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Christmas Edition



**Must Bake
Desserts for
Christmas**

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this festive season**

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to dessert again!**

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ADDED

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For more recipes and sugar-free inspiration, please visit us at www.natvia.com

All nutrition information has been calculated using the most up to date information from Food Standards Australia New Zealand.

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Sugar FIX'D

You DON'T HAVE
TO GIVE UP
anything
ANYMORE!



Only **5**
CALORIES
PER SERVE



Only **5**
CALORIES
PER SERVE

Serving Suggestion

No Artificial
COLOURS OR
FLAVOURS

Salted
Caramel
FLAVOURED
TOPPING
250 mL NET

WATCH OUT!
0%
of your
recommended
daily sugar
intake in
one serve!
507X
less sugar
than
other leading
sugared brands

HOW TO BAKE WITH natVia





Sweetness comparison

*Natvia can be almost as twice as sweet as sugar

1 SERVE OF NATVIA = 1 TSP OF SUGAR



Icing Sugar

Natvia can easily substitute icing sugar by blitzing regular Natvia or Natvia Baking Mix into a finer consistency.

Optimum Rise

When adapting a sugar-based recipe and when looking to make your recipe rise, even if the recipe does not include baking powder, adding 2 – 3 teaspoons may be added to give your baked dessert the best rise.

Light and Fluffy

Normally when baking cakes, the chemical reaction of beating sugar and butter together creates a lot of air. Because Natvia has a different chemical structure, your secret to success when baking with Natvia is to beat or cream your initial mixture really well.

Moisture Content

When baking moist cakes, replacing butter for oil will ensure your cake is deliciously soft.

Meringue-Based Dishes

When making dishes like a pavlova, Natvia can be added at the start before whisking the egg whites.

Jams and Sauces

To make jams and sauces, use Natvia that has been blitzed into a finer consistency. Natvia will begin to recrystallise when set to cool, using a small amount of xantham gum will prevent this. Natvia is not a preservative and will not preserve the produce used to make the jam or sauce.

Sweetness chart



AMOUNT	MEASUREMENT	SUGAR (G) EQUIVALENT TO	NATVIA (G)	AMOUNT
1	teaspoon	4g	2.64	$\frac{2}{3}$ tsp
1	teaspoon	12g	8	2 tsp
$\frac{1}{4}$	cup	55g	36	3 tsp
$\frac{1}{3}$	cup	75g	50	$\frac{1}{4}$ cup
$\frac{1}{2}$	cup	115g	76	$\frac{1}{4}$ cup + 2 tbp
$\frac{2}{3}$	cup	150g	99	$\frac{1}{2}$ tsp
$\frac{3}{4}$	cup	170g	112	$\frac{1}{2}$ tsp + 1 tbp
1	cup	250g	149	$\frac{3}{4}$ cup
1 $\frac{1}{4}$	cup	229	151	$\frac{3}{4}$ cup + 1 tbp
1 $\frac{1}{3}$	cup	300	198	1 cup
1 $\frac{1}{2}$	cup	340	224	1 cup + 2 tbp
1 $\frac{2}{3}$	cup	375	248	1 $\frac{1}{4}$ cup
1 $\frac{3}{4}$	cup	395	261	1 $\frac{1}{3}$ cup
2	cup	450	297	1 $\frac{1}{2}$ cup



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Artificial
COLOURS &
FLAVOURS



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Sugar Free

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4.8 L



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A Very Natvia Christmas

The festive season is packed with every mouthwatering dessert we could dream of making it one of our favourite times of the year. What's better is that you can still indulge in all of your favourite Christmas treats while still saying NO to added sugars! We've got your back with 20+ delicious recipes you can enjoy well into the season. We hope you enjoy and from the whole Natvia team, we hope you have an amazing festive season!



Gingerbread Men

You can't say no to gingerbread men at Christmas. Get the whole family involved with this recipe. Pg. 44



Chocolate Cake

Impress your guests with this easy to make recipe. You won't be able to stop at one piece! Pg. 29



Christmas Trifle

This classic is a total crowd-pleaser and you can see why! Impress the whole family with this dish. Pg. 50



Eton Mess

One of our favourite desserts packed with fruity flavour, this traditional dessert is a must-eat! Pg. 24



Yule Log

This traditional dessert is show-stopping and elaborate, yet completely doable in your home kitchen! Pg. 46



Summer Pavlova

The cake of the season, this summer pavlova is unmissable. Topped with delicious seasonal fruit it's time to plate up! Pg.14



The Ultimate Low Carb Treats

**DELECTABLE CHOCOLATE RECIPES, A
SUMMER PAVLOVA, AND EVEN AN AMAZING
NEW YORK CHEESECAKE, THOSE ARE
JUST SOME OF TASTY TREATS TO LOOK
FORWARD TO. NOT JUST THAT, THEY'RE ALL
LOW CARB!**

MERRY Christmas





400
calories saved
*compared to sugar

Ingredients

Pavlova

6 Egg Whites, room temperature

Pinch of Salt

70g Natvia ($\frac{1}{3}$ cup)

1 tsp Lemon Juice

1 tsp Vanilla Extract

1 tbsp Tapioca Flour (optional, but helps to stabilise meringue)

Toppings

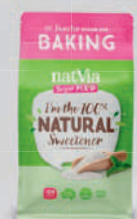
500g Thickened Cream (2 cups) *If you cannot tolerate dairy, use whipped coconut cream instead.*

1-1.5 tbsp Natvia

1 tsp Vanilla Extract

300g of seasonal fruits of your choice; mixed berries, passionfruit, diced mango or kiwi fruit (2 $\frac{1}{2}$ cups)

