Mini Pecan Pies Recipe

Ingredients
For the crust:
½ cup butter, softened
3 ounces cream cheese, softened
1 cup self-rising flour, sifted (see Notes)
Oil spray

For the filling:
½ cup Naturally Sweet Xylitol
2 teaspoons cinnamon
¼ cup canned pumpkin
1 egg yolk
4 teaspoons butter, melted
1 tablespoon rum (optional but recommended)
½ teaspoon vanilla powder
¼ teaspoon all spice

For the topping:
½ cup pecans, coarsely ground
¼ cup Naturally Sweet Xylitol
1 tablespoon butter, melted

Instructions:
In a stand up mixer, add ½ cup butter, cream cheese; combine well.
Slowly add in sifted flour until well combined.
Prepare mini muffin baking tin.
Divide dough evenly into mini muffin tin. (See Notes) balls about the size of small meatballs.
Press dough evenly into the cups and with a fork, poke small holes in bottom of the cups. (See Notes)
Pre-heat over to 190C.
Bake for 10 minutes or until lightly golden brown.
In a stand up mixer or large bowl, combine filling ingredients until well combined.
Spoon mixture into pre baked cups.
In a small bowl, combine pecans, xylitol and remaining butter; sprinkle over filling mixture.
Bake for about 20 minutes and or until top is brown.
Cool in baking tin for 10 minutes.
ENJOY!

Prep time:
15 mins

Total time:
35 mins

Notes:
The original recipe by Amy aka Ms. Toody Goo Shoes’ Mini Pecan Pie Cups - An Easy Thanksgiving Dessert. Adjusting spices for personal taste. Original recipe made 24; mine made 20 comfortably. Found it easier after pressing dough into cups using thumb, create small well for filling.

Recipe and photo courtesy of Joanne Ferguson of whatsonthelist.net
Ingredients:
100 grams Self-rising flour, sifted
75 grams milk
8 grams butter
1 gram Pink Himalayan salt
4 grams instant yeast
9 grams Naturally Sweet Xylitol (see Notes)
25 grams sun-dried tomatoes
1 garlic, peeled
50 grams Parmesan cheese, grated
Nigella seeds (optional but recommended; can use sesame seeds)
Oil spray

Instructions:
In mini chopper, blender of food processor, combine sun-dried tomatoes, garlic, and Parmesan cheese; combine well until smooth; set aside.
In a microwave bowl, add milk and butter; microwave for 30 seconds making sure butter has melted. (see Notes)
With a fork, beat mixture; should be warm, not hot.
Add 35 grams of sifted flour, salt, xylitol, and yeast; combine.
In a bowl, combine sun-dried tomato, garlic and Parmesan mixture with remaining flour; mix with back of a fork until well combined; mixture should look like small sands pebbles.
Add this flour mixture to sifted flour, salt, xylitol and yeast combination; mix with fork; do not knead!
Cover mixture (so is tucked in) with lightly oiled baking paper; microwave for 30 seconds.
Remove from microwave and roll mixture into 4 balls; cover each ball with lightly sprayed baking paper.
Cover all four balls with warm, dampened cloth for 10 minutes; wrap all sides.
Open each ball, press down middle; reshape into balls; re cover with lightly oiled baking paper and place into microwave for 30 seconds.
Remove from microwave; sprinkle with Nigella seeds; gently press onto top of dough; slightly knead so dough is smooth; do not over knead!
Pre heat oven to 190C.
Place dough balls on baking paper; baked for about 10 minutes or until bread rolls are brown

Notes:
The original recipe by Pepper Bento - Yakitate!! Japan Microwave Sesame Seeded bread Recipe. Original recipe uses sugar. Microwave times may vary.

Recipe and photo courtesy of Joanne Ferguson of whatsonthelist.net

and can tap the top to make sure the bread is done.

Remove from the oven and enjoy!
Almond Butter Chocolate Chip Cookies Recipe

**Ingredients:**
1 cup Almond Butter
3/4 cup Naturally Sweet Birch Xylitol
1 Large Egg
1 tsp. Vanilla Extract
1/2 tsp. Baking Soda
1/4 tsp. Celtic Sea Salt
2 oz. Dark Chocolate Chips

**Methods:**
1. Preheat oven to 167 degrees C.
2. In medium mixing bowl, with a large spoon, mix together almond butter, Naturally Sweet Birch Xylitol, egg, vanilla extract, salt and baking soda.
3. Fold in dark chocolate chips.
4. Using a cookie scoop, spoon cookie dough onto baking sheet.
5. Flatten slightly by doing a criss-cross pattern with a fork.
7. Cool on rack.

**Notes:**
At 13 minutes the cookies will seem like they are not done, still take them out of the oven and move immediately to a rack. They will firm up as they cool. If you let them go longer, the bottoms will burn.

Recipe and photo courtesy of Healthy Living

Sugar-free Carrot Cake Recipe

**Ingredients:**
100g pecans
140g self-raising flour, sieved
2 tsp ground cinnamon
1 tsp bicarbonate of soda
140g Naturally Sweet Xylitol
2 large eggs (at room temperature)
140ml rapeseed oil — canola oil
175g grated carrots
100g sultanas

**Methods:**
1. Preheat the oven to 180C/ 160C fan/ Gas mark 4. Grease and line an 18cm round cake tin with baking parchment. Set aside 12 pecans and roughly chop the rest.
2. In a large bowl, mix together the flour, cinnamon, bicarbonate of soda, Naturally Sweet Xylitol and chopped pecans.
3. In a separate bowl or jug, beat the eggs and rapeseed oil together. Pour into the flour mixture and stir until combined. Stir through the carrot and sultanas. Spoon into the lined tin, smooth the surface and press whole pecans to form a circle around the edge.
4. Cook for 1 hour - 1 hour 10 mins until the top feels springy to the touch and a skewer inserted into the cake comes out clean. Check after 50 mins, if the cake is becoming too dark, cover loosely with foil. Cool on a wire rack for 10 minutes, then turn out and allow to cool. Serve slightly warm or cold. This cake keeps for up to five days in a tin. Before serving, drizzle with agave syrup if you have a sweet tooth.

Recipe and photo from bbcgoodfood.com
Fruits of the Forest Tiramisu Recipe

**Ingredients:**
1 small sponge flan case
500g frozen summer fruits in bag
4 tbsp cassis (or Ribena)
250 g Quark cheese
4 tbsp
200 ml Skimmed milk
Cocoa for dusting

**Methods:**
1. Take a large dish and cut the sponge to fit in the bottom.
2. Defrost fruits, whilst keeping them in the bag, and then tip them into a sieve placed over a bowl.
3. Take the juices in the bowl and tip them over the sponge with a sprinkle of cassis or Ribena.
4. Spread fruits over sponge and place in fridge.
5. In the meantime beat Quark with Naturally Sweet Xylitol for 30 seconds with an electric whisk.
6. Slowly beat the milk into the Quark until thick and creamy.
7. Spread evenly over fruits.
8. Dust with cocoa and chill for 2 hours.

Recipes and photos on this page courtesy of Totalsweet

Chocolate Courgette Cake Recipe

**Ingredients:**
200g (7oz) plain flour
1/2 tsp bicarbonate of soda
1 tsp baking powder (gluten-free if necessary)
1/2 tsp salt
100g (4oz) Naturally Sweet Xylitol
2 medium free-range eggs or organic eggs
180ml (6fl oz) mild or medium olive oil
170g (just under 6oz) good quality dark chocolate
225g (8oz) courgettes—zucchini
55g (just over 2oz) walnuts, finely chopped

For the cream cheese frosting
250g (9oz) low-fat cream cheese
1/2 tsp vanilla extract
1 tbsp Total Sweet

**Method:**
1. Preheat the oven to 180°C/350°F.
2. Line a 20cm (8in) loose-bottomed cake tin with baking paper and grease the sides.
3. Sift the flour, bicarbonate of soda, baking powder and salt into a bowl. Stir in the Naturally Sweet Xylitol.
4. In a separate bowl, beat the eggs into the oil
5. Melt the chocolate over a bain marie or in the microwave. Meanwhile, grate the courgettes.
6. Stir the eggs and oil into the dry ingredients, then mix in the melted chocolate, courgettes and nuts.
7. Pour the mixture into the prepared cake tin and bake for 25-30 minutes or until the cake is well risen, firm to the touch and a skewer comes out clean. Allow to cool on a wire rack before icing.
8. To make the cream cheese frosting, mix together the cream cheese, vanilla extract and Total Sweet until smooth then spread on the cake. Store in an airtight container in the fridge.
Wacky Cake Recipe

Ingredients:

FOR THE CAKE
1½ cups self-rising flour, sifted
3 tablespoons Dutch cocoa powder, unsweetened
1 cup Naturally Sweet Xylitol
1 teaspoon baking side
½ teaspoon Himalayan pink salt
1 teaspoon white vinegar
½ teaspoon pure vanilla powder
5 tablespoons vegetable oil
1 cup water
oil spray

FOR THE FROSTING
250 grams milk or dark chocolate melts (See Notes)
150 grams thickened cream

Methods:
1. Pre-heat over to 180C.
2. Oil spray 8 inch glass baking dish; add the first 5 ingredients; combine well.
3. Make three wells in the mixture — 1 large, two small; pour vinegar and vanilla powder into small wells; vegetable oil in large.
4. Pour water over all and mix until well combined. (See Notes)
5. Tap glass baking dish on counter 2 - 3 times; clean excess cake mixture from around the top of the cake.
6. Bake for 30 minutes or until toothpick comes out clean.
7. Remove from oven.
8. Wait until cake is completely cooled before using frosting to personal taste.
9. To make ganache, combine chocolate and thickened cream in a bowl; microwave 1 minute until melted; stir; repeat; refrigerate covered with plastic wrap until fully sets; minimum 1 hour, suggested overnight.

Notes:
Mixture ll have many mini air bubbles after well combined.
For healthier ganache, use sugarless chocolate.

Recipe and photo courtesy of Joanne Ferguson of whatsonthelist.net
**Mexican Chocolate Microwave Brownie Recipe**

**Ingredients:**
- 4 tablespoons self-rising flour
- 4 tablespoons Naturally Sweet Xylitol (feel free to substitute sugar)
- 3 heaping tablespoons unsweetened Mexican Chile Hot Chocolate powder — as far as I know not available in Aust. Try cocoa powder
- ¼ teaspoon salt
- 1 egg
- 3 tablespoons milk
- 1 tablespoon grapeseed oil

**Methods:**
1. In a bowl, combine all dry ingredients.
2. Add egg, milk and oil; combine well.
3. Pour into microwave proof mug; microwave 40 seconds until fully cooked. (see Notes)

**Notes:**
Cooking time will change depending on microwave cup used; mine took me 1 minute 30 seconds.

**No Butter No Eggs No Sugar Scones Recipe**

**Ingredients:**
- 1 cup self-rising flour, sifted
- ¼ teaspoon salt
- 1 tablespoon Naturally Sweet Xylitol (feel free to substitute sugar)
- 80 ml thickened cream
- 60 ml full cream milk
- extra thickened cream for brushing
- oil spray
- baking paper
- extra flour for floured surface
- jam of choice (optional)
- cream (optional)

**Methods:**
1. In a large bowl, whisk flour, cream, salt and sugar until combined.
2. Make a well in the middle and pour in milk; whisk until combined.
3. Remove dough from bowl onto floured surface; knead slightly so dough is smooth.
4. Roll dough to 1 inch thick; using cutter, form mini scones; place dough on a flat tray with lightly oil sprayed baking paper.
5. Pre-heat oven to 180C.
6. Bake for 10 minutes or until lightly golden brown.
7. Remove and place on wire rack to cool before adding jam and cream.

