the microwave for 30 seconds. Top with banana slices or flax seed meal.

Serves 1

286 Calories
Strawberry Lemonade Sorbet Recipe

There’s nothing more refreshing than sorbet. No need for sugar to make a fantastic sorbet when you begin with a sugar-free homemade lemonade using Lemon Drop Sweet Drops and fresh strawberries. Make it even more kid friendly by pouring into popsicle molds!

Ingredients:
4 cups sliced strawberries
1 lemon, zested
1/2 teaspoon SweetLeaf Stevia Liquid - Lemon Flavour
1 cup sugar-free lemonade
optional garnish: mint leaves

Methods:
Place all ingredients into a blender and blend until smooth. Taste and adjust SweetLeaf Stevia Liquid - Lemon Flavour if needed. Pour mixture into an ice cream machine and follow manufacturer’s instructions. Enjoy immediately. If you do not have an ice cream machine, you can spread the mixture into a loaf pan and freeze for 4-5 hours, mixing every 30 minutes until hardened. Freeze covered in an airtight container and defrost 30 minutes when ready to serve. Serves 4. Serving size is 1/2 cup.

Recipe and photo courtesy Sugar-Free Mom.

Coconut Flan Recipe

Ingredients:
Custard
6 eggs
2 yolks
2 cans coconut milk
2 teaspoons vanilla extract
2 teaspoons SweetLeaf Stevia Liquid - Coconut

Caramel Sauce
1/2 cup coconut sugar
1 tablespoon water
1 tablespoon butter

Method:
Preheat oven to 163 degrees. In a stand mixer, blend eggs, yolks, coconut milk, vanilla extract and SweetLeaf Stevia Liquid - Coconut drops until combined well. In a sauce pan, whisk water with coconut sugar then add butter and cook over medium low heat until bubbles form around edges. Simmer one minute then pour into 10-inch pie plate, cake pan or 10 individual ramekins. Swirl dish around to cover bottom. Let sauce harden slightly before pouring custard mixture over caramel. Place pie plate into a larger baking dish and place in the oven. Pour 2 cups of hot water on the bottom of the larger baking dish so the hot water is 1-2 inches up the sides of the pie plate. Bake for 1 hour or until a knife inserted near the centre comes out clean. Cool to room temperature then refrigerate for one hour or overnight. When ready to serve flan, loosen edges with a knife and invert onto a large plate. Makes 10 servings.

Recipe and photo courtesy Sugar-Free Mom.
### Sugar-Free Chocolate Hazelnut Energy Bites Recipe

**Ingredients:**
- 1 cup raw unsalted hazelnuts
- 1/4 teaspoon salt
- 1/4 cup flaxseed meal
- 1 tablespoon chia seeds
- 1/2 cup sunflower butter, unsweetened
- 1 teaspoon SweetLeaf Stevia Liquid - Hazelnut

**Chocolate coating**
- 3 tablespoons coconut oil, melted
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon SweetLeaf Stevia

**Method:**
Grind hazelnuts in a food processor then add salt, flaxseed and chia seeds. Pulse to incorporate. Add in sunflower butter and SweetLeaf Stevia Liquid - Hazelnut. Pulse until combined. Make 14 tablespoon-sized balls. Refrigerate until hardened, about 30 minutes. Mix chocolate coating ingredients together in a bowl. Drop one energy bite into coating and stir to coat. Remove with a fork and lay on a parchment lined baking sheet. Continue with the rest, then refrigerate until hardened. Best if kept refrigerated.

Recipe and photo courtesy Sugar-Free Mom.

### Dijon Dressing Recipe

**Ingredients:**
- 1 Tbsp. balsamic vinegar
- 3 drops liquid SweetLeaf SteviaClear
- 1/2 cup olive oil
- 2 Tbsp. Dijon mustard
- 1 tsp. lemon juice
- Salt and pepper to taste

**Method:**
Combine all ingredients in a bowl. Keep in fridge for up to a week. Makes about 3/4 cup.
Pavlova Recipe

Ingredients:
- 4 egg whites
- ½ cup Rice Syrup
- ¼ teaspoon SweetLeaf Stevia
- ½ teaspoon vanilla

Method:
Preheat fan forced oven to 150C. Line a baking tray with baking paper. Place egg whites in mixing bowl with seed set at maximum beat egg whites till stiff. Continue on maximum speed. Slowly add rice syrup. Add stevia and vanilla and continue beating till mixture is thick. Place on baking tray and spread to a 23-25 cm round approx. The pavlova will be quite high if one wants a thinner pavlova allow less cooking time, place in oven turn oven down to 100 C and bake for 45 minutes. Turn oven off and leave pavlova in oven till cool.