Garnish with fresh mint or basil leaves



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Summer Pavlova

LOW CARB • GLUTEN-FREE • KETO

PREP: 15-20 MINUTES
COOK TIME: 50 MINUTES
SERVES: 12

1. Preheat the oven to 120°C and line two baking trays with baking paper.
2. Add the egg whites and salt to the bowl of a stand mixer fitted with the whisk attachment. Begin whipping the egg whites on a low speed and gradually increase to a medium speed. When the egg whites begin to look foamy, add the Natvia in one tablespoon at a time.
3. Once the Natvia has been incorporated, increase the speed to high and whip until stiff peaks form and the meringue mixture looks glossy and the sweetener is fully dissolved. You can rub some of the meringue mixture in between your fingers to feel if the sweetener has fully dissolved.
4. Remove the mixing bowl from the machine. With a rubber spatula, fold in the lemon juice, vanilla and tapioca flour (if using).
5. Scoop the meringue mixture onto each prepared baking tray and use the spatula to spread it into two circular or oval shapes of the same size.
6. Place the meringues into the oven and bake for 45-55 minutes.
7. After it's cooked, turn the oven off and crack the door open. Let the meringue sit and cool inside the oven for roughly 60 minutes.
8. While the pavlova cools, prepare the topping ingredients. Pour the cream (make sure it's cold), Natvia and vanilla into a clean, dry bowl. Whip until soft peaks form using a stand mixer or with a whisk by hand.
9. To serve, place one of the pavlovas onto a platter and spoon half of the whipped cream evenly over the top and then garnish with your chosen fruits. Place the second pavlova on top and repeat the process of adding the cream, fruit and garnishes.

If you're following a ketogenic diet, use berries as they are lower sugar fruits compared with mango and kiwi fruit.

NUTRITION INFORMATION* (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
65g	1.9g	2.4g	21.5	876	209

*Nutrition excludes fruit toppings.



Recipe by Jordan from
www.reallifeofpie.com

Jordan Pie is a fully qualified Nutritionist and GAPS practitioner. She is also a health and wellness blogger, free-lance food photographer and co-author of the GUTALICIOUS cookbook. Jordan is a big believer in utilising the healing power of foods to nourish and rejuvenate the body and is passionate about creating and sharing healthy, gut friendly recipes with others.

Follow her on Instagram at
[@jordiepieface](https://www.instagram.com/jordiepieface)



400
calories
saved

*compared to sugar



Chocolate Custard Macadamia Tart

LOW CARB • GLUTEN-FREE • KETO • DAIRY FREE

PREP: 20 MINUTES
CHILL TIME: 1 HOUR
COOK TIME: 22 MINUTES
SERVES: 12

INGREDIENTS

Pastry

275g Almond Flour (2 ½ cups)
1 Egg + 1 Egg Yolk
3 tbsp Natvia
Pinch of Salt
1 tbsp Coconut Oil

Filling

400ml Coconut Cream (1 ¾ cups)
3-3.5 tbsp Natvia
4 tbsp Cacao Powder
3 tbsp Cacao Butter
4 Egg Yolks
Seeds of 1 vanilla bean

Topping

120g toasted macadamias (1 cup)



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1. Preheat the oven to 170°C. Grease and line a tart or pie tin with baking paper.
2. Add all the pastry ingredients into a food processor and blend into a dough.
3. Press the pastry dough into the lined tin as evenly as you can. Use a fork to poke some holes into the base of the pastry.
4. Place into the oven and bake for roughly 22 minutes, or until golden brown.
5. Meanwhile, add the coconut cream, Natvia, cacao powder, cacao butter and vanilla into a small saucepan. Melt on a low-medium heat until all the ingredients are evenly combined.
6. Remove the filling from the heat and stir through the egg yolks and stir continually with a spatula for a few minutes.
7. Add the filling mixture back onto a low heat on the stove top and continue to mix for a further 2-3 minutes. Once it has thickened nicely, remove it from the heat.
8. Remove the pastry from the oven and allow to cool.
9. Once cooled, pour the chocolate filling mixture into the tart shell. Place into the fridge to set.
10. Once it has set, garnish with toasted macadamias, slice and serve

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
90g	3.6g	7.9g	34.6g	1500	359

Recipe by Jordan Pie from
www.reallifeofpie.com.
Follow her at @jordiepieface



750
calories
saved

*compared to sugar



Skillet Choc Chip Cookie

LOW CARB • KETO

PREP: 10 MINUTES
COOK TIME: 30 MINUTES
SERVES: 12

INGREDIENTS

170g Almond Flour (2 cups)
130g Natvia (3/4 cup)
1/2 tsp Baking Powder
1/4 tsp Salt
100g Salted Butter (1/2 cup)
1 tsp Vanilla Extract
1 Large Egg
90g No Added Sugar Dark Chocolate (3/4 cup)

1. Preheat your oven to 180°C. Microwave the butter for 30 seconds to melt, but it shouldn't be hot.
2. Place the butter into a mixing bowl and beat with the Natvia. Add the vanilla and egg, mix on low for another 15 seconds exactly.
3. Add the almond flour, xanthan gum, baking powder and salt. Mix until well combined.
4. Press the dough together and remove from the bowl. Combine the chopped dark chocolate into the dough with your hands.
5. Press the dough into a 20cm buttered cast iron skillet, making sure it is as level as possible
6. Place the skillet in the oven for 30 minutes, or until golden brown on top.
7. Remove from the oven and let it cool. Serve with keto ice cream or a basic dark chocolate ganache. Keep in an airtight container for up to 7 days.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
45g	1.1g	4g	18.2g	795	190



Recipe by Aaron Day from
www.fatforweightloss.com



Find more of Aaron's delicious keto recipes in his exciting 'Keto Sweet Tooth Cookbook' Find it at any good bookstore.

Follow Aaron at @fatforweightloss



200
calories
saved
*compared to sugar

Sweet Tips

Tarts can be kept at room temperature, the ganache will set quite firmly when stored in the fridge so you may want to bring them out/ up to room temp before serving.



Dark Chocolate Ganache Tarts

LOW CARB • GLUTEN-FREE • KETO • DAIRY FREE

PREP: 10 MINUTES
CHILL TIME: 30 MINUTES
SERVES: 10

INGREDIENTS

Base

65g cold Ghee or grass-fed butter (1/4 cup)
125g Almond Flour (1/2 cup)
65g Arrowroot or Tapioca (1/4 cup)
3 tbsp Natvia
1 tsp Vanilla Essence
Pinch of Salt

Filling

125ml Coconut Cream (1/2 cup)
125g No Added Sugar Dark Chocolate (1/2 cup)
1 tsp Vanilla Essence
1/2 -1 tsp of Espresso, more or less depending on how strong you like it
Pinch of Salt
1 shot Coffee Liquor - optional

Base:

1. Pre-heat oven to 175°C.
2. Line a muffin tray with paper cases and set aside.
3. Place all base ingredients into a bowl and beat with an electric mixer until creamy and well combined.
4. Spoon into your prepared muffin tray, use a small spoon, or your thumb, or a small shot glass/measuring cup to press a small indent into the centre.
5. Bake for 6-8 minutes until golden. Note they will crisp up as they cool.