Recipe and photo courtesy of Joanne Ferguson of whatsonthelist.net
**Avocado Chocolate Marbled Pound Cake Recipe**

**Ingredients:**
1 ½ cups self-rising flour, sifted
½ cup almond meal, sifted
¼ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
170 grams butter, softened
1 cup **Naturally Sweet Xylitol** (see Notes)
¾ cup avocado
2 eggs
½ teaspoon pure vanilla powder
¼ cup milk
2 heaped tablespoons plain yogurt (see Notes)
2 tablespoons unsweetened Dutch cocoa powder

**Methods:**
1. Pre-heat oven to 160C.
2. In a large bowl, add flour, almond meal, salt, baking powder, baking soda; mix to combine; set aside.
3. In a stand up mixer, combine butter and sugar until well combined.
4. Add the avocado; mix until well combined.
5. Add eggs, one at a time, beating in between each egg until combined.
6. Add vanilla powder; mix until combined.
7. With a wooden spoon, combine half of the flour mixture, stir gently, then add milk and yogurt then remaining flour mixture until combined.
8. In a separate bowl, place half the mixture and add the cocoa powder until well combined.
9. Line a loaf tin with baking paper lightly sprayed.
10. Spoon dollops of each of the mixtures until done.
11. Bang the tin on the counter tip. (see Notes)
12. Bake for about 40 - 50 minutes until the top is brown and toothpick comes out smooth.
13. Remove from oven, place on wire rack to cool.

**Notes:**
Feel free to substitute caster sugar for **Naturally Sweet Xylitol**
If wish a healthier dessert, make sure your yogurt does not contain any sugar, fruit or natural added sugar as it is still sugar.

For smoother consistency, I used hot water on the back of a spoon to remove any air bubbles and made the surface smooth for consistent baking.

**Recipe and photo courtesy of Joanne Ferguson of whatsonthelist.net**
Ingredients:
3/4 cup unsweetened cocoa powder
3/4 cup all-purpose flour—plain flour
1/2 teaspoon baking powder
1/4 teaspoon salt
3/4 cup (1 1/2 sticks) unsalted butter, room
temperature
1 cup Naturally Sweet Xylitol
3 large eggs
1 teaspoon vanilla extract
1/2 cup sour cream

Method:
Preheat oven to 177 degrees Celsius. Line 12-cup
standard muffin tin with paper liners.
Into a medium bowl, sift together cocoa, flour,
baking powder, and salt; set aside. In a mixing
bowl, cream butter and Naturally Sweet Xylitol
until light and fluffy. Add eggs, one at a time,
beating well after each, then beat in vanilla.
With mixer on low speed, add flour mixture in
two batches, alternating with sour cream and
beginning and ending with flour.
Pour batter into cups, filling each 3/4 full. Bake
until a toothpick inserted in centers comes out
clean, 20 to 25 minutes.
Cool in pan 5 minutes; transfer to a wire rack to
cool completely.

Vanilla Buttercream Icing
Ingredients:
1 cup unsalted butter (2 sticks or ½ pound),
softened (but not melted!). Ideal texture should be
like ice cream.
3-4 cups Naturally Sweet Xylitol Icing Sugar
¼ teaspoon table salt
1 tablespoon vanilla extract
up to 4 tablespoons milk or heavy cream

Method:
Beat butter for a few minutes with a mixer with
the paddle attachment on medium speed. Add 3
cups of Naturally Sweet Xylitol Icing Sugar and
turn your mixer on the lowest speed (so the sugar
doesn’t blow everywhere) until the sugar has
been incorporated with the butter. Increase mixer
speed to medium and add vanilla extract, salt,
and 2 tablespoons of milk/cream and beat

Recipe courtesy of Xylitol Canada
Sugar-Free Lemon Drizzle Cake Recipe

This Sugar-free Lemon Drizzle Cake is sweetened with Naturally Sweet Xylitol. This sponge has a dense, syrupy texture and keeps well for a few days.

Ingredients:
225g self-raising flour, sifted
½ tsp baking powder
225g
2 lemons, zest only
2 large eggs, at room temperature
125ml sunflower oil
1 tbsp milk
200g 0% fat Greek yogurt

Drizzle
1 lemon, juice only
50g Naturally Sweet Xylitol

Method:
Preheat the oven to 180C. Grease and line a 1.2 litre loaf tin (22cm x 13cm width, 7cm depth) with baking parchment. Mix together the flour, baking powder, Naturally Sweet Xylitol and lemon zest in a large bowl.
Mix the eggs, sunflower oil, milk and yoghurt together in a separate bowl or jug and stir them into the flour mixture.
Spoon into a tin and smooth the surface. Transfer to the oven immediately, bake on the middle shelf of the oven for 1 hour – 1 hour 10 mins. Check after 50 mins, if the cake is becoming too dark, cover loosely with foil.
Just before the end of cooking time, make the drizzle by heating the lemon juice and Naturally Sweet Xylitol. Stir over a low heat until the xylitol has dissolved. Once the cake is cooked, take it out of the oven and pour over the drizzle. Cool in the tin before turning it out.

Recipe courtesy of: BBCgoodfood.com
**Orange and Chia Seed Cake Recipe**

**Ingredients:**
- 2 oranges – tops removed / cut and scored with a cross about 3cm deep
- 6 organic free range eggs
- 250g Naturally Sweet Xylitol
- 250g almond meal
- 3 tsp baking powder
- 2 tbsp soaked chia seeds

**Method:**
Preheat the oven to 160 C. Place the prepared oranges in boiling water and simmer for 50 minutes. Remove from the water and puree the whole orange, including peel in a food processor, until smooth.

In a large mixing bowl; mix the eggs and Naturally Sweet Xylitol until light and fluffy. Add the almond meal and baking powder. Mix until combined. Stir in the orange puree and soaked chia seeds. Pour the mixture into a 22cm cake tin lined with grease proof baking paper. Do not use foil. Bake in the oven for 40 minutes or until firm, but still moist. It may need to cook for up to 50 minutes. Leave to cool in the tin for about 5 minutes, then turn onto a wire rack and cool there.

Note: This cake is a really wet cake and can stay fresh for a few days. It can be served warm with sheep’s milk yoghurt dolloped on the side. The almond meal provides a gluten free treat and once again high in protein. This is a twist on the traditional orange and poppy seed cake, but the chia seeds are very high in essential fatty acids. It’s a great way of consuming chia seeds.

*Recipe courtesy of: Sarah Wilson Blog*

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**Plum and Cinnamon Crumble Recipe**

**Ingredients:**

**For the crumble:**
- 100g (4oz) plain wholemeal flour
- 75g (3oz) Naturally Sweet Xylitol (taste before cooking – add more if you prefer a sweeter crumble)
- 100g (4oz) softened butter
- 100g (4oz) oats

**For the filling:**
- 1kg (2.2lb) plums, halved and stoned
- 50g (2oz) Naturally Sweet Xylitol, depending on the sweetness of the plums and personal taste
- 3 tsp ground cinnamon

**Method**
This comfort food classic is given a healthier twist through the use of wholemeal flour, oats and Naturally Sweet Xylitol. The whole grains also give the topping a chewy almost flapjack like texture whilst cinnamon adds flavour as well as possible health benefits. Serves 6

Preheat the oven to 180 C. Blend the flour, Naturally Sweet Xylitol and butter in a food processor to combine into thick crumbs then lightly blitz the oats into the mixture. Put the prepared plums in the base of a high sided oven proof dish so that they more than cover the base.

Sprinkle with the Naturally Sweet Xylitol and cinnamon then scatter the crumble evenly over the top.

Bake for around 35 minutes or until the crumble starts to look golden and fruit is bubbling and soft underneath.
Nut and Yoghurt Tart Recipe

Ingredients:
3 cups of almond meal
2 cups Naturally Sweet Xylitol (for the base and the filling)
120g coconut butter
2 eggs, lightly beaten
1.5 cups of yoghurt (we prefer sheep’s milk yoghurt)
zest and juice of one orange

Method:
Preheat oven to 180 C. Combine almond meal, Naturally Sweet Xylitol, coconut butter and 1 tsp salt in a bowl then rub ingredients together with fingertips. Spoon half the mixture into a lightly greased (with coconut butter) and lined spring form tin, gently pressing to evenly cover base. With the remaining mixture add egg, yoghurt and cinnamon to remaining crumble mixture and beat with a wooden spoon until smooth and creamy. Pour over prepared base and smooth top. Bake until golden (30-35 minutes). Cool in pan on a wire rack to room temperature then serve with extra yoghurt.

Recipe courtesy of: Sarah Wilson Blog

Banana Passionfruit Cake Recipe

Ingredients:
4 small bananas-550 grams approx
3 large passionfruit (I used the Panama variety)
3 eggs, beaten
50 mils glycerine
50 mil oil (I use Rice Bran Oil)
2 ½ cups plain gluten free flour
2 level teaspoons baking powder
1 level teaspoon Bi-carb soda
1 level tea guar gum
¼ teaspoon SweetLeaf Organic Stevia

Method:
Preheat oven to 180 deg C –Fan forced. Spar a fluted ring tin with cooking spray. Mash bananas in a large mixing bowl, add the pulp from passionfruit, add oil and glycerine, add stevia, mix well. Mix well together Flour, baking powder and guar gum. Fold into banana mixture.

Place into greased ring tin.
Place into oven and bake for approx 35 mins or till cooked.
Cook for a few minutes before turning onto a cooling rack.
When cool ice with passionfruit icing.
Note this cake was very moist.

Passionfruit Icing:
1 ½ cups Naturally Sweet Xylitol Icing Sugar.
¼ passionfruit pulp.
20 gr Nutlex margarine
Cream the lot together. If the icing appears to be a little on the runny side, simply add some more icing sugar.

Recipe courtesy of S. Litchfield.
**No-Bake Coconut Haystacks**

**Ingredients:**
- 1 cup Naturally Sweet Xylitol
- ½ cup coconut oil
- ½ cup milk (sub for almond or coconut to make dairy free)
- 1 tablespoon cocoa
- 1 teaspoon vanilla
- 1 cup unsweetened coconut
- 2 cups quick cooking oats

**Methods:**
Melt the coconut oil in a saucepan, add cocoa and stir until lumps are gone. Add Naturally Sweet Xylitol and milk, keep on low heat until sugar dissolves. Remove from heat, and add vanilla, coconut and oatmeal, mix well. Spoon onto greased cookie sheet and cool. Enjoy!