Serving Suggestion: spread some passionfruit butter on pavlova, top with whipped cream and decorate with sliced banana, strawberry, blueberries or mango.

Sugar-Free Vanilla Rice Pudding Recipe

Traditional rice pudding is often made with white arborio rice, milk and sugar. In this healthier version, brown basmati rice is used instead and makes this pudding just as creamy, but more nutritious than its traditional counterpart. This recipe is easily adaptable to make dairy free by substituting the dairy milk for unsweetened almond milk or even coconut milk.

Ingredients:
- 1 cup brown Basmati rice
- 4 1/2 cups 1% fat milk
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 to 1 teaspoon SweetDrops liquid Cinnamon Stevia

Method:
In a large saucepan, bring rice, milk and salt to a boil over medium high heat. Reduce heat, cover and simmer for 45 minutes. Turn heat over, keep covered and allow to sit for 10 more minutes. Mix in the rest of the ingredients and stir well. Taste and adjust Sweetleaf liquid Cinnamon Stevia if needed. Transfer pudding to 6 ramekins or glasses. Press plastic wrap onto the surface of each pudding to prevent it from forming a skin. Refrigerate 1 hour or up to 3 days. Serve with whipped cream and a sprinkle of cinnamon.

Recipe and photo courtesy Sugar-Free Mom.
Quick Chia Seed Puddings Recipe

Ingredients:
1/2 cup of chia seeds
1 & 1/2 cups of cashew or almond milk (or regular milk if you so choose)
1/4 cup berries
2 drops of SweetLeaf Vanilla Creme
1 tb of honey to the recipe.
1/2 teaspoon of vanilla powder
Pinch of salt

Method:
Place all ingredients in a bowl and stir. Divide into bowls or containers and store in the fridge. You will need to allow it to absorb the liquid - the chia will take on a glutinous consistency (even though they are gluten free).

Recipe courtesy of Andi Lew and Dr Natalie Kringoudis, authors of the book Eat Fat, Be Lean (www.eatfatbelean.com.au)

Low Fat Blueberry Protein Smoothie Recipe

Ingredients:
Low Fat Blueberry Protein Smoothie
1 cup non-fat plain Greek yoghurt
Low Fat Blueberry Protein Smoothie
3/4 cup 100% pasteurised egg whites*
1-1/2 cups frozen blueberries (or fresh)
1/2 cup almond milk
2-3 half full droppers SweetLeaf liquid Stevia, vanilla or plain

* It is safe to consume pasteurised egg whites raw as they have been heated then refrigerated which removes the bacteria that can cause illness.

Method:
Combine all ingredients together in blender and blend until smooth. Serve immediately. Serves 2.

Nutrition Info for 2: Calories per serving: 176*
Fat: 1g* Cholesterol: 0mg* Sodium: 194mg*
Carbs: 21g* Fibre: 3g* Sugars: 16g* Protein: 22g* Points+: 3*

Recipe courtesy of www.sugarfreemom.com
**Quick Chia Seed Puddings Recipe**

Classic vanilla pudding gets a sugar-free make over in this recipe. Traditionally homemade vanilla pudding has quite a lot of sugar in it. Here, using only 1/2 to 1 teaspoon of Sweetleaf Vanilla Liquid Stevia, it becomes a perfect dessert for anyone watching their sugar intake. Low in carbs as well makes this a diabetic-friendly and guilt-free treat!

**Ingredients:**
- 1/4 cup arrowroot powder*
- 1/4 teaspoon salt
- 2 cups unsweetened almond milk
- 1 cup half-and-half
- 4 egg yolks, slightly beaten
- 1 tablespoon butter, softened
- 1/2 vanilla bean or 1/2 teaspoon vanilla extract
- 1/2 to 1 teaspoon Sweetleaf Vanilla Liquid Stevia drops

Optional Topping: sugar-free chocolate shavings

**Method:**

Stir arrowroot powder and salt together in a sauce pan. On medium heat, whisk in almond milk, half-and-half, and egg yolks. Continue to cook, stirring constantly until mixture thickens and comes to a boil.

Boil 1 minute and remove from heat. Stir in butter, vanilla bean or extract, and Sweetleaf Vanilla Liquid Stevia. Allow to cool slightly before tasting, and then adjust Sweet Drops if needed.