Filling:

6. Melt chocolate by sitting it in a metal bowl over the top of a boiling pot of water.
7. Add espresso, vanilla, liquor (if using) salt & stir to combine.
8. Add the coconut cream to your espresso infused chocolate and stir until well combined.
9. Spoon into your tart cases.
10. To serve dust with cacao, drizzle with a little extra coconut cream

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
36g	4.5g	3.8g	12.1g	644	154



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Recipe by Emma from
www.betterwithcake.com



130
calories
saved

*compared to sugar



INGREDIENTS

Base

- 200g Almond Flour (2 cups)
- 40g Coconut Flour (½ cup)
- 180g Unsalted Butter, must be cold (¾ cup)
- 1 tsp Baking Powder
- ½ tsp Salt
- 2 tbsp Natvia

Filling

- 500g Cream Cheese, full fat (2 cups)
- 180g Sour Cream, full fat (¾ cup)
- 120g Natvia (⅔ cup)
- 3 large Eggs
- 1 tsp Vanilla Extract
- 1 tsp Lemon Zest



New York Cheesecake

LOW CARB • KETO

PREP: 20 MINUTES

COOK TIME: 50 MINUTES

SERVES: 12

1. In a large glass bowl, mix the almond flour, coconut flour, baking powder, Natvia and salt together until each of the ingredients are combined.
2. This process has to be done quickly otherwise it will not work! - Cut the cold butter up into small chunks, and add it to the dry ingredients. Press the butter into the dry ingredients by using two forks. This can also be done in a food processor by pulsing the chunks of butter and dry ingredients for 20 to 30 seconds on high
3. In a 22cm (8.5") springform cake tin, line the bottom insert with baking paper, grease the inside with butter and press the base mixture into the bottom of the tin and halfway up the sides.
4. Place the tin in the fridge to allow the base to set. Preheat your oven to 140°C if fan forced, otherwise 160°C.
5. In a mixing bowl, add the cream cheese, sour cream, vanilla extract, lemon zest and Natvia. Mix until well combined.
6. As the mixture begins to thicken slightly, add the first egg and continue to mix. Add in the rest of the eggs one at a time, and continue to mix.
7. Take the base out of the fridge, poke holes in the bottom of the base with a fork, and bake in the oven for 15 minutes until slightly golden. Remove and let cool slightly. Wrap the bottom of the tin in aluminium foil.
8. Using a sieve, pour the cream cheese filling through onto the base (this helps remove any large clumps that might spoil the cheesecake).
9. In its springform cake tin, sit the cheesecake inside a larger baking tray with raised sides. Fill the larger baking tray with 2 cups water. Alternatively, you can place 2 ramekins filled with water right next to the cheesecake. Bake for 50 minutes.
10. Check the cheesecake by pushing a spike into the middle. If it comes out clean then the cake is ready.
11. Turn the oven off, and leave the oven slight open for another 30 mins to cool the cheesecake slowly (this stops the top from cracking). Remove from the oven and let it come to room temperature before placing in the fridge for 4 hours to set. Keeps up to 5 days in and airtight container in the fridge.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
114g	2.7g	10.2g	42.2g	1820	435



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Recipe by Aaron Day from
www.fatforweightloss.com.au
Follow him at @fatforweightloss



280
calories
saved

*compared to sugar





Christmas Eton Mess

LOW CARB • GLUTEN-FREE

PREP: 15 MINUTES

COOK TIME: 30 MINUTES

CHILL TIME: 30 MINUTES

SERVES: 4

INGREDIENTS

1 tsp Cornflour (cornstarch)

1 tsp Apple Cider Vinegar

1 tsp Vanilla extract

3 Egg Whites

50g Natvia (¼ cup)

300ml Thickened Cream

2 Vanilla Pods, sliced lengthways

300g Strawberries, fresh (2 cups)



1. Preheat oven to 140°C.
2. In a small bowl or jug, mix the cornflour, vinegar and vanilla extract to make a paste.
3. In a large mixing bowl, beat the egg whites with an electric whisk or stand mixer until stiff peaks form. Slowly add the Natvia and cornflour mixture and whisk gently until thick and glossy.
4. Use a teaspoon or piping bags to pipe small circles (about 2 tsp of mixture each) of meringue mix onto a lined baking tray, leaving space between each circle.
5. Bake in the oven for about 30 minutes, then turn the oven off and leave the meringues in the hot oven for another 20-30 minutes, until crispy and firm. Allow to cool, then crush about half.
6. Mix the cream with the scraped out seeds from the vanilla pods and whip to stiff peaks.
7. Halve the strawberries and set aside a handful for topping. Crush the rest lightly in a bowl or on a large plate with a fork so they are lightly mashed and releasing their juices.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
196g	6.3g	5.6g	28g	1270	304



Recipe by Claire Wright
from www.addsomeveg.com

Claire is always whipping up high-veg, low-sugar recipes and tips for families to eat a little healthier without crazy amounts of hassle, money, or time.

Follow her at @addsomeveg



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280
calories
saved
*compared to sugar





Flourless Chocolate, Orange & Hazelnut Cake

LOW CARB • GLUTEN-FREE

PREP: 15 MINUTES

COOK TIME: 45 MINUTES

SERVES: 12

INGREDIENTS

225g Butter, softened

50g Natvia (1/4 cup)

4 Eggs, separated

Zest of 1 Orange

50g No Added Sugar Dark Chocolate

200g Ground Roasted Hazelnuts (2 cups)

45g Cocoa Powder, plus extra for dusting

2 tsp Baking Powder

Pinch of Salt

300ml Thickened Cream

200g Raspberries

1. Preheat the oven to 180°C.
2. Lightly grease and line a 9in (22cm) round cake tin. Beat the butter and Natvia together until pale and fluffy, then mix the egg yolks and orange zest in a jug and slowly add to the butter-Natvia mix in a trickle, whisking the whole time. Stir through the melted chocolate.
3. Mix together the ground hazelnuts, cocoa powder, baking powder and salt. Add to the butter and egg mixture and fold in slowly until just combined.
4. Whisk the egg whites to soft peaks, then add about 1/3 of them to the batter. Fold through carefully, then carefully add another third of the egg whites, fold gently and repeat with the last of the eggs. Try not to over-mix at this stage.
5. Pour into the prepared cake tin and bake for 35-45 minutes, or until cooked and slightly cracked on top and a skewer inserted into the centre of the cake comes out almost clean, with just a couple of crumbs sticking to it.
6. Allow to cool, then serve at room temperature topped with whipped cream or creme fraiche, raspberries and a dusting of cocoa powder or Natvia blitzed. If it's a showstopper, add a couple of sparklers on top at the last minute!