Recipe courtesy of: Xylitol Canada

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**Fruit and Nut Cake Recipe**

Note this is Egg free.

**Ingredients:**
- 1 cup stewed apple (about 3 small granny smith apples peeled, cored, sliced, cooked and cooled)
- 230 gr margarine (I used Nutlex)
- ¾ cup Naturally Sweet Xylitol
- ¼ cup milk
- 2 cups plain flour
- 2 level teaspoon cinnamon
- 1 teaspoon bi-carb soda
- 1 tab cocoa
- 1 teaspoon vanilla

**Method:**
Preheat oven to 150C fan forced.
Line 120cm square cake tin with paper.
Dissolve soda in milk.
Cream margarine and Xylitol till creamy add the cooled stewed apple give a good beat add cinnamon and vanilla then fold in flour, adding more milk if needed.
Place into tin and bake in oven for about 45 minutes.
When cold ice with chocolate icing.
NOTE to make this dairy free, NutlexMargarine can be substituted for the butter and almond milk can be substituted for the milk.

Recipe courtesy of S. Litchfield.
**Chocolate Icing Recipe**

**Ingredients:**
- 60 gr butter softened
- 2 tabs cocoa powder
- 3 tabs hot water
- 1 ½ cups Naturally Sweet Xylitol Icing Sugar

**Method:**
Dissolve cocoa in hot water.
Add all ingredients to a mixing bowl and cream till smooth and ice over cake.
Nutlex margarine can be used but butter is the better of the two.

Recipe courtesy S Litchfield

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**Chocolate Cake Recipe**

**Ingredients:**
- 150 gr margarine (I used Nutlex)
- 2/3 cup Naturally Sweet Xylitol
- 2 tabs cocoa powder
- 2 tabs boiling water
- 2 rounded tabs sugar free jam (I used Balfours wild blue berry jam)
- 1 dessert spoon vanilla
- 2 level teas guar gum
- 1/3 cup glycerine
- 3 eggs beaten
- ¼ cup Sheep’s yoghurt
- 2 ½ cups S.R gluten free flour (I used White Wings brand)

**Method:**
Combine water and cocoa till a thick paste add jam set aside
Cream margarine and xyltitol, add cocoa mixture, mix well.
Add glycerine and yogurt mix well.

Add eggs mix well.
Fold in flour and guar gum and place into a lined 21 cm square cake tin.
Bake in fan forced oven 175C for 45 minutes.

Recipe courtesy S Litchfield
Have you ever bothered to check out the ingredients of seemingly healthy nutrition bars that claim to be a perfect snack on the go? A lot of them have sugar as the first ingredient. Which means that bar contains more sugar than any other ingredient in it, which means it has more sugar than actual oats or nuts! On top of having such a high content of sugar some of them have rows of ingredients that you can’t even pronounce. That doesn’t seem like a very healthy snack.

Here we have a recipe for a delicious and nutritious bar, that is completely sugar-free and made with Naturally Sweet Xylitol, and is loaded with wholesome ingredients like almonds, flaxseeds and coconut oil, which also has an array of benefits ranging from your health to your skin.

**Ingredients:**
1 cup almonds (preferably raw and sliced may be easier, but not necessary)
1 cup almond meal
1/2 cup flax seeds
1/2 cup shredded unsweetened coconut
1/2 cup almond butter
1/2 teaspoon sea salt
1/4 cup coconut oil
1 tablespoon Vanilla extract
1 tablespoon Naturally Sweet Xylitol (or more if you want them sweeter)

**Method:**
Mix almond meal, almonds, flax meal, shredded coconut, almond butter and salt in a food processor. Pulse your mixture for about 10 – 12 seconds and then set aside for a minute.
In a sauce pan melt coconut oil over low heat and add vanilla extract and Naturally Sweet Xylitol. Add coconut oil mixture in food processor and pulse until ingredients are well mixed and looks like a coarse paste.
Press into an 8×8 glass baking dish (you don’t need to grease your baking dish.)
Chill in refrigerator for 1 hour, until mixture hardens.
Remove from refrigerator and cut into small bars.

**Note:**
These bars need to be refrigerated or kept in the freezer for storage or they will get extra gooey. These make a perfect snack on the go as they keep very well, simply cut and wrap them; they keep very well in the freezer. You can also add some xylitol sweetened chocolate pieces (or melted and drizzled on top) to make these sweeter to be enjoyed as a dessert.

**Recipe Courtesy** [www.xylitolcanada.com](http://www.xylitolcanada.com)
Blueberry, Ricotta and Lemon Zest Muffins Recipe

A diabetic friendly muffin recipe that everyone can enjoy!

Ingredients:
- 1 cup Naturally Sweet Xylitol
- ½ cup butter, softened
- 2 eggs, slightly beaten
- 1 ¾ cups self-rising flour, sifted
- 2 teaspoons baking powder
- 1 cup blueberries
- 1 cup ricotta cheese
- 1 tablespoon fresh lemon juice
- zest from one lemon; adjust for personal taste
- ½ cup milk
- Oil spray

Method:
In a stand up mixer, cream together xylitol and butter.
Add eggs, ricotta, lemon juice, lemon zest until well combined.
Fold in blueberries.

Pre-heat oven to 350C.
Oil spray mini muffin pan.
Baked for about 10 minutes, until golden brown and toothpick comes out clean.

NOTE:
Baking time will differ depending on what size muffin tray/pan you use.
HINT AND TIP:
Fresh lime zest can be used as a substitute for lemon zest.

Recipe Courtesy of Joanna T Ferguson
whatsonthelist.net

Decadent Passionfruit Butter Recipe

Ingredients:
- 1 cup passionfruit juice (see note at end)
- 225 gr unsalted butter. “Nutlex” works quite well
- 10 egg yolks
- 175 grams Naturally Sweet Xylitol

Method:
Combine passionfruit and butter in a large heatproof bowl over simmering water, stir occasionally till melted.
Meanwhile whisk egg yolks and Xylitol together remove from heat, and then pour over the passionfruit mixture, whisking continuously to combine. Place bowl over simmering water and stir continuously until mixture coats the back of the spoon.
Pour into warm sterilised jars, cool and store in fridge
This make about 1 litre.

NOTE: To make the passionfruit juice scoop the pulp out of approximately 12-14 passionfruit into a food processor and pulse for 20-30 seconds, but no longer, to crack the seeds. then pass through a fine sieve. Discard the seeds.

Recipe courtesy S Litchfield
Xylitol has been gaining a lot of media popularity lately. The latest celebrity who has embraced Xylitol’s health and dental benefits is Gwyneth Paltrow. She recently released a cookbook, It’s All Good, where she created many recipes some of which use Xylitol. Sweet Potato and 5 Spice Muffin, is a delicious sugar and gluten free muffin. Light and fluffy, perfectly sweet and are healthy, so they can be enjoyed any time of the day. Not only is it a healthy dessert that will be sure to please, but sweet potatoes are inexpensive and nutritious.

**Ingredients:**
- 1 large sweet potato
- 1/2 cup extra virgin olive oil
- 1/2 cup unsweetened almond milk
- 3/4 cup good-quality maple syrup or Naturally Sweet Xylitol, plus 2 extra tablespoons for brushing the muffins
- 1 teaspoon pure vanilla extract
- 2 cups gluten-free flour (if the flour doesn’t include Xanthan gum, add 1 teaspoon)
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 1/2 tablespoons Chinese five-spice powder
- 1/2 teaspoon fine sea salt

**Method:**
Preheat the oven to 400F. Prick the sweet potato a few times with a paring knife or fork and bake the potato until soft (when a paring knife can cut through with zero resistance), about 1 hour. Set the sweet potato aside until it’s completely cool. Peel the sweet potato, discard the skin and mash the flesh in a mixing bowl with a fork. Whisk the olive oil, almond milk, maple syrup or Naturally Sweet Xylitol, and vanilla into the sweet potato. In a separate bowl, whisk together the flour, baking powder, baking soda, five-spice powder and salt. Fold the dry ingredients into the wet ingredients. Line a 12-cup muffin tin with paper liners and evenly distribute the muffin batter among the cups. Bake at 200C for 20 to 25 minutes, or until a toothpick comes out clean, brushing the tops with extra maple syrup during the last 5 minutes of baking. Let the muffins cool before serving.

These muffins are delicious and healthy. They can be enjoyed in the morning for breakfast or as a healthy snack any time of the day!

**Recipe Courtesy Gwyneth Paltrow’s book It’s All Good.**
Gluten Free Chocolate Cake Recipe

Make a traditional cake or use a square baking pan and make brownies. The texture of this cake works either way. This dessert is perfect for almost everyone. It is very low in sugar and gluten free. Try a delicious and healthy sugar free frosting. This frosting could work on many other cakes, cupcakes, donuts or anything else you can think of!

Ingredients:
Cake
½ cup coconut flour
¼ cup cocoa powder
¼ teaspoons baking soda
¼ teaspoons salt
4 eggs
½ cup coconut oil
½ cup honey—for a sugar free try rice syrup
½ cup water, or coffee adds a great flavour
½ tablespoon vanilla extract
Frosting
1 cup Naturally Sweet Xylitol
¼ cup cocoa
¼ cup coconut oil
¼ cup of coconut milk

Method:
Cake
Preheat the oven to 180C degrees. Grease your pan and line with parchment paper. Combine coconut flour, cocoa powder, baking soda and salt and set aside. In a separate bowl, whisk eggs, melted coconut oil, honey and water (or coffee) and vanilla. Then add dry ingredients to the wet ingredients and mix for 1-2 minutes, until well combined. Pour batter into the prepared sheet and bake for 30- 40 minutes. Test with a toothpick until in comes out clean. Cool the pans before removing.

Frosting
Melt ingredients in a small saucepan over medium-low heat until combined. Bring to a boil once combined and boil on high for 1 minute. Remove from heat and allow to partially cool before transferring into a bowl and mixing on high with electric mixer for 3-5 minutes or until texture thickens. Pour over cooled cake.

Recipe courtesy of www.xylitolcanada.com
Everyone loves the smell of warm bread, try this super easy muffin bread recipe, add your favourite topping and enjoy!

**Ingredients:**
- 2½ cups bread flour—or plain flour
- 1 sachet dry yeast (7 grams)
- ½ tablespoon Naturally Sweet Xylitol
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1¼ cups milk, heated to 120 degrees
- Polenta, finely ground, to sprinkle and dust with

**Method:**
1. Lightly grease an 8×4 loaf pan and sprinkle with Polenta.
2. In large bowl, combine dry ingredients.
3. In saucepan on stove, heat milk to 120 degrees.
4. With mixer on low, pour milk slowly into mixer, continuing to mix on medium speed until dough comes away from the bowl.
5. Lightly grease a spatula. Transfer dough to prepared loaf tin, spreading to all ends.
6. Lightly sprinkle with Polenta and cover with plastic wrap. Let set for 90 minutes in a warm spot. Remove plastic prior to baking.
7. Preheat oven to 180C. Bake for 30 minutes. Allow bread to cool in pan before turning onto a wire rack or cutting board.
8. Serve as desired with butter or jam.
9. Store remaining bread in airtight container.