Cover mixture with plastic wrap directly on top of pudding. Cool to room temperature and chill before serving. Top with sugar-free chocolate shavings if desired. Serves 4, at about ½ cup each.

*Arrowroot powder is a gluten-free powder similar to cornstarch. You can find it in health food stores and online. Tapioca starch/flour can be substituted for a similar result.

Recipe and photo courtesy Sugar-Free Mom.
Gluten Free Hot Chocolate Recipe

A thick and creamy hot chocolate that is dairy-free, gluten-free, and vegan...the addition of cocoa butter adds an unforgettable taste and texture!

**Ingredients:**
- Gluten Free Hot Chocolate
- 3/4 cups water
- 1 cup almond milk
- 3 tablespoons cocoa powder
- 1 tablespoon carob powder (or more cocoa powder)
- 1/8 teaspoon sea salt
- 1 tablespoon arrowroot
- 2 tablespoons natural granulated sweetener (coconut sugar)
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon, optional
- 5-8 drops Sweetleaf liquid Stevia
- 2-3 teaspoons cocoa butter, optional, but delicious!

**Method:**
In a saucepan, whisk together the water, cocoa, carob, sugar, and salt, and place it over medium heat.
In a separate bowl, whisk together the milk with the arrowroot until the arrowroot has dissolved. Once the water/cocoa mix is warmed, add the milk arrowroot mix to it, and continue heating it through until the mixture has thickened (about 1 minute). Don’t boil the mix!
Once thickened, remove the pan from the heat and stir in the vanilla, cinnamon, Sweetleaf Stevia, and cocoa butter (this enhances the chocolate flavour even more!). Pour into a couple of mugs and share with a loved one!

Recipe courtesy of www.yummly.com

Chocolate Raspberry Ricotta Creme Recipe

Who wouldn’t want an easy, no bake, delicious dessert you can make for yourself, family, and pretty enough for company as well? Nothing says summertime to me like cold desserts and snacks. Super quick, cool and refreshing!
You can even change out the raspberries if you want and use blueberries or strawberries. It’s made with protein packed part-skim ricotta cheese and some lite cream cheese. One of these has 16 grams of protein in it.

**Ingredients:**
- 2 cups part-skim, Ricotta cheese
- 2 ounces lite cream cheese
- 1 tablespoon cocoa powder, unsweetened
- 1 teaspoon Sweetleaf Liquid Stevia Chocolate Raspberry
- 1 cup fresh raspberries or frozen, drained

**Method:**
Add all ingredients except raspberries, to mixer and blend for about a minute until smooth. Gently fold in raspberries, save some for topping each dish.
Divide evenly among four small cups and chill for about a half hour.
Top with Dairy Free Sugar Free Whipped Cream if desired!

Recipe courtesy of www.sugarfreemom.com
Originally a Sicilian dessert, granita is similar to sorbet and Italian ice, usually with sugar as its main ingredient. Here, we’ve taken the natural goodness of fresh apricots and the natural sweetness of Apricot SweetLeaf® Liquid Stevia Sweet Drops™ to make this refreshing warm-weather dessert healthier.

**Ingredients:**
- 1 1/4 pounds (567 grams) fresh apricots, pitted, unpeeled, coarsely chopped
- 3 1/2 cups water
- 1/8 teaspoon salt
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla extract
- 1/2 to 1 teaspoon Apricot Sweet Drops™
- Fresh mint to garnish

**Method:**
In a medium-size sauce pan, add apricots, water and salt. Bring to a boil. Reduce heat to a simmer, stirring occasionally until apricots have broken down, about 15 minutes.

Pour mixture into a fine-mesh sieve over an approx 22cm -by-30cm shallow baking dish. Press purée with the back of a spoon to push pulp and juice through sieve. Scrape underside of sieve, bottom and sides of sieve to get as much apricot juice into dish. Discard solids.

Whisk in lemon juice, vanilla extract and Apricot Sweetleaf Drops. Taste mixture to determine if you need more apricot drops. Freeze for 2 hours. Scrape mixture with a fork from outer edges to centre of the dish. Freeze for 30 minutes and repeat. Continue procedure of scraping for another 3 times every 30 minutes.

When ready to serve, spoon into serving dishes and garnish with fresh mint.