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
112g	5.4g	7.1g	39.2g	1700	406



Sweet Tips

If using unsweetened chocolate, use 95g of Natvia (1/2 cup).



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Recipe by Claire Wright
from www.addsomeveg.com
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A TASTY CHOCOLATE LASAGNE. IMPRESS YOUR
FRIENDS AND FAMILY WITH THESE INDULGENT,
GUILT-FREE RECIPES!**






**1,000
calories
saved**
*compared to sugar



Peanut Butter and Jelly Cheesecake

GLUTEN-FREE • KETO • LOW CARB • DAIRY FREE

PREP: 45 MINUTES
COOK TIME: 30 MINUTES
SERVES: 16

INGREDIENTS

Crust:

150g Almond Flour (1 1/2 cups)
40g Cacao Powder (1/3 cup)
50g Natvia (1/4 cup)
60g Coconut Oil, or butter (1/4 cup)

Cheesecake Filling:

680g Cream Cheese, or vegan cream cheese, room temp
300g Yogurt of choice, coconut, almond milk, greek yoghurt all work (1 1/4)
195g Peanut Butter (3/4 cup)
2 1/2 tsp Vanilla Extract
125g Natvia (2/3 cup)
25g Almond Flour (1/4 cup)

Topping :

125g Natvia Strawberry Spread (1/2 cup)
130g Peanut Butter (1/2 cup)

Crust:

1. Combine all crust ingredients in a food processor, pour into a lined 8 or 9-inch springform pan, press down firmly and evenly, set aside while you make the filling.

Cheesecake Filling:

2. Preheat oven to 175°C. Fill any baking pan halfway up with water, and place it on the oven's lower rack.
3. Combine all ingredients except topping in a food processor until just smooth (overbeating can cause cracking as it bakes).
4. Pour filling on top of crust. Dollop jam and peanut butter on top and swirl a pattern with a skewer if desired. Place on the middle rack (above the rack with the water pan). Bake 30 minutes and do not open the oven at all during this time.
5. Once time is up, still do not open the oven, and turn off the heat and let the cheesecake sit in the oven an additional 5 minutes. Remove from the oven, it will still look underdone. Let cool for 20 minutes, then refrigerate overnight, during which time it will firm up considerably. It is important the cake cools gradually so it does not crack. Store leftovers covered in the refrigerator 3-4 days, or slice and freeze if desired.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
100g	5.9g	10.5g	31g	1480	353

Sweet Tips

To decrease calories, reduce the topping.



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Recipe by Amy Lee from
www.amyleeactive.com.
Follow her at @amyleeactive

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1,200
calories
saved
*compared to sugar



Sweet Tips

**You can use dairy-free or soy-free cream cheese instead of silken tofu, however, most brands contain a lot of fat. So, if you use store-bought cream cheese, you can omit the coconut oil. Depending on the thickness of the cream cheese you might need to add a splash of plant-based milk to thin out the cream cheese.*



No Bake Chocolate Lasagne

GLUTEN-FREE • KETO • LOW CARB

PREP: 60 MINUTES
COOK TIME: 15 MINUTES
SERVES: 16

INGREDIENTS

Brownie Layer:

1 tbsp Flaxseed, ground
125g water (1/2 cup)
125g Olive or Coconut oil (1/2 cup)
90g Yogurt (coconut or almond milk yoghurt) (1/4 cup)
1 tsp Vanilla Extract
60g Coconut Flour (1/2 cup)
40g Cocoa Powder (1/2 cup)
90g Natvia (1/2 cup)
1/4 tsp Baking Soda
1/4 tsp Salt

Cream Layer:

900g Silken Tofu
90g Natvia (1/2 cup)
40g Coconut Oil or vegan butter, melted (1/4 cup)
2 tsp Vanilla Extract

Choc Mousse Layer:

400ml Coconut Cream, full fat, only scoop out the cream
2-4 tbsp Natvia, blitzed, to taste
3 tbsp Cocoa Powder
1/4 tsp Salt
2/3 cup Heavy Whipping Cream, or coconut cream*

Brownie Layer:

1. Whisk together first 5 ingredients, and let sit for at least 5 minutes to let the flaxseed soak up the liquid (or refrigerate overnight).
2. Preheat oven to 175°C. Line an 8x8 pan with baking paper.
3. Stir all remaining dry ingredients into the wet until just combined, smooth into the pan, and bake for 15-17 minutes. They should look underbaked when you take them out. Let cool, then refrigerate whilst making the other layers.

Cream Layer:

4. Put all cream layer ingredients in a food processor and blend until the mixture is creamy. Pour HALF of the cream onto the brownie layer, and place the whole baking dish into the freezer for about 20 minutes.

Choc Mousse Layer:

5. Heat up coconut cream and sweetener of choice in a pan until it begins to simmer. Turn off the heat and thoroughly stir in the cocoa and salt. Allow to cool completely (you can do a water bath to speed up the process).
6. Smooth on top of the baking dish.
7. Finally, top off the choc mousse layer with the other half the cream layer. Top with zero added sugar choc chips or chocolate shavings if desired. Store leftovers in the fridge for up to 4 days. Enjoy!