Serves 6-8

**Notes:**
The dough appears sticky, a lightly greased rubber spatula is a good suggestion

**Recipe courtesy of Joanne T Ferguson**
[whatsonthelist.net](http://whatsonthelist.net)
Citrus Surprise Marmalade Recipe

Ingredients:
1 kg Prepared Myer Lemons
1 kg Prepared Valencia Oranges
3 kg Prepared Cumquats
4.5 kg Naturally Sweet Xylitol

Method:
Prepare the cumquats by slicing finely and removing the seeds. Keep the seeds aside.
Prepare the oranges and lemon by removing the skin and seeds and then removing the pith. Keep the seeds aside. Discard the pith. Finely slice the skin and fruit.
Wrap all the seeds in a muslin cloth.
Place the cumquats, lemons, oranges and seeds and the Naturally Sweet Xylitol in a pan and rapidly simmer for 40 minutes or until fruit has softened. Stirring frequently.
Bring the mixture to a brisk boil for a further 40 minutes. Stirring frequently.
Check the setting ability using the cold plate method. If not jelling, boil for a further period until jelling is achieved. Stirring frequently.
Remove the seeds and discard.
Ladle marmalade into hot sterilized jars, placed in a hot water bath.
Fill jars to within ½ from the top of the jar.
Seal quickly and tightly.
Remove from bath and place on a clean dry wooden draining board.
When cool apply labels.

Recipe Courtesy Granny Lyn

Date Slice Recipe

Ingredients:
Filling
500 gm dates
½ cup water
1 Tsp Naturally Sweet Xylitol

Base
200 gm milk free shortening (I used Nutlex brand)
½ Naturally Sweet Xylitol
2 ½ cups Rolled Oats
2 cups Plain wholemeal flour
1 Tsp Bi-carb Soda
¾ cup warm water

Method:
Preheat oven to moderate, line a 28cm x 18 cm slab tin with baking paper
Mix well together the Xylitol and shortening add bi-carb, flour and oats. Finally add water mixing well
Divide mixture into half
Spread one half over the base pressing down firmly
Spread over the cooked date mixture
Sprinkle over the remains of the base mixture and gently spread out to form a topping
Bake in moderate oven for about 35 minutes or till cooked and very pale brown
Cut into slices and serve either warm as a dessert or cold as a slice

Recipe courtesy J Litchfield
Gluten Free Walnut and Carrot Cake Recipe

Ingredients:
Carrot and Walnut cake
1 ½ cups Gluten free Self Raising flour (I used Orgran brand)
1 level teaspoon cinnamon
1 level teaspoon nutmeg
¾ cup dried Raisins
¾ cup Walnuts
½ cup Naturally Sweet Xylitol
3 grated carrots (about 340 grams)
3 lightly beaten eggs
¼ cup Greek yoghurt (for those intolerant to milk use Sheep’s Yoghurt)
125 ml Rice Bran Oil

Orange Frosting
Grated rind of 1 orange
75 grams cream cheese ( I used a brand called Tofutti –a soya based one)
20 grams Milk free margarine (I used Nutlex brand)
1 ½ cups Naturally Sweet Xylitol Icing sugar

Method:
Preheat oven to 150 C. fan forced and grease a 20 cm round ring cake tin
Mix well all dry ingredients in a large bowl
Add the grated carrots
In a separated bowl combine well all the wet ingredients
Add tp dry mixture Mixing well
Place into ring cake tin and place into oven
Bake for approx 45 minutes or till cooked
Cook on rack and when cool
Ice

Icing
Cream all ingredients until light and fluffy.
Spread onto cake and enjoy!!

Recipe courtesy of Sue L Gold Coast
**Ingredients:**
Chocolate Cake Squares
2 cups whole wheat pastry flour
1/4 cup unsweetened cocoa powder
2 teaspoons of unsifted baking soda
1/2 teaspoon salt
4 tablespoons unsalted butter, melted
1/2 cup water
6 tablespoons prune puree*
1/4 cup unsweetened applesauce
3/4 cup reduced-fat sour cream
1 teaspoon vanilla extract
2 eggs, separated
1 3/4 cups Naturally Sweet Xylitol

**Method:**
Combine flour, cocoa powder, baking soda, and salt in a medium bowl and set aside. In another bowl, mix together melted butter, water, prune puree, applesauce, sour cream, vanilla extract, and egg yolks. In a large bowl, beat egg whites with mixer until soft peaks form; gradually add xylitol and beat until peaks are stiff but not dry. Using a spatula, gradually fold dry ingredients into beaten egg whites alternately with liquid ingredients, and stir just until batter is smooth. Transfer the batter to a 9” x 13” baking pan that has been buttered, lined with parchment paper, and buttered again. Bake at 350 degrees for 25 minutes or until toothpick inserted in centre comes out clean.

**Prune Puree:**
In blender, combine 1/2 cup pitted prunes and 1 cup water. Process on high for several minutes, or until mixture is smooth. This yields 1 1/2 cups. Yield: 24 servings

**Nutritional Analysis:**
Per serving: Calories: 99.3    Carbs: 19.9 g    Fiber: 1.1 g    Fat: 3.6 g    Sodium: 165.1 mg    Net Carbs: 6.5 g

*Recipe From Sweeten Your Life the Xylitol Way www.karenshealthykitchen.com*
**Ingredients:**
- 100 gr margarine (I use Nutlex brand as it contains no milk additives)
- 1 Tsp grated Orange rind
- 1 cup Naturally Sweet Xylitol
- 2 cups grated Zucchini
- ¼ cup Cocoa powder
- 1 ½ cups S.R gluten free flour (I used Orgran Brand)
- 1 Tsp Guar gum
- 3/4 Tsp Cinnamon
- 2 Tbs Glycerine
- 1 Tsp Vanilla
- 2 eggs beaten
- ½ cup chopped walnuts

**Method:**
Preheat fan forced oven to 160 Deg C
Grease a 15cm x 25cm loaf tin and line bottom with baking paper
In a large bowl combine all dry ingredients
Cream margarine, rind and Xylitol until light and fluffy
Add eggs, glycerine and vanilla
Stir in zucchini, fold in rest of ingredients
Place in pan and bake for approx. 50 -55 minutes
Remove from oven and stand for 5 minutes before removing from Pan
When cool ice with orange icing

**Icing**
- 30 gr Milk free margarine
- 1 Tsp Orange rind
- 2 cups icing sugar
- approx. 2 Tbs icing sugar
Beat butter and orange ring in a bowl till smooth gradually add icing sugar and enough of the orange juice to give a spreadable consistency.

**Recipe courtesy of Sue L Surfers Paradise**

**Carrot Cake Recipe**
Carrot Cake Recipe

Ingredients:
- 2 large carrots weighing approx. 300gr
- 1 cup SR Gluten free flour (I use Orgran Brand)
- ¼ cup Plain Gluten free flour
- 1 Tsp Bi-carb soda
- 1 Tsp cinnamon
- 1 Tsp nutmeg
- 1 Tsp guar gum
- ½ cup Naturally Sweet Xylitol
- 1 cup roughly chopped raisins
- 1 cup chopped pecan nuts
- 3 large eggs
- 1 cup Rice bran oil

Lemon icing
- 2 cups Naturally Sweet Xylitol Icing Sugar
- 2 tabs Tofu cream cheese (I use Torfutti brand)
- Grated rind on 1 lemon
- 3-4 tabs freshly squeezed lemon juice

Method:
Pre heat oven to 160 deg (I use a fan forced oven)
Line a 23x13 cm loaf tine with baking paper
Mix all the dry ingredients together in a large mixing bowl. Grate the carrot to make up 2 cups and add to flour mixture. In separate bowl beat eggs.
Add oil and mix well together. Add to flour mixture
Place onto prepared pan and bake for about 50 minutes or till cooked remove from tin and when cool ice with lemon icing
Combine icing sugar cream cheese and lemon rind.
Add enough lemon juice to make an icing consistency.

Recipe courtesy of Sue L Surfers Paradise
Strawberry Smoothie Xylitol Recipe

This is a delicious, thick and rich drink, and offers a healthy way to start your day!

Ingredients:
- 2/3 cup low-fat plain yogurt
- 1 ½ tablespoons lecithin granules
- 4 tablespoons Naturally Sweet Xylitol
- 3 tablespoons golden flax seeds, ground
- 10 ounces frozen unsweetened strawberries
- 1 ¼ cups ice water

Directions:
Place all ingredients in blender, process until smooth and creamy.

Yield: 4 cups

Nutritional Analysis Per Cup:
Cal: 134 Carbs: 23.3g Fiber: 4g
Fat: 4.8g Sodium: 36.4mg Net Carbs: 8.7g

Orange Fruit Cake Recipe

Ingredients:
- 175 gr medley fruit mix
- Grated rind of 1 orange
- 13 Tbsp fresh orange juice
- All the above marinated overnight
- 125 g Nutlex or margarine of choice
- ¾ cup Naturally Sweet Xylitol
- 2 Tbsp Glycerine
- 1 Tsp Vanilla
- 2 eggs beaten
- 2 cups Self raising gluten free flour (I used Orgran brand)
- 1 Tsp Guar gum
- About ½ cup fresh orange juice

Method:
Pre heat oven to moderate
Line a 20 cm square tin with baking paper
Cream Nutlex, Naturally Sweet Xylitol and vanilla till creamy
Add eggs add the marinated fruit and finally the
Gluten Free Matrimonial Slice Recipe

Ingredients:
- 1 ½ cup Gluten free Self Raising flour
- 170 gr Nutlex (which I used - Note butter does give a better result)
- ½ cup rolled Oats
- 1 cup coconut
- ¾ cup Naturally Sweet Xylitol
- ¾ cup sugar free jam (I used Black cherry)

Method:
Line a 22 cm square baking tin with baking paper
Preheat oven to 180 C fan forced
Rub together butter flour, oats and coconut divide into two
Press half of mixture into tin
Warm jam in microwave and spread over mixture in tin.
Sprinkle remainder over the mixture to cover Bake in oven for 30 minutes. Remove from oven cool slightly cut into squares while still warm
Remove from pan when cold.

Chocolate Peppermint Slice Xylitol Recipe

Recipe Courtesy of Sue L, Surfers Paradise

Ingredients:
Base
1 ½ cups Self Raising Flour
½ cup Naturally Sweet Xylitol
1 cup Coconut
175 G Nutlex or margarine of choice

Filling
1 cup Naturally Sweet Xylitol Icing Sugar
35 gr Capha
3 deserts spoons milk of choice
½ teaspoon Peppermint essence

Topping
200 gr sugar free chocolate (I used the one available at Coles)
35 gr Capha

Method:
Preheat oven to moderate and line a 28 x 18 slab tin with baking paper
Combine dry ingredients for the base

Melt butter and pour onto the dry ingredients
Cook in oven till cooked about 20 minutes

Filling
Melt Copha add Peppermint essence and icing sugar. Add the milk to make a spreadable consistency

Topping
Melt the chocolate and copha in a saucepan over a gentle heat. This will freeze well.

