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Snacks**

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Quick and Easy
Recipes for the
Whole Family**

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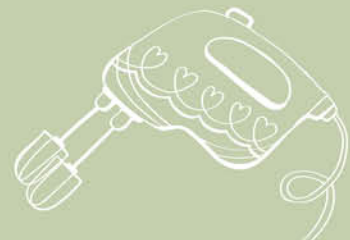
Published by Natvia

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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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 xanthan 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 tbsp
$\frac{2}{3}$	cup	150g	99	$\frac{1}{2}$ tsp
$\frac{3}{4}$	cup	170g	112	$\frac{1}{2}$ tsp + 1 tbsp
1	cup	250g	149	$\frac{3}{4}$ cup
1 $\frac{1}{4}$	cup	229	151	$\frac{3}{4}$ cup + 1 tbsp
1 $\frac{1}{3}$	cup	300	198	1 cup
1 $\frac{1}{2}$	cup	340	224	1 cup + 2 tbsp
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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How Much Sugar You're Actually Consuming.

It's easy to forget how much sugar we're eating and drinking. Everyday foods like your go-to snacks can contain more than the recommended daily amount in just one serving! Food Standards Australia New Zealand recommends eating **NO MORE THAN 21 2/3 TEASPOONS (90G) OF SUGAR PER DAY.**

Sugars can come in the form of carbohydrates that the body breaks down and uses for energy. Eating too much sugar will cause the body to store the excess energy into fat which can lead to weight gain and obesity.

We compared the sugar content of popular food and drinks to see how they stand up against our daily-recommended sugar intake.

Natvia's Sugar **FIX'DOMETER** is a breakthrough in No Added Sugar categories. For too long our sugary competitors have been hiding sugars behind a multitude of different names like dextrose, fructose, glucose and more. Not us! We're so proud of our naturally sweetened products, we want