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
110g	2.3g	8.5g	17.5g	907	216

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Recipe by Amy Lee from
www.amyleeactive.com.
Follow her at @amyleeactive





Pop Tarts

GLUTEN-FREE • KETO • LOW CARB

PREP: 60 MINUTES
COOK TIME: 15 MINUTES
SERVES: 4

INGREDIENTS

Filling

120g Natvia Strawberry Spread
1 tbsp Chia Seeds

Pop Tart Crust

100g Almond Flour (1 cup)
40g Coconut Flour $\frac{1}{3}$ cup
2 tsp Corn Starch
 $\frac{1}{4}$ tsp salt
100g Butter, cold
55g Cream Cheese, cold
1 Egg, lightly beaten
2 tsp Apple Cider Vinegar
1 Egg, beaten, for egg wash shine
(optional)

Decoration (optional)

Vanilla yoghurt for icing, freeze dried
strawberry and pomegranate to sprinkle

1. Add almond flour, coconut flour, corn starch, and salt to food processor and pulse until evenly combined.
2. Add butter and cream cheese and pulse for just a few seconds until crumbly. Add in egg and vinegar and pulse until the dough begins to just come together (but stop before it forms into a ball). Like with any pastry dough, make sure not to over-process the dough. It should resemble rough breadcrumbs rather than cookie dough.
3. Form dough into a ball and chill in fridge for an hour.
4. Roll out dough until $\frac{1}{2}$ cm thick between baking paper. Cut out 8 rectangles and place a tablespoon of jam on top of 4 of the rectangles. Seal each with a rectangle dough. Press a fork imprint along the border for decoration. Place in the freezer for 15 minutes prior to baking (as it will help to keep its shape better).
5. Brush with egg for a glossy finish (optional, but highly suggested).
6. Bake at 200°C for 12 - 15 minutes until golden brown on top. Remove and let cool for 10 minutes before enjoying!

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
140g	8.1g	9.9g	40.6g	2040	487

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NATVIA Recipes



Recipe by Amy Lee from
www.amyleeactive.com.
Follow her at @amyleeactive



750
calories
saved

*compared to sugar



Vanilla Lemon Slice

GLUTEN-FREE • KETO • LOW CARB

PREP: 1 HOUR
CHILL TIME: 2 HOURS
SLICES: 20

INGREDIENTS

Base:

- 130g Almond Meal (1 cup + 2 tbsp)
- 2 tbsp Flax Meal
- 2 tbsp Coconut Flour
- 30g Vegan Protein Powder (optional)
- 50g Unsweetened Coconut, shredded (1/2 cup)
- 100g Natvia (1/2 cup)
- 120g Coconut Butter* (1/2 cup + 1 tbsp)
- 2 tbsp lemon juice

Cream layer:

- 70g Cashews, soaked in hot water for at least 45 min and then drained (1/2 cup)
- 70g Coconut Cream, chilled, white part only (1/4 cup)
- 50g Tahini (1/4 cup)
- 2 tbsp Coconut Oil, melted
- 30g Natvia
- 1 tsp Vanilla Extract
- 2 tbsp Lemon Juice

1. Combine all base ingredients until a dough forms.
2. Press dough into a tin lined with greaseproof paper and freeze whilst making cream layer.
3. In a high-speed blender, blend all cream layer ingredients until smooth.
4. Spread cream layer over base and freeze for at least 1 hour or until solid.
5. Store in an airtight container in the fridge.

Protein powder is optional and can be replaced with almond meal. If replacing protein powder, add extra 20g Natvia to increase sweetness.

Suggest using vegan protein powder because whey protein produces a gummy texture.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
60g	2g	3.5g	11g	509	121

Sweet Tip

Coconut butter can be replaced with coconut oil or regular butter.



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NATVIA Recipes

Recipe by Sarah Ky
from @Sarahfitfoodie



190
calories
saved

*compared to sugar





Pumpkin Pie Slice

GLUTEN-FREE • LOW CARB • DAIRY FREE

PREP: 45 MINUTES

COOK TIME: 40 MINUTES

CHILL TIME: 30 MINUTES

SERVES: 12

INGREDIENTS

Base:

160g Almond Meal (1 1/3 cup)

40g Protein Powder (optional)

2 tbsp Flax Meal

1 tbsp Natural Smooth Peanut Butter

50g Coconut Oil, melted (1/4 cup)

1 tsp Vanilla Extract

110g Water (1/3 cup + 2 tbsp)

10g Natvia (1 heaped tbsp)

Pumpkin layer:

450g Raw Pumpkin, diced (3 1/2 cup)

2 tbsp Natvia

35g Custard Powder

1 heaped tsp Ground Cinnamon

1 tsp Ground Nutmeg

1. Dice pumpkin and cook in boiling water for 30 minutes or until tender.
2. Make base by combining all base ingredients in a bowl and mixing until a dough forms.
3. Press dough into a lined baking tin and freeze whilst making pumpkin layer.
4. Drain boiled pumpkin of excess water and blend with remaining pumpkin layer ingredients until smooth.
5. Transfer pumpkin into a pot and bring to a boil whilst stirring constantly (2-3 minutes). Continue to cook on medium-high heat 2-3 minutes and stirring until mixture thickens.
6. Spread pumpkin over base and allow to cool before freezing for 30min or until firm.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
70g	5g	7g	9.5g	550	131

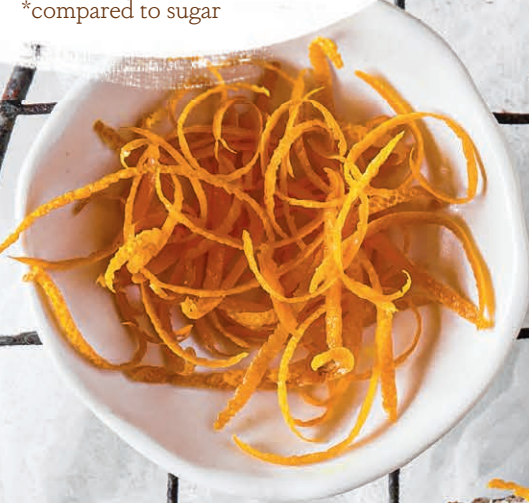


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NATVIA Recipes

Recipe by Sarah Ky
from @Sarahfitfoodie



210
calories
saved
*compared to sugar





Carrot Cake

GLUTEN-FREE • LOW CARB

PREP: 10 MINUTES
COOK TIME: 45 MINUTES
SERVES: 16

INGREDIENTS

Cake

200g Almond Meal (2 cups)
1 ½ tsp Baking Powder
3 Eggs
2 tsp Vanilla Extract
1 ½ tsp Mixed Spice
185g Apple Puree, unsweetened (¾ cup)
110g Carrot, grated (1 cup)
40g Desiccated Coconut (½ cup)
55g Pecans, chopped (½ cup)
3 tbsp Natvia

Frosting

250g Cream Cheese
115g Butter, softened
1 tbsp Natvia, blitzed
1 tbsp Vanilla Extract
120g Thickened Cream (½ cup)

Cake:

1. Pre-heat oven to 180°C.
2. Place eggs, apple puree, vanilla and syrup into a large bowl and mix well.
3. Add the almond flour, baking power and mixed spice and combine.
4. Fold through the carrot, coconut and pecans.
5. Grease and line a 20cm square cake tin. Pour batter in and bake for 45 minutes. Remove from oven and let cool.