To Finish
Remove and whilst still slightly warm spread over the filling when set pour over the topping.
When the chocolate has set cut into squares

From Sue L, Surfers Paradise, QLD

www.naturallsweet.com.au
**Sugar Free French Vanilla Ice Cream Recipe**

**Ingredients:**
- 2 cups fat-free milk
- 1/4 cup arrowroot powder
- 1 1/3 cups Naturally Sweet Xylitol
- 4 egg yolks
- 2 1/2 teaspoons vanilla extract
- 1 cup reduced-fat sour cream
- 1 cup whipping cream

**Method:**
Place milk in a small saucepan and heat to almost boiling. Remove from heat and set aside. Combine arrowroot powder and Naturally Sweet Xylitol in a medium bowl. Thoroughly beat egg yolks into xylitol mixture. Slowly add scalded milk to egg mixture, stirring until well blended. Transfer this mixture to top of double boiler, and cook over boiling water, stirring constantly, until custard is thick and smooth. Strain, if necessary. Stir in vanilla extract, and pour mixture into a large bowl. Stir in sour cream until thoroughly combined, cover bowl, and refrigerate until chilled.

Beat whipping cream until soft peaks form. Gently fold whipped cream into chilled custard mixture. Transfer to small automatic ice cream maker and freeze.

**Source:** [www.karenshealthykitchen.com](http://www.karenshealthykitchen.com)

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**Greek Yoghurt Cake Recipe**

Another great Xylitol cake recipe from Joanne Ferguson

**Ingredients:**
- 1 cup yogurt (homemade!)
- 1 cup macadamia oil (can substitute vegetable oil; like using what I have on hand)
- 3 cups self-rising flour, sifted
- 3 eggs
- 2 cups Naturally Sweet Xylitol
- Naturally Sweet Xylitol Icing Sugar (optional, but recommended too); can substitute icing sugar
- zest for 1 orange
- oil spray

**Method:**
Pre heat oven to 160C. (320F)
Combine all ingredients above in a large bowl. Oil spray a springform pan. Pour batter in pan. Bake for 1 hour 15 minutes or until cake is done and toothpick comes out clean.

**Note:** Most recipes suggest 1 1/2 hours, but my cake was done in 1 1/4 hours.

**SOURCE:** [http://whatsonthelist.net](http://whatsonthelist.net)
Sugar Free Cherry Cheesecake Recipe

Ingredients:
Almond Pastry:
5 tablespoons unsalted butter, softened
5 tablespoons Naturally Sweet Xylitol
1 cup spelt flour or whole wheat pastry flour
1/4 teaspoon salt
1/4 cup ground almonds

Filling:
12 ounces low-fat cottage cheese
2 (8 oz.) packages reduced-fat cream cheese, softened
1 cup Naturally Sweet Xylitol
1/8 teaspoon salt
3 eggs
1 3/4 teaspoons cherry flavoring
1/3 cup low-fat plain yogurt
1/3 cup reduced-fat sour cream
1/3 cup finely chopped dried cherries that have macerated in 3 tablespoons cherry liqueur for 1 hour or until cherries have absorbed all the liqueur

Method:
To prepare crust:
Cream together butter and Naturally Sweet Xylitol until light and fluffy. Stir in flour, salt, and almonds. Lightly butter bottom of 9” springform pan. Cut parchment paper to fit bottom of pan only. Press half of dough onto bottom of pan (sides removed). Bake at 350 degrees for 10-12 minutes or until very light golden. Remove from oven, and allow to cool completely. Attach sides to bottom of pan, and press remaining dough from bottom of pan 1” up sides of pan.

To prepare filling:
Process cottage cheese in blender or food processor until smooth and creamy. Beat cream cheese and Naturally Sweet Xylitol until light and fluffy; blend in creamed cottage cheese and salt. Add eggs, one at a time, beating until just blended. Gently fold in yogurt, sour cream, and cherries.

Recipe Courtesy of karenshealthykitchen.com
Here is another great recipe from Joanne Ferguson (www.whatsonthe list.net)

**Ingredients:**
3 3/4 cups (use cups, not ounces please) all-purpose flour, sifted
1 3/4 teaspoons baking powder
3/4 teaspoon Himalayan fine ground pink salt
1 cup Naturally Sweet Xylitol (original recipe uses sugar)
2 teaspoons mixed allspice
3/4 cup macadamia oil
1 1/4 cup orange juice, no preservatives, no added sugar
1/8 teaspoon vanilla powder (original recipe calls for 1 teaspoon vanilla extract)
Naturally Sweet Xylitol Icing Sugar

**Directions:**
In a large bowl, whisk together sifted flour, mixed spice and xylitol.
Add orange juice, oil and vanilla; stir to combine.

**Note:**
Batter will be very thick, but would suggest you taste and if you think the batter is “way” too thick, than add a little bit more orange juice.
Pre-heat oven to 180C. (350F)
In a spring form pan, butter and flour (like Grandma used to do lol); shaking excess flour from the pan too!
Add batter to spring form pan.
Bake until golden brown and skewer comes out clean.

**Note:**
Original recipe called for 45 minutes; mine was done and lovely golden brown in 30 minutes.
Remove from oven; let cool in pan for 10 minutes; remove spring form and continue to fully cool on a wire rack.

**SOURCE:** http://whatsonthelist.net/2013/07/14/lost-and-found-dads-sinner-and-saint-birthday-cake/
Banana Bread Xylitol Recipe

Try this delicious Banana Bread. We LOVE it.

Recipe Ingredients:
125 grams milk free margarine (I used Nutlex brand)
½ cup Naturally Sweet Xylitol
1 teaspoon of vanilla
2 large eggs, beaten
2 large bananas (approx. 490 grams) peeled and mashed
1 cup gluten free self raising flour
1 cup plain gluten free flour
2/3 cup roughly chopped walnuts (any nut will do but I prefer walnuts or pecans)
2 tabs glycerine

Method:
Line a 13x23 cm loaf tin with baking paper. Preheat oven to 160 deg fan forced. Cream Nutlex, Vanilla and Xylitol till light and creamy, add beaten eggs and glycerine. Add mashed banana alternately with the flours and walnuts. Mix well and place into prepared loaf tin and bake in preheated oven for approx. 55-60 minutes. Leave in tin for a couple of minutes to cool, remove and place on cooling rack till completely cool. To serve, slice and spread with butter or margarine depending on your choice.

SOURCE: Sue Litchfield (Hypoglycemic Association - http://www.hypoglycemia.asn.au/)

Allspice Pistachio Coffee Cake Recipe

Ingredients:
- 1 cup pistachios, ground
- 1/8 cup allspice
- 2 cups Naturally Sweet Xylitol
- 1 cup vegetable oil
- 1 tablespoon lemon zest, grated
- 1/2 cup vanilla yoghurt
- 1/2 cup ricotta cheese
- 1 tablespoon of lemon/lime juice
- 1/2 teaspoon vanilla powder
- 2 cups self-raising flour, sifted
- 1 tablespoon baking powder

Directions:
1. Pre heat oven to 180C. Grease and flour a 10 inch fluted tube pan.
2. In a small bowl, combine nuts and allspice; set aside.
3. In a large bowl, whisk together xylitol, oil, zest and eggs; set aside.
4. In a blender, combine yoghurt and ricotta until smooth. Add in lemon/lime juice and vanilla; combine until smooth.
5. In another bowl, combine sifted flour and baking powder.
6. Stir flour mixture into Xylitol mixture, add yoghurt mixture and stir until combined.
7. Pour 2/3 of the batter into the pan. Sprinkle with ground pistachios. Spoon remaining batter over nuts.
8. Bake 40 minutes until golden brown and toothpick comes out clean. Cool 10 minutes in pan. Remove and let cool completely.

SOURCE: http://whatsonthelist.net/2013/06/09/allspice-pistachio-
**Mini Cheesecake Recipe**

**Recipe Ingredients:**
- 110g Arnott’s Ginger Nuts (or similar sugar-free biscuits)
- 70g butter, melted
- 250g cream cheese
- 50g Naturally Sweet Xylitol
- 1/8 teaspoon vanilla powder
- 1/2 teaspoon lemon juice
- 200ml whipped cream
- blueberries (as topping)
- 1 cup vegetable oil
- 1 tablespoon lemon zest, grated
- 1/2 cup vanilla yoghurt
- 1/2 cup ricotta cheese
- 1 tablespoon of lemon/lime juice
- 1/2 teaspoon vanilla powder
- 2 cups self-raising flour, sifted
- 1 tablespoon baking powder

**Directions:**
1. Put the biscuits in a sealed plastic bag. Crush to crumbs with a rolling pin. Transfer the crumbs to a bowl. Pour over the melted butter. Combine well.
2. Place them into the tin and press firmly with the bottom of a cup to create an even layer. You might need a spoon or spatula to help when pressing for the 4 corners of the tin.
3. In a large mixing bowl, beat the cream cheese, Xylitol, lemon juice and vanilla extract with an electric mixer until smooth.
4. Use another mixing bowl, beat the whipping cream until fluffy and smooth. Stir into the cream cheese mixture and combine well.
5. Spoon the mixture onto the biscuit base. Use a spatula to level the surface. You might like to smooth the top of the cheesecake with the back of a spoon damped with water. Chill in freezer for at least 5 hours, or until completely set.
6. Transfer it into fridge for about 2 hours before serving. Slice into pieces and garnish with fresh blueberries.

**SOURCE:** [http://whatsonthelist.net/2013/06/15/udder-ly-delightful-cheesemaking-class-homework-completed/](http://whatsonthelist.net/2013/06/15/udder-ly-delightful-cheesemaking-class-homework-completed/)
**Joanna’s Antioxidant Jam Slices Recipe**

**Ingredients:**
- 1/2 cup butter
- 1 cup Naturally Sweet Xylitol
- 1 1/2 eggs
- 1/2 teaspoon baking soda
- 1 1/2 cups self-rising flour, sifting
- 1/2 cup milk
- 1/2 tablespoon vinegar
- 1/2 cup strawberry/raspberry/mixes berry jam
- 1/2 cup walnuts, finely ground
- 1/2 cup blackberries/cranberries/goji berries/inca berries
- oil spray

**Directions:**
1. Preheat oven to 180C. Lightly oil spray mini cake pan.
2. In a jug, combine milk and vinegar. Let stand for 5 minutes.
3. In a stand mixer, cream together butter and xylitol.
4. In a large bowl, sift together baking soda and Joaonna’s Antioxidant Jam.
5. Add jam, ground nuts, and berries; combine well.
6. Add batter into prepared cake pan.
7. Bake for 25 minutes or until golden brown and toothpick comes out clean.
8. Remove from oven, place on wire racks for 10 – 15 minutes before removing. Slice and serve!