*Arrowroot powder is a gluten-free powder similar to cornstarch. You can find it in health food stores and online. Tapioca starch/flour can be substituted for a similar result.*

**Recipe and photo courtesy of** [www.sugarfreemom.com](http://www.sugarfreemom.com)
Healthy Toffee Breakfast Bar Recipe

The English Toffee SweetLeaf SweetDrops are by far my favourite. I love to use them in my coffee but wanted to be able to create something with them as well. These breakfast bars are a dense, slightly sweet, nutrition heavy food. Full of Omega 3-fatty acids, they are great for preventing inflammation, diabetes, heart disease, high blood pressure, and so much more. Not to mention, they are delicious!

Ingredients:
(Servings: 6-8 bars depending on size)
- 2 tsp Chia Seed
- 2 Tbsp Warm Water
- 1/2 Cup Unsweetened Shredded Coconut
- 20 Drops English Toffee SweetLeaf Stevia SweetDrops
- 4 Tbsp Coconut Oil
- 2 Cups Almond Meal
- 2 Tbsp Flax Seed
- 1 Tbsp Unsweetened Non-Dairy Milk
- 2 Tbsp Agave or Honey

Method:
Preheat oven to 350 degrees F
Mix together Chia seed and water and set aside
Measure out Coconut into a small bowl. Scatter 10 drops of SweetDrops into the Coconut. Mix together until drops are evenly dispersed. Repeat with 10 more drops
Melt Coconut oil in a medium bowl, combine all ingredients together and mix with a mixer or by hand (be sure all the ingredients are mixed together well)
Evenly spread the batter into a loaf pan
Bake for 30-35 minutes or until a light golden brown. Be sure not to over bake these because they will become dry quickly
Remove from oven and let cool completely before cutting into desired size
(Free of: Gluten, Wheat, Corn, Grains, Eggs, Dairy and Soy, Low Glycemic, Vegan)

Recipe courtesy of www.wellnessonthefly.com

Hint: Combining the SweetDrops into the Coconut helps the flavour disperse evenly into the bars but you want to be sure to mix the coconut and the Stevia very well so each piece of coconut becomes infused with the flavour. Feel free to substitute any flavour you would like such as Vanilla, Orange or Lemon. If using a non-flavoured Stevia, use fewer drops (I’d say 15) and add 1 Tsp of natural flavour extract of your choice.
Coconut Macaroons Recipe

Gluten, Sugar & Dairy Free
If you’re a fan of coconut, these little cookies will be right up your alley! Coconut macaroons are a delicious and light cookie made with only a few ingredients. The best part, of course, is that they are made with Sweetleaf Sweet Drops and sugar free! Adding a little melted unsweetened carob chips drizzled over the top makes these the perfect little non-guilty pleasure!

Ingredients:
- 4 egg whites
- 1/4 teaspoon salt
- 1 teaspoon SweetLeaf® Liquid Stevia Coconut Sweet Drops™
- 3 cups shredded unsweetened coconut flakes
- 1/4 cup melted coconut butter
Optional topping: 1/2 cup melted unsweetened carob chips

Method:
Preheat oven to 350 degrees. With an electric mixer, whisk egg whites, salt and Sweetleaf Coconut Sweet Drops until frothy. Pour coconut flakes into egg white mixture and stir just until moistened. Mix in melted coconut butter and stir until combined. Line a baking sheet with parchment paper. Using an ice cream scoop, scoop batter and pat down into scoop to pack it in well. Drop rounded batter onto cooking sheet, spacing an inch apart from each other. Bake 20-25 minutes until golden brown. Cool 5 minutes, then transfer to wire rack. Once completely cooled, drizzle melted carob over the tops, if desired. Store in an air-tight container.

Nutrition Info {with carob topping}
Servings: 18* Calories: 74* Fat: 6g* Cholesterol: 0mg* Sodium: 45mg* Carbs: 6g* Fiber: 1g*
Sugars: 5g* Protein: 1g* Points+: 2*
Recipe Courtesy Sugar Free Mom: http://www.sweetleaf.com/recipes/desserts

www.naturalsweet.com.au
Chocolate Cherry Fizz Drink Recipe

4 oz. tart cherry juice
2 oz. vodka
12 drops balsamic vinegar
12 drops SweetLeaf® Chocolate Sweet Drops™
Seltzer water, cold
Ice
Grated dark chocolate for garnish

Add cherry juice, vodka, balsamic vinegar, and Chocolate Sweet Drops to a cocktail shaker and shake a few seconds to mix ingredients. Pour into two large wine glasses filled halfway with ice. Top off the drinks with seltzer water and garnish with grated dark chocolate. Serve immediately.