Frosting:

1. To make the frosting, place all ingredients into the bowl of a stand mixer and whip on med-high until smooth and fluffy.
2. Once cake is cool, dollop frosting on top and garnish with extra chopped pecans and orange zest (optional).

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
81g	4.1g	6.4g	25.7g	1150	275



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Recipe by Naomi Sherman
from naomishermanfoodcreative.com
Follow her at [@naomisherman_foodcreative](https://www.instagram.com/naomisherman_foodcreative)



Christmas Creations

SAYING NO TO ADDED SUGARS THIS CHRISTMAS PERIOD BUT STILL WANT TO INDULGE IN YOUR FAVOURITE FESTIVE DESSERTS? THIS CHAPTER IS PACKED WITH TREATS YOU DON'T NEED TO SAY NO TO! INDULGE IN OUR CUSTARD TRIFLE, YULE LOG, GINGERBREAD MEN, LAYERED CHRISTMAS CAKE AND MORE!



**1,600
calories
saved**

*compared to sugar



Recipe by Monisha
from @Monsflavors



Layered Christmas Cake

PREP: 20 MINUTES
COOK TIME: 40 MINUTES
SERVES: 15

INGREDIENTS

Cake

- 270g Spelt Flour (2 cups)
- 2 tsp Baking Powder
- ½ tsp Baking Soda
- 230g Olive Oil (1 cup)
- 250g Soy Milk (1 cup)
- 60g Water, boiling (¼ cup)
- Pinch of Salt
- 2 tsp Almond Essence
- 190g Natvia (1 cup)
- 30g Cacao Powder (¼ cup)

Frosting

- 400ml Coconut Cream
- 95g Natvia (½ cup)
- 2 tsp Almond essence



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Cake

1. Preheat oven 180°C.
2. In a bowl combine flour, baking powder, baking soda, cacao powder, salt and Natvia.
3. In a separate bowl, add olive oil, soy milk, and almond essence and whisk until the batter is smooth. Mix the wet ingredients into the dry mixture adding boiling water to it, and then fold the mixture well with a spatula making sure you don't over mix the batter.
4. Divide mixture and pour batter into three 9" cake tins and bake for about 30 to 40 minutes or until a toothpick inserted comes out clean.
5. Once the cakes are done. Transfer the cakes to a cooling rack and allow to cool completely. Cut the top off each cake and level using a chef knife or a palette knife.

Frosting

6. Add all three ingredients in a mixing bowl and mix with a electric mixer starting off slow and then gradually increasing speed until thick and smooth. Once done keep the frosting in the fridge for about an hour before you start frosting the cake.
7. Place one cake layer on a serving plate and spread ¼ of cream frosting over the top. Repeat this process for the second and third layer. Finally, spread the remaining frosting all over your cake and sides with the back of your spoon to create this look.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
100g	15.3g	4.1g	21.8g	1140	272

Mon's Instagram is one of our absolute favourites. Full of colour and delicious creations, Mon's passion for food and healthy eating is infectious and will inspire you to get baking.

Check out her Instagram at
@Monsflavors



1,000
calories
saved
*compared to sugar



Gingerbread Men Cookies

VEGAN

PREP: 15 MINUTES
COOK TIME: 15 MINUTES
SERVES: 20

INGREDIENTS

Cake

1 tsp Flaxseed meal
3 tbsp Water, warm
270g Spelt Flour (2 cups)
2 tsp Cinnamon
60g Coconut Oil, melted (¼ cup)
2 tsp Ginger Powder
1 tsp Cardamom Powder
½ tsp Baking Soda
190g Natvia (1 cup)
125g Almond Butter (½ cup)
Pinch of Salt

1. In a large bowl, combine the flaxseed and luke warm water. Stir and set aside while it thickens.
2. In a separate bowl, add flour, ginger, cinnamon, cardamom, baking soda, salt, and mix together.
3. Give a nice stir to the flaxseed mixture and then add the melted coconut oil, almond butter, and Natvia and whisk until smooth.
4. Add the dry mixture and combine. When the mixture gets thick you can use your hands to knead the dough. Once the dough is done, wrap it in a cling wrap and chill for 15 to 20 minutes.
5. Preheat oven to 180°C and line a large baking pan with baking paper.
6. Roll the dough and flatten it with a rolling pin or with hands. If the dough is a bit sticky add more flour. Cut desired shapes and carefully place them on the baking tray. Repeat the rolling and cutting process until you finish your dough.
7. Bake for 10 to 15 minutes or until the edges become lightly brown.
8. Once done take out from oven and let it set for 10 more minutes to let it set and become firm.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
35g	11g	3.5	7g	488	116



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Recipe by Monisha
from @Monsflavors



1,350
calories
saved

*compared to sugar

Ingredients

Cake

130g Spelt Flour (1 cup)
10 tbsp Aquafaba*
1 tbsp Apple Cider Vinegar
140g Natvia (3/4 cup)
153g Olive Oil (1/3 cup)
1/2 tsp Baking Soda
1/2 tsp Baking Powder

85g Cacao Powder (1/4 cup)
165g Water, hot (1/3 cup)
2 tbsp Amaretto liquor (optional)
1 tsp Vanilla Extract

Filling

4 tbsp Natvia Strawberry or
Raspberry Spreads

4 tbsp Coconut Cream, thick and
whisked

Coffee Coconut Frosting

400ml Coconut Cream
95g Natvia (1/2 cup)
1 Espresso shot
2 tbsp Amaretto Liquor (optional)





Yule Log

VEGAN

PREP: 15 MINUTES

COOK TIME: 15 MINUTES

CHILL TIME: 2 HOURS

SERVES: 12

1. Preheat the oven 260°C and line a 15" x 10" roll pan with parchment paper lightly greased with oil.
2. Take a bowl and add apple cider vinegar and aquafaba and beat on high until stiff peaks form. This should take 5 to 7 minutes.
3. In another large bowl, sift flour, cacao powder, Natvia, baking powder, and baking soda. Whisk well. Add oil, vanilla extract, water, and whisk together.
4. Add wet ingredients into dry mixture and fold well
5. Add half mixture of aquafaba and fold into the mixture making sure you mix it gently so that you don't lose all of the air you've trapped in the aquafaba. Add the rest and fold it in gently. There may be few lumps left but that's fine, don't panic.
6. Pour the mixture into baking pan, smooth the batter to the edges. Bake for 15 to 20 minutes or until cake is firm but soft enough to spring back up when pressed down softly. Over-baking cake will make it too dry to roll.