**SOURCE:** [http://whatsonthelist.net/2013/05/16/little-box-of-yum/](http://whatsonthelist.net/2013/05/16/little-box-of-yum/)

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**Mexican Chocolate Oatmeal Pepita Mini Muffins Recipe**

**Recipe Ingredients:**
- 1/2 cup rolled oats
- 1/2 cup butter (cubed)
- 1 cup boiling water
- 1 cup Naturally Sweet Xylitol
- 2 teaspoons cinnamon
- 2 eggs, beaten
- 1/8 teaspoon vanilla powder
- 1 cup self-rising flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 60 grams Chile Mojo Mexican chocolate Ibarra
- 30 grams pepitas, finely ground
- oil spray

**Directions:**
1. Preheat oven to 180C. Spray mini muffin trays with oil.
2. In a large bowl, mix oats and butter. Add boiling water; combine and stir in finely ground pepitas. Set aside to cool.
3. In separate large bowl, combine Xylitol, cinnamon, eggs and vanilla powder. Add to cooled oats-butter-pepita mixture; combine well.
4. In a separate bowl, sift together flour, baking soda, baking powder and salt. Heat Chile Mojo Mexican chocolate Ibarra in a small pot on low heat, stirring continuously until melted and add, combining well.
5. Add flour-chocolate mixture to wet mixture; combine well.
6. Spoon batter into prepared trays. Do NOT overfill and make sure the top of the muffin tray is oil sprayed so as to not stick. Bake for 10 minutes or until done.

**SOURCE:** [whatsonthelist](http://whatsonthelist.net)
Bread & Butter Pudding Recipe

Recipe Ingredients:
- 125 g butter
- 2 slices white bread
- 4 cups whole milk
- 3 eggs
- 1 cup Naturally Sweet Xylitol
- 2 tablespoons vanilla extract
- 1/2 cup shredded coconut
- 1 cup fruit pieces (fresh or tinned)
- 40 g (2 tablespoons) unsalted butter, cut into small cubes

Directions:
1. Grease a 33cm x 24 cm baking dish.
2. Butter the bread and cut each slice into 2 triangles. Place in baking dish and pour the milk over. Allow to soak for 1 hour (or less if the bread is not stale).
3. Preheat the oven to 160C. Whisk together the eggs, Xylitol and vanilla and then stir in the coconut.
4. Drain the fruit if using tinned fruit, and add to the soaked bread. Pour the egg mixture onto the bread carefully. Sprinkle the top with the cubes of butter.
5. Cover the pudding with foil and bake for about 45 minutes. Remove the foil, return the pudding to the oven for another 15 minutes, or until the top is golden and crispy. Allow to cool for at least 30 minutes before cutting.


Sugar-free Pear Jam Recipe

Recipe Ingredients:
- 2 cups pears
- 2 cups Naturally Sweet Xylitol
- 2 tablespoons lemon juice

Directions:
1. Peel and dice pears.
2. Combine Naturally Sweet Xylitol, lemon juice and pears in a saucepan on stove top; simmer on low for about 15 minutes until juice comes out.
3. Simmer an additional 10-15 minutes until reduced (making sure the jam does not stick to the pan). The longer the jam simmers, the thicker it becomes!
4. Taste the jam after it has been simmering; adjust lemon juice to personal taste. Jam is done when is spreadable, not super thick.
5. Spread on plate and place in freezer to cool down.

Recipe Ingredients:

**Apple Potato Saute**
- 1 medium granny smith apple, peeled, cored, finely diced
- 1 medium potato, peeled, finely diced
- 1 1/2 tablespoons butter
- 1 teaspoon mixed spice (cinnamon, nutmeg, allspice)

**Crumble**
- 1/2 cups all-purpose flour, sifted
- 1/4 cup Naturally Sweet Xylitol
- 4 teaspoons cinnamon butter, room temperature

**Cookie**
- 2 cups Xylitol with 2 teaspoons cinnamon
- 1/2 cup (4 ounces) butter, room temperature
- 1/2 cup all-purpose coconut butter, solid state
- 2 cups all-purpose flour, sifted
- 2 cups old fashion oats
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt (e.g. pink Himalayan)
- 1 teaspoon mixed spice (cinnamon, nutmeg, allspice)
- 2 eggs
- 1/8 teaspoon pure organic vanilla powder

Directions:
1. In a sauce pan, melt 1 1/2 tablespoons butter then add apples, potatoes and 1 teaspoon mixed spice; stir over medium heat for approximately 10 minutes or tender; set aside.
2. Pre heat oven to 180C. Combine 1/2 cup flour, 1/4 cup Xylitol and 4 tablespoons butter with a fork or pastry blender.
3. Spread crumbs out on a flat baking tray; bake for 15 - 17 minutes until crumbs turn a golden brown colour, tossing twice during baking time.
4. Break up crumbs into crumble. Spread on a plate and place in freezer to cool down.
5. On a flat baking tray, roll out cookie dough into 1 1/2 inch balls making sure they are placed 2 inches apart. Bake for 6 minutes; remove.
6. Place 1 1/2 teaspoon of crumble on top of cookie; return to oven and bake until lightly golden brown.
7. Remove cookies from the oven and let sit for 2 – 5 minutes before transferring to a cooling rack.

Kumato Choc Cherry Tomato Bread Recipe

Recipe Ingredients:
- 3 cups self rising flour, sifted
- 2 large eggs, beaten
- 2 cups Naturally Sweet Xylitol
- 2 tablespoons butter
- 1/4 cup all-purpose flour
- 1 tablespoon cinnamon
- 1 teaspoons baking soda
- 1 teaspoon salt
- 1 cup vegetable oil
- 1/4 teaspoon pure organic vanilla powder
- 1 cup Kumatoes, chopped finely, drained
- 1 cup Choc Cherry Tomatoes, chopped finely, drained
- 1 1/2 cups chopped mixes nuts

Directions:
1. Pre-heat oven 180C. In a bowl, combine flour, baking soda, salt, xylitol and cinnamon.
2. In a separate bowl, combine eggs, oil and vanilla powder; whisk well.
3. Add wet ingredients to dry ingredients until just moistened.
4. Prepare two 8 1/2 by 4 1/2 loaf tins; butter then flour, making sure you have coated the pans well; dusting off flour (the way Grandma used to do!).
5. Bake for 40 - 45 minutes or until brown and toothpick comes out clean too!
6. Remove from oven; cool in pans on wire rack for 10 minutes; remove; completely cool on wire rack.

SOURCE: whatsonthelist

Sugar Free Coconut, Lemongrass, Hibiscus Ice Cream

Recipe Ingredients:
1/2 cup dried hibiscus tea
3/4 cup boiling water
juice from one lemon
1 teaspoon lemon zest (optional)
3/4 cups Naturally Sweet Xylitol Icing Mix
500 mls Organic Coconut milk
1-2 stalks lemongrass, (whole stalks) finely sliced

Directions:
1. In a pan on the stove, combine coconut milk and lemongrass; bring to a SLOW gentle simmer; simmer three minutes. Turn off heat; allow to warm.
2. When lemongrass milk mixture is warm, transfer half of the milk and “most” of the lemongrass into a blender; pulse for 30 seconds.
3. Transfer back into lemongrass milk mixture and allow to completely cool.
4. In boiling water, add dried hibiscus tea; Take off heat and allow to seap 15 minutes.
5. Strain through fine sieve; completely cool.
6. In a stand mixer add hibiscus tea, icing sugar; whisk until dissolved.
7. Whisk in cooled lemongrass milk about ten minutes or until it forms soft peaks.
8. Pour mixture into an airtight container and freeze overnight. When you pour the mixture into the container, with the back of a spoon, make sure all the air bubbles are out or mixture will freeze with air bubbles in the ice cream.

SOURCE: http://whatsonthelist.wordpress.com/2013/02/21/coconut-lemongrass-hibiscus-ice-cream/
Blueberry Breakfast Cookies Recipe

Here’s a healthy breakfast for you: sugar-free & gluten-free Blueberry Coconut Pecan Breakfast Cookies.

Ingredients:
- 1 1/2 cups gluten-free rolled oats - 1 cup unsweetened coconut flakes
- 1 tablespoon golden flaxmeal
- 1/2 teaspoon salt
- 3/4 cups coarsely chopped pecans
- 1/2 cup dried blueberries
- 3 very ripe bananas, mashed
- 1/4 cup coconut oil, warm enough to be liquid
- 1 teaspoon vanilla extract
- Naturally Sweet Xylitol (to taste)
- cooking spray

Directions:
1. Preheat oven to 180°C. Combine oats, coconut, flaxmeal, salt, pecans, and blueberries. Stir in bananas, oil, vanilla extract and xylitol until well combined.

2. Press 2 tablespoons of mixture into a 5cm round cookie cutter onto a baking sheet coated with cooking spray. Continue with remaining mixture.
3. Bake for 25 minutes or until fragrant and golden. Cool on pan.

White Christmas Recipe

Ingredients:
3 cups rice bubbles
1 cup desiccated coconut
2/3 cup Naturally Sweet Xylitol
1 cup powdered milk
1 ¼ cups mixed fruit
250 gr copha melted and slightly cooled

Method:
Grease a 30cmx20cm lamington tin.
Combine all dried ingredients in a large mixing bowl. Add copha and mix well.
Place and press mixture into prepared tin. Place in fridge and leave overnight or till set.
Cut into squares to serve.
**Raisin Rum Ice Cream Recipe**

**Ingredients:**
250 gr raisins  
2 tabs rum  
300 ml cream  
½ cup Naturally Sweet Xylitol Icing Sugar  
2 egg whites  
2 tsp cocoa  
2 tsp hot water

**Method:**
Soak raisins in 2 tabs of rum overnight stir occasionally.  
Blend cocoa with water.  
Whip egg whites until stiff adding ½ xylitol gradually.  
Whip cream till thick fold in cocoa. Fold in raisins and lastly fold in egg whites.  
Place in a freezer safe container and freeze.  
This is also great by omitting the raisins and using mixed fruit instead. Makes a good frozen Christmas pudding.

*From Sue L, Surfers Paradise, QLD*

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**Christmas Cake Xylitol Recipe**

I have been making this cake for years. For those intolerant to milk substitute Almond. For those intolerant to Wheat use Gluten free flour but add 2 teaspoons Guar Gum, and those intolerant to milk use a milk free margarine - I have done this on many occasions and it works well.

**Ingredients:**
1 kg of mixed fruit.  
1 cup dates.  
2 tabs Sherry, Rum, Brandy or Orange juice.  
1 ½ cups Naturally Sweet Xylitol.  
½ cup milk or substitute.  
250 gr butter or substitute.  
3 beaten eggs.  
3 cup Plain Flour or substitute.  
2 tabs glycerine.  
½ teaspoons of the following:  
1. Nutmeg  
2. Ground Ginger  
3. Cinnamon  
4. Bi–carb Soda  
5. Vanilla  
6. Lemon Essence

**Method:**
Mix fruit sherry, sugar and spices and allow to stand at least 2 hours. I stand overnight and sometimes 2 days. I also add a couple of tabs of glycerine.  
Combine butter and milk in a saucepan over a low heat and stir till melted  
Add to fruit mixture.  
Add eggs essences and finally sifted flour. Mix thoroughly and place in 8 “ (20 cms) lined tin and bake in very slow oven. 5½ hours or till cooked.  
I pour over extra rum while still warm. This cake also keeps well stored in the fridge.