Orange Chocolate Chip Whole wheat Scone Recipe

For breakfast, brunch or a snack, scones are a well-loved treat! Cut the sugar and white refined flour and make them a whole lot healthier! Whole-wheat pastry flour and SweetLeaf® Liquid Stevia Valencia Orange Sweet Drops™ make these soft and flaky with a sweet hint of citrus.

Scones (serves 8)
2 cups whole-wheat pastry flour
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon baking soda
1 tablespoon powdered stevia
6 tablespoons cold butter, sliced
1 egg
Juice of 1 orange and zest (or 1/4 cup juice)
1/2 cup 1% milk (or equivalent)
1/2 teaspoon SweetLeaf® Liquid Stevia Valencia Orange Sweet Drops™
1/2 cup chocolate chips (grain sweetened) or carob chips

Preheat oven to 400 degrees. In a large bowl, combine the first 5 ingredients. Using 2 knives, cut the cold butter into the dry mixture until it forms small pea-sized pieces of dough. Set aside. In another bowl, whisk the egg, orange juice, milk and Valencia Orange Sweet Drops together. Pour the wet ingredients into the dry and mix well. Stir in the chocolate chips. On a floured surface and with floured hands, knead the dough a few times. Line a baking sheet with parchment paper. Transfer the dough to the lined baking sheet and shape it into about an 8-inch circle. Using an oiled pizza cutter, slice the dough into 8 triangles. Use a spatula to separate the wedges.

Recipe courtesy of Sugar-Fee Mom
Orange Creme Smoothie Recipe

Ingredients:
6 oz. skim milk
1/4 cup orange slices
4 oz. vanilla non-fat yogurt
Ice
4 drops Sweet Drops Vanilla Crème
4 drops Sweet Drops Valencia Orange

Combine ingredients and blend until smooth.

Baked Apple Crepes Recipe

Ingredients:
1/2 cup butter
4 finely chopped apples
20 drops SweetLeaf Apricot Nectar Sweet Drops
1 tsp. cinnamon
1 tsp. ground nutmeg
1 package cream cheese
10 drops liquid SweetLeaf SteviaClear
10 to 12 pre-made crêpes

Method:
In a saucepan, melt the butter. Add the chopped apples, Apricot Nectar Sweet Drops, cinnamon, and nutmeg. Cook down until apples begin to brown, about 10 to 15 minutes. Meanwhile, combine the SteviaClear drops in a bowl with the cream cheese and whip until fluffy. Place a spoonful of the apple and cream cheese mixture in each warm crêpe. Roll gently like a jelly roll. Serve and eat!

Nutrition Facts: Serving size: 1; Servings per dish: 12; Amount per serving: Calories 310, Calories from Fat 190, Total Fat 21g (32% DV), Saturated Fat 11g (55% DV), Trans Fat 0g, Cholesterol 145mg (48% DV), Sodium 250 mg (10% DV), Total Carbohydrate 23 g (8% DV), Dietary Fiber 2g (8% DV), Sugars 10g, Protein 7g, Vitamin A (15% DV), Vitamin C (4% DV), Calcium (8% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet. Serves 12.
Peaches N Cream Oatmeal

Ingredients:
1 peach, pitted and pureed
1/2 banana, pureed
1/2 cup milk
1/4 cup rolled oats
2 Tbsp flaxseed meal (optional)
8 drops SweetLeaf Stevia Liquid - Vanilla Creme Flavour

Method:
Place pitted peach and banana in a blender and pulse until pureed. Combine all ingredients in a bowl and enjoy cold or heat in the microwave for 30 seconds. Top with banana or peach slices or flax seed meal.

Nutrition Facts: Amount Per Serving: Calories 270, Calories from Fat 60, Total Fat 6g (9% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 10 mg (0% DV), Total Carbohydrate 43 g (14% DV), Dietary Fiber 9g (36% DV), Sugars 11g, Protein 11g, Vitamin A (6% DV), Vitamin C (15% DV), Calcium (6% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

SweetLeaf Flavoured Liquid Stevia Recipes

Try these great Flavoured Liquid Stevia drinks.

Citrus Cooler:
1 whole lime cut into 6 pieces
6 mint leaves
8oz sparkling water
5 Drops of Lemon Liquid Stevia

Mix fruit and lime in glass until flavours are mixed together. Add ice and sparkling water, serve and enjoy.

Vanilla Cocoa Shake:
1 cup rice milk
2 teaspoons un-roasted, un-sweetened cocoa powder
6 ice cubes
7-9 drops SweetLeaf Vanilla Creme Liquid Stevia

Blend all ingredients together in a blender. Serve immediately.