7. Lay a large piece of baking paper on your work surface, sprinkle over cacao power and invert sponge onto the paper, peel away the original baking paper.
8. Roll up from the longer edge using the paper, rolling it up with the paper inside. Set aside to cool. Rolling it up with the paper inside helps the cake not stick to itself.

Jam Filling

9. In a bowl mix all the filling ingredients and leave in fridge until log is ready.
10. Once the sponge is cool, unroll and spread a thin layer of the filling then re-roll tightly without the paper inside. Pop into the fridge while you make top frosting for this log

Frosting

11. In a bowl add all the ingredients together and whip until it's nice and creamy in texture. Leave it in the fridge for 20 minutes.
12. Transfer the log onto a serving plate and using with a spatula or knife spread the coffee coconut frosting all over the log.
13. Use the back and forth of your spoon to create that texture on the log.

Aquafaba is the liquid leftover from cooked chickpeas. You can get aquafaba from draining a can of chickpeas and reserving the liquid, or cook your own chickpeas and reserve the leftover cooking liquid.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
110g	10.5g	3.4g	19g	978	235



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Recipe by Monisha
from @Monsflavors

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7 Tips to Beat the Christmas Bulge

It's the festive season where temptations are everywhere with never-ending options of food for the entire family. During the holiday season, people get caught up with what they should and shouldn't eat. The tables are full of 'bad foods' and they lose all self-control and overdo it. On average, people gain 0.8-1.5kg over the Christmas period with the weight gained over the holiday period rarely lost. Here are 7 tips to help you avoid the holiday weight gain.

1. Use smaller dinner plates

It is shown that seeing more empty space on a plate can feel unsatisfying, use this to your advantage by using smaller dinnerware giving the illusion of a fuller plate. You can also serve up extra vegetables on each dish to reduce the amount of space to fill on the plate.

2. Keep up the exercise

Staying active and moving can help make up for the extra food that will be eaten and to reduce the amount of stress during the holiday period. Take time off to take a walk and catch up with family members.

3. Eat slowly and savour

Don't forget to pace yourself and wait before going for seconds. Eating quickly will make you less aware when you are full and will lead to overeating. It takes 20 minutes for your brain to register that you are full after eating. By eating more slowly and savouring every delicious bite will reduce the overall total intake.

4. Do not skip meals

It is common to skip breakfast and lunch to save the appetite for the big holiday feast. However, this isn't recommended as it can result in overeating. Research shows that people who skipped meals tend to consume more calories throughout the day.

5. Alternate between alcohol and water

Alcohol is great for enjoyment, but over-consuming drinks can lead to weight gain. To help reduce this, alternate between one alcoholic drink and one non-alcoholic drink such as water. This will ensure to keep your hydration up and will minimise your alcohol intake.

6. Sit next to a healthy-eating person

Dining in large gatherings may increase the amount of food you will eat. When everyone around you is gorging it's hard to keep track of just how much you're eating. Choose to sit next to a family member or friend that has a moderate-sized appetite and is a healthy eater.

7. Don't restrict 'forbidden' food

Enjoy meals, treats and incorporate some of the food we consider 'forbidden'. A study found that people who restricted themselves from food were associated with overeating and weight gain. Who wants to skip on Christmas dessert? Go for it as long as you're choosy with your indulgences and mindful of the portion sizes.



**1,300
calories
saved**

*compared to sugar





Custard Trifle Pudding

PREP: 15 MINUTES
COOK TIME: 15 MINUTES
SERVES: 20

INGREDIENTS

Cake

Bake the chocolate cake on page 72 without the frosting.

Chocolate Custard

375g Soy Milk (1 1/2 cups)
30g Cacao Powder (1/4 cup)
95g Natvia - (1/2 cup)
2 tsp Vanilla Extract
2 tbsp Corn Flour

Cherry Compote

320g Cherries, thawed (2 cups)
30g Blueberries, thawed (1/4 cup)
95g Natvia (1/2 cup)
1 tsp Vanilla Extract
2 tsp Coconut Oil

Coconut Cream

400ml Coconut cream
50g Natvia (1/2 cup)



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NATVIA Recipes

1. Bake the chocolate cake on page 72 without the frosting.

Chocolate Custard

2. Put all the ingredients, except the corn flour, in a pan on very low medium heat stirring it frequently until warm.
3. Mix the corn flour with enough luke warm water to make a smooth paste. Add to the soy milk mixture and cook for few minutes stirring it continuously until thickened.
4. Remove the pan from the heat. Leave to cool until you prepare your cherry compote.

Cherry Compote

5. In a heavy bottom pan, add all the ingredients together and cook on a low to medium heat for 10 to 15 minutes, stirring frequently until berries have totally broken down and liquid starts looking glossy and the mixture starts getting thicker in consistency.
6. Take the pan off the heat, and leave to cool a little.

Whipped Coconut Cream

7. With an electric mixer, whip the cream and Natvia on a high speed until mixture comes together. Don't over whip. Once done keep in the fridge until you start assembling your dessert

Construction

8. In a festive glass, place the first layer of chocolate cake crumbled as a base, then add chocolate custard, cherry compote, whipped chocolate cream and repeat pattern until glass is full.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
240g	16.7g	4.4g	17.6g	1080	260g

Recipe by Monisha
from @Monsflavors





Sticky Date Pudding With Salted Caramel Sauce

PREP: 30 MINUTES

COOK TIME: 55 MINUTES

INGREDIENTS

250 g Pitted Dates, roughly chopped

1 teaspoon Bicarbonate of Soda

375 mls Boiling Water (1 1/2 cups)

125 g Unsalted Butter, softened

149 g Natvia Gold (3/4 cup)

1 teaspoon Vanilla

2 Eggs

260 g Gluten Free Self Raising Flour

Natvia Salted Caramel Sauce.