*From Sue L, Surfers Paradise, QLD*
**Gluten Free Beetroot Cake Recipe**

**Ingredients:**
- 2 cups cooked and mashed beetroot
- 2 ½ cups plain gluten free flour
- 1 cup cocoa powder
- 1 cup Naturally Sweet Xylitol
- 2 teas bicarbonate soda
- 1 ½ cups rice bran oil
- 2 teas vanilla
- 4 large eggs beaten

**Method:**
Preheat oven to 180 deg. Grease a 20 cm square cake tin.
In a large mixing bowl mix all dry ingredients.
In separate bowl combine eggs, oil and vanilla.
Add to dry ingredients mix thoroughly.
Place into the greased cake tin and bake till cooked - about 45-50 minutes.
Low Calorie Sweet Whipped Cream Recipe

Low fat, low calorie and delicious with strawberries and other goodies!

Ingredients:
1 500g low fat cottage cheese
1/4 cup of Naturally Sweet Xylitol
1/2 teaspoon vanilla essence

Method:
Beat cottage cheese until very smooth, add xylitol and vanilla essence
Beat until dissolved
Refrigerate
Serves 10

Low Cal Fruit & Bran Cake Recipe

This is a delicious healthy cake that is great for people who are watching their weight

Ingredients:
1 cup of natural (unprocessed) bran
1 cup of diced dried fruit (apricots, sultanas & apples)
1/2 cup of Naturally Sweet Xylitol
1 cup of skim milk
1 cup of wholemeal self-raising flour

Directions:
Preheat oven to 180
Soak bran, Xylitol and fruit in the milk for around an hour.
Add the flour and stir thoroughly
Spoon the mixture into a greased cake tin
Bake for approximately 1 hour (cooking time will vary depending on the oven)
Allow to cool and serve.

From CL, Aldinga Beach SA
Rice Custard Recipe

I have severe sugar allergies among others and use a lot of Naturally Sweet Xylitol so here is just one of the great treats I can enjoy only now, after discovering Naturally Sweet Xylitol!

Ingredients:
- 2 tblsp rice (cooked)
- pinch of salt
- water
- 3 eggs
- 3 tblsp Naturally Sweet Xylitol
- 3 cups milk (soy or rice)
- 1/2 tsp vanilla
- 30g butter (coconut oil etc)
- grated nutmeg
- 1/2 cup raisins (optional, if tolerated)

Method:
Drain the rice well and put into greased bowl or heatproof dish that will fit into the Crock-Pot. Beat eggs with Xylitol, add remaining ingredients. Stir into rice.

Cover bowl with lid or small plate.
Pour 1 cup of hot water into the Crock-Pot, add a bowl of rice custard.
Cover and cook on low for 6-8 hours.
Serve warm.
For 6 people.

From JD, Cockatoo, VIC

Oatmeal Raisin Cookies Recipe

This is a delicious low-fat recipe for cookies using Naturally Sweet Xylitol instead of sugar

Ingredients:
- 1 cup of flour (wholemeal or plain)
- 1 cup of quick oats
- 1/2 cup of Naturally Sweet Xylitol
- 1/8 teaspoon of salt
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of baking soda
- 1/8 teaspoon nutmeg
- 2 egg whites
- 1/3 cup of corn syrup (dark or light)
- 1 teaspoon of vanilla
- 1/2 cup of raisins

Directions:
Preheat oven to 190 degrees.
Brush a cookie sheet lightly with oil.
In a large bowl combine the dry ingredients.
Stir in the egg whites, corn syrup and vanilla. Mix well.
Add raisins.
The mixture should be quite stiff.
Drop by teaspoonful onto cookie sheet.
Bake for 10 minutes or until firm. Do not overbake.
Cool on a wire rack.
Makes around 2 1/2 dozen cookies.

From CT, Edwardstown SA
Ingredients:
1 ½ cups white self-raising flour (preferable organic or unbleached)
½ cup organic wholemeal self-raising flour (preferable organic)
1 cup Naturally Sweet Xylitol
1 teaspoon cinnamon
1 cup raspberries, fresh or frozen and defrosted (I use ‘Creative Gourmet’ frozen raspberries, mixed berries or blueberries from the supermarket)
2 bananas, peeled, chopped and sprinkled with lemon juice
1 teaspoon grated lemon rind
¼ cup olive oil
¾ cup un-homogenised full-cream milk (or low-fat or soy milk. Increase the olive oil a little if you use low-fat milk)
2 eggs or 3 egg-whites, beaten well with a fork

Method:
Preheat the oven to 180C and lightly wipe some olive oil around a non-stick 12-piece muffin tray.
Sift the top four dry ingredients into a bowl. Thoroughly mix the bottom four wet ingredients. Toss the bananas and berries on top of the dry ingredients.
Fold the wet ingredients into the dry ingredients using a hand whisk (not a beater). Fold and lift the whisk through gently only a half dozen times until roughly mixed – it doesn’t matter that there are patches of flour showing. If you mix too thoroughly, the muffins may not be soft and fluffy.
Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
Remove the muffins immediately from the tray and allow to cool upside down, covered with a tea tray, on a wire rack.
They are delicious warm!

Why not experiment with different flavoured muffins – the recipe above will work for all your sweet muffins, just swap out the bananas and berries for the following:

Pineapple and Mango Muffins
Use a 440g can of unsweetened pineapple in natural juice, ½ large mango peeled and chopped or 2 Creative Gourmet frozen mango cheeks, defrosted and chopped, and one teaspoon of ground ginger. Omit the milk as there is enough liquid in the juice.

Spicy Apple and Walnut Muffins
Use a 425 g can unsweetened apples, ¾ cup chopped walnuts, and ½ teaspoon mixed spice and ¼ teaspoon nutmeg.

Banana and Passionfruit Muffins
Use 2 large bananas and flesh of 3 passionfruit or two packets of Creative Gourmet frozen passionfruit pulp (6 to a pack).

Pineapple and Date Muffins
Use a 440g can of unsweetened pineapple pieces in natural juice, ¾ cup of chopped dates and 2 teaspoons of vanilla essence.

Coconut and Cherry Muffins
Use fresh pitted, chopped cherries or Creative Gourmet’s frozen cherries, defrosted and chopped – add more liquid to compensate for the dry coconut eg lite coconut milk.

Pear and Date Muffins
Add a little more liquid to compensate for the dry dates.

Strawberry and Macadamia Muffins
Why not try pink champagne as the liquid for these? You’re an expert by now so I’ll toast your success!

Get the idea? Once you get the feel of the consistency that the mixture needs to be after the wet ingredients are added to the dry ingredients, you can be as creative as you want to be, adjusting the spice mix for subtle flavour, and varying the milk with other liquids eg fruit juices.
Add a little more oil too, up to ½ a cup, if you like the resulting softness. Keep the lemon rind – it adds a lovely whimsical flavour.
Lime & Ginger Cake Recipe

This cake is “zingy” and with the cool sweetness of xylitol it really works!

Ingredients:
- 400g Spelt Flour
- 1 tsp baking powder
- 150g Naturally Sweet Xylitol
- 2 Eggs
- 200g Butter
- 1 inch grated fresh ginger
- Juice of 1 lime
- 1 tsp of grated lime rind

Method:
Beat the butter and xylitol until light and fluffy. Stir in eggs one at a time and then add ginger, juice and rind. Sift in flour and baking powder and fold in until the mixture is smooth. Pour batter into a greased tin and bake at 180 degrees for 25 mins or until a knife comes out clean from the middle.

Eat the same day if possible!

From LC, Mullumbimby, NSW

Lemonade Recipe

A refreshing lemonade is quick & easy to make for those hot summer months. Simply squeeze lemon into a glass of cold water & add as much Naturally Sweet Xylitol as you like to sweeten. You can also add some mint leaves to make it even better.

From RH, Toowoomba, QLD
Low Cal Pavlova Recipe

I am on the Atkins Diet, so I can’t eat very many carbohydrates, let alone sugar! I made a pavlova for a treat on Christmas day. It was delicious!

**Ingredients:**
- 4 egg whites
- 3/4 - 1 cup Naturally Sweet Xylitol (depends how sweet you like it)
- 1 tsp. vinegar
- 1 tsp. vanilla essence

**Method:**
Beat the egg whites on a high speed till stiff peaks form.
Gradually add xylitol and beat for 5 to 10 minutes until mixture is smooth and glossy.
Mix in the vinegar and vanilla essence.
Place onto a foil-lined, greased pizza tray and shape nicely.
Bake at 150C for 40 - 45 minutes.
Turn oven off and allow to cool in oven.

When ready to serve, spread with whipped cream and strawberries.
YUM!

FROM MB, Nhulunbuy, NT

Junket Recipe

I love junket, but didn’t eat much of it due to the sugar I like to add. Now that I can use Naturally Sweet Xylitol instead I can indulge myself whenever I want. Basically I just substitute 1 teaspoon of xylitol for 2 teaspoons of sugar. It tastes great.

**Ingredients:**
- 1 junket tablet (I buy them at the supermarket, the flavoured ones)
- 250 ml cold milk
- 1 teaspoon Naturally Sweet Xylitol

**Method:**
Mix a splash of the 250 ml of cold milk with the xylitol and the junket tablet. You might have to crush the tablet to get it to dissolve nicely.
Warm up the remainder of the milk, to blood temperature.
Add the warm milk to the xylitol/junket tablet/milk mixture, stir it to mix and let it rest outside of the fridge.
Once the junket has set you can put it in the fridge.

From RH, Toowoomba, QLD
**Coffee Gelato Recipe**

A novel way to use xylitol which proves that you can use Naturally Sweet Xylitol in nearly every recipe!

**Ingredients:**
- 5 egg yolks
- ¾ cup Naturally Sweet Xylitol
- 2 cups milk
- ½ cup freshly made espresso
- 1 tablespoon Tia Maria or coffee liqueur

**Method:**
Whisk the egg yolks and half the xylitol in a bowl until you have a pale creamy mixture.
Pour the milk and coffee into a saucepan, add the remaining Xylitol and bring to the boil.
Add to the egg mixture and whisk together.
Pour back into the saucepan and cook over low heat, taking care that it doesn’t boil.
Stir constantly until the mixture is thick enough to coat the back of a wooden spoon.
Strain the mixture into a bowl and cool over ice.

**Gluten Free Orange Almond Cake Recipe**

**Ingredients:**
- 2 large oranges
- 6 eggs
- 8 oz ground almonds
- 8 oz Naturally Sweet Xylitol
- 1 teaspoon baking powder

**Method:**
Preheat oven to 375C.
Rinse & boil the oranges, unpeeled, in a little water for about an hour.
Allow oranges to cool, then cut open, removing pips.
Pulp by rubbing through a sieve or whizzing in blender.
Beat the eggs, & add remaining ingredients, mix thoroughly.
Pour into a buttered cake tin, preferably one with a removable base.
Bake for about 1 hour, a little longer if cake is very wet.

*From Sophie James, Wilston QLD*
Dairy Free Apple and Pear Ice Cream Recipe

Ingredients:
1 apple and 1 pear skinned with stem and pips removed
1/2 cup soya milk
1 teaspoon Naturally Sweet Xylitol
1 scoop soy yoghurt
1 tablespoon gelatine
425 ml coconut milk

Method:
Mix all ingredients together in a food processor or blender, until smooth.
Pour into a container and freeze.
Lovely served with stewed or canned fruit. Serves 4.

From CS of Bealiba, VIC

Creamy Coconut Rice Recipe

Ingredients:
1 cup cooked white rice
1/2 cup coconut milk
1 cup low fat yoghurt (fruit flavoured)
1 level teaspoon Naturally Sweet Xylitol
1 banana, sliced thinly
3 large passionfruit

Method:
Combine rice, coconut milk, yoghurt, banana and the pulp of two passionfruit into a bowl.
Divide into 4 serving dishes.
Top with remaining passionfruit pulp.
Refrigerate 4 hours before serving.

FROM CS Alphington, VIC
Chocolate Yoghurt Recipe

Ingredients:
500ml natural yoghurt
3 tablespoons cocoa powder
3 tablespoons hot water
1 teaspoon gelatine mixed with 1 tablespoon hot water
2 teaspoons Naturally Sweet Xylitol

Method:
Blend cocoa, xylitol and hot water together
Stir all ingredients together and chill for several hours before serving

From CS of Bealiba, VIC

Chocolate Sauce Recipe

Ingredients:
3 teaspoons cornflour
3 teaspoons cocoa
200 ml cold water
6 teaspoons Naturally Sweet Xylitol

Method:
Blend the cornflour and cocoa with enough water to form a thin paste.
Add the remaining water & stir until well combined.
Place the mixture in a small saucepan and stir until boiling.
Reduce the heat to simmer, add the xylitol, cook a further 5 mins, stirring constantly to prevent sticking.
Sauce must be stored in the refrigerator.

From CS, Alphington VIC
Chocolate Mousse Recipe

This is an excellent dessert for diabetics, with little fat and no sugar.

**Ingredients:**
- 4 rounded tsp gelatine soaked in 1/4 cup water
- 1/2 large tin (375ml) skimmed evaporated milk
- 1 heaped dsp cocoa
- 2 rounded tblsp Naturally Sweet Xylitol (more if liked)
- 1 tsp. vanilla

**Method:**
Cool evaporated milk for 4 hours or overnight in freezer.
Dissolve gelatine over hot water.
Mix cocoa, vanilla and xylitol in a little warm water.
Mix thoroughly and add gelatine.
Whip evaporated milk in a mixer until at least double in size and fluffy.
Add gelatine mixture - mix briefly and put into a serving dish. It will set immediately.

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Banana Bread Recipe

This is a low calorie, low fat & yummy recipe.

**Ingredients:**
- 1 1/2 cups self raising flour
- 1 teaspoon cinnamon
- 1/2 cup Naturally Sweet Xylitol
- 2 mashed bananas
- 2 egg whites
- 1/4 cup apple sauce

**Method:**
Pre-heat oven to about 160 degrees
Mix up dry ingredients and fold in wet ones
Pour into greased or lined loaf tin and cook for about 40 mins or until dry in the centre
You may add a slice of butter or sugar free jam on top to suit your taste.

From SG, Bangalow NSW
Chocolate Coconut Pecan Pie Recipe

Pie Crust Ingredients:
1 cup wholemeal plain flour, sifted
1/4 teaspoon salt
5 tbsp unsalted butter, cut into small cubes
1 – 3 tbsp chilled water
Pie Crust should be prepared in advance.

Method:
Place flour & salt in a food processor, pulsing on and off to combine well.
Add a few cubes of butter at a time, pulsing and combining evenly, until all butter has been added.
Add one tablespoon of water at a time, combining until pastry holds together when pressed between fingers (you may not need all 3 tablespoons).
Shape pastry into a flattened disc, cover with plastic wrap and chill for 30 minutes.
Roll pastry out between two sheets of wax paper until pastry is desired size to line an 8” pie dish.
Refrigerate again briefly, remove wax paper and fit into pie dish.
Store in refrigerator until filling is ready.

Ingredients:
2 tbsp unsalted butter, melted
½ cup + 2 tbsp Naturally Sweet Xylitol
1 ½ tspn vanilla essence
2 x 85g BelArte Milk Chocolate Blocks (or equivalent Maltitol sweetened chocolate
2 x eggs, slightly beaten
2 tbsp wholemeal plain flour, sifted
1/3 cup chopped pecans
1/3 cup desiccated coconut

Method:
In a saucepan over low heat, combine butter, Xylitol and vanilla.
Break or chop chocolate into small pieces and gradually stir in until all chocolate is melted.
Stir in eggs and flour, mixing well.
Stir in pecans and coconut.
Pour mixture into pie shell and bake at 180°C for 30 minutes or until done.
Pie puffs during baking and shrinks slightly during cooling.
Serves 6-8
**Apricot Amaretti Biscuits Recipe**

This soft macaroon style tray bake is great served as a pudding or just with afternoon tea. What’s more, it is free from wheat, gluten, sugar and dairy products, yet high in essential fats and low GI – for guilt-free nibbling. You could also substitute pears or plums for the apricots, or omit them entirely. Makes enough to fit one medium sized baking tray.

**Ingredients:**
- 300g ground almonds
- 200g Naturally Sweet Xylitol
- 100g cornflour
- 6 tsp almond extract (not artificial almond flavour)
- 4 organic, free range eggs
- 1 can of apricot halves in unsweetened fruit juice (or fresh apricots in season, drained)
- 3 good handfuls of flaked almonds

**Method:**
Preheat oven to 180C and line a baking tray. Combine the ground almonds, xylitol, cornflour, almond extract and eggs and mix thoroughly until smooth. Spoon into a lined baking tray and smooth out.

Lightly press the apricot halves evenly into the base then sprinkle the flaked almonds on top. Bake for around 20-25 minutes, until the top is light golden (check after 20 minutes).

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**Almond Cookies Recipe**

**Ingredients:**
- 200g packet Almond Meal
- 1 small packet of almond slivers or other chopped nuts (eg macadamia)
- 2 tablespoons unsalted butter (optional)
- 2 egg whites (or equivalent powdered egg white mixed with water)
- 2 tablespoons Naturally Sweet Xylitol (or more if required)

**Method:**
Soften butter and mix with dry ingredients. Add egg white. Scoop small amounts onto a greased tray and flatten with a fork. Bake in a hot oven until slightly brown. Makes about 12 cookies.

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*From JM, Moorooka QLD*
Strawberry Smoothie Recipe

Just the way to get started in the morning.

Ingredients:
2/3 cup low-fat plain yogurt
1 ½ tablespoons lecithin granules
4 tablespoons Naturally Sweet Xylitol
3 tablespoons golden flax seeds, ground
10 ounces frozen unsweetened strawberries
1 ¼ cups ice water

Method:
Place all ingredients in blender, process until smooth and creamy.

Nutritional Analysis:
Cal: 134 Carbs: 23.3g Fiber: 4g Fat: 4.8g
Sodium: 36.4mg NetCarbs: 8.7g

Serves:
4 cups

German Apple Pancakes Recipe

Ingredients:
1 medium sized egg
6 teaspoons of skim milk
3 teaspoons Naturally Sweet Xylitol
1/4 teaspoon cinnamon
1 slice of white bread, made into breadcrumbs
1 small apple, peeled and grated

Method:
Combine egg, milk, xylitol and cinnamon in a mixing bowl.
Add breadcrumbs and beat with a whisk or fork for 1 minute.
Pour into a heated, non-stick pie dish.
Arrange apple on top.
Bake in a hot oven (220C for 3-4 mins until set.
Remove from oven, fold in half and serve
Makes 1 serving

From CS, Alphington, VIC
Low Carb Chocolate Pecan Bars Recipe

A great after dinner treat when you just want a little something sweet.

**Crust Ingredients:**
1 ¼ cups spelt flour or wholewheat pastry flour
¼ cup plus 3 tablespoons Naturally Sweet Xylitol
3/8 teaspoon salt
5 tablespoons unsalted butter
2 ½ tablespoons unsweetened applesauce
½ teaspoon maple flavouring

**Filling Ingredients:**
1 cup plus 3 tablespoons Naturally Sweet Xylitol
1 ½ cups dry milk powder
4 tablespoons unsalted butter
½ cup plus 2 tablespoons boiling water
1 egg
1 ½ teaspoons vanilla extract
½ teaspoon maple flavoring
1 teaspoon lecithin granules
½ cup unsweetened cocoa powder, sifted
1 ¾ cups chopped pecans

**To make crust:**
Butter a 9” x 13” baking dish, line bottom and sides with parchment paper, and lightly butter parchment paper. Mix flour, Xylitol, and salt together, then cut in butter until mixture resembles coarse crumbs. Stir in applesauce and maple flavouring; mixture will be crumbly. Press firmly onto bottom of prepared pan, and prick with fork halfway through crust. Bake at 350 degrees for 15 minutes.

**To make filling:**
Place xylitol, milk powder, butter, and boiling water in blender; process for several minutes or until mixture is smooth. Add egg, vanilla extract, maple flavouring, lecithin granules, and cocoa powder, and process again until smooth. Transfer to a large bowl, and stir in chopped pecans. Pour into baked crust, and bake at 350 degrees for 20-25 minutes or just until filling is set. Allow to cool in pan before cutting into bars.

**Yield:**
48 bars

**Nutritional Analysis:**
Per Bar: Calories: 82.5 Carbs: 9.9g Fiber: 1g Fat: 5.4g Sodium: 31.9mg Net Carbs: 3.2g
Try this great Vanilla Ice Cream made with Xylitol

**Ingredients:**
- 2 cups fat-free milk
- 1/4 cup arrowroot powder
- 1 1/3 cups Naturally Sweet Xylitol
- 4 egg yolks
- 2 1/2 teaspoons vanilla extract
- 1 cup reduced-fat sour cream
- 1 cup whipping cream

**Method:**
Place milk in a small saucepan and heat to almost boiling. Remove from heat and set aside. Combine arrowroot powder and xylitol in a medium bowl. Thoroughly beat egg yolks into xylitol mixture. Slowly add scalded milk to egg mixture, stirring until well blended. Transfer this mixture to top of double boiler, and cook over boiling water, stirring constantly, until custard is thick and smooth. Strain, if necessary. Stir in vanilla extract, and pour mixture into a large bowl. Stir in sour cream until thoroughly combined, cover bowl, and refrigerate until chilled. Beat whipping cream until soft peaks form. Gently fold whipped cream into chilled custard mixture. Transfer to small automatic ice cream maker and freeze.

**Nutritional Analysis:**
Per Serving: Calories: 194.1 Carbs: 25.3g Fiber: 0.1g Fat: 11.7g Sodium: 45.8g Net Carbs: 6.5g