1. Preheat oven to 160C (fan-forced). Grease and line a 20cm by 20cm cake tin.
2. Place the dates, bicarb soda and hot water in a bowl and set aside for 20 minutes.
3. In a stand mixer, on medium speed beat the butter, Natvia and vanilla. Add the eggs one at a time and continue to beat for a further minute
4. Remove the bowl from the mixer and stir through the flour and date mixture.
5. Once combined, pour the mixture into the prepared tin and bake for 50-55 minutes. It is ready when a skewer is inserted comes out clean.
6. Once cooked leave to cool in the pan for 5 minutes before serving.
7. Serve Natvia Salted Caramel Sauce over the warm pudding.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
189g	44.4g	3.7g	30g	1983	474

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Recipe by Amy Lee from
www.amyleeactive.com.
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NATVIA.COM



200
calories
saved
*compared to sugar



Mango and Kiwi Tart

PREP: 15 MINUTES

COOK TIME: 30 MINUTES

SERVES: 8

INGREDIENTS

1 Shortcrust Pastry Case

If making pastry:

150g Plain flour

75g Unsalted Butter

1 Egg Yolk

Cold Water, if needed

Filling:

250g Mascarpone

3 heaped tbsp Greek Yogurt

2-3 tbsp Natvia (to taste)

2 tsp Vanilla Extract, or the seeds scraped from 1 vanilla pod

2 Mangos, finely sliced and/or cut into shapes using Christmas cookie cutters

4 Kiwis, finely sliced and/or cut into shapes using Christmas cookie cutters

Handful of Fresh Mint, leaves picked

Zest of 1 Lime, to serve

Pastry:

1. Pulse the flour and butter together in a food processor (or rub in a bowl with your hands) until the mixture resembles a mixture of large and small breadcrumbs.
2. Add the egg yolk and pulse until it just comes together as a dough, adding a splash of cold water if needed. Wrap the dough in cling film and chill for 30 minutes while you preheat the oven to 200°C.
3. Roll out the dough and press gently into a 9in (23cm) tart tin, prick the base a few times lightly with a fork, then top with some foil and baking beans (or use uncooked rice or dried beans and discard when done). Bake like this for 10 minutes, until edges are starting to go a light golden colour, then remove the foil and baking beans and return to the oven for 5-10 minutes, until the pastry case is golden and cooked. Allow to cool completely.

Filling:

1. Beat the mascarpone, Greek yogurt and Natvia with the vanilla until smooth and creamy, then spoon into the pastry case.
2. Top with the sliced fruit and mint, sprinkle over the lime zest, then serve immediately or chill until needed.

NUTRITION INFORMATION* (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
112g	5.4g	7.1g	39.2g	1700	406

*Nutrition includes pastry



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Recipe by Claire Wright
from www.addsomeveg.com
Follow her at @addsomeveg



5,400

calories

saved

*compared to sugar



Chocolate Cake

PREP: 60 MINUTES

SERVES: 16

INGREDIENTS

Cake:

150g Almond Flour (1 1/2 cups)

60g Cocoa Powder (1/2 cup)

2 1/4 tsp Baking Powder

1/2 tsp Salt

80g Almond Milk 1/3 cup

3 Eggs

60g Natvia (1/3 cup)

1 1/2 tsp Vanilla Extract

Frosting:

60g Cocoa Powder (1/2 cup)

225g Cream Cheese

60g Butter (1/4 cup)

760g Natvia, blitzed (4 cups)

1 1/2 tsp Vanilla Extract

2-4 tbsp Milk of choice

Cheesecake filling:

680g Cream Cheese, or vegan cream cheese, room temp

300g Yogurt of choice (coconut, almond milk, greek yoghurt all work) (1 1/4 cup)

195g Peanut Butter (3/4 cup)

2 1/2 tsp Vanilla Extract

125g Natvia (2/3 cup)

25g cup Almond Flour (1/4 cup)

Topping (optional):

125g Natvia Strawberry spread (1/2 cup)

130g Peanut Butter (1/2 cup)

Cake:

1. Preheat oven to 175°C. Line an 8-inch pan. Stir all dry ingredients in a bowl and all wet ingredients in another bowl, then pour into the dry mix and stir evenly until just combined.

2. Pour into the pan. Bake 15 minutes or until a skewer comes out clean. Let cool completely before frosting.

Frosting:

3. Combine all ingredients until smooth in a food processor. You may need more or less milk depending on desired consistency.

4. Add toppings if desired

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ	Calories
160g	6.3g	14.2g	36g	1790	427

Sweet Tip

To decrease calories, go without the frosting or use less.

For a double layer cake, simply double the recipe and bake in two 8-inch pans.



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Recipe by Amy Lee from
www.amyleeactive.com

Follow her at @amyleeactive

Amy Lee runs the AMYLEEACTIVE health hub, full of mouthwatering health recipes, and fitness and wellness content designed to inspire others to live a healthier, balanced lifestyle. Amy focuses on high-protein, sugar-free recipes packed with superfoods. We highly recommend checking her out!

Yummy!





Blueberry & Chocolate Puddings

PREP: 10 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS

1 Banana

40 g Oat Flour

1 tablespoon Smooth Nut Butter

4 tablespoons Natvia Natural Sweetener

3 tablespoons Almond Milk

1 Egg

1/2 teaspoon Baking Powder

1 teaspoon Vanilla Extract

50 g Frozen Blueberries

3 teaspoons Natvia Hazelnut Spread

1. Preheat the oven to 180C and lightly grease 3 x ramekin dishes
2. Place the flour, banana, nut butter, Natvia, milk, egg, baking powder and vanilla in a blender and whizz up to form a batter.
3. Spoon half mixture between the dishes then scatter in most of the blueberries and add a teaspoon of Natvia Hazelnut Spread into each. Top with remaining batter and add a few blueberries on the top.
4. R Bake for 15 minutes until risen then enjoy hot or cold! tray. Bake for 12-15 minutes.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein	Fats	Energy KJ
140g	18.5g	6g	6.1g	713

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Recipe by Amy Lee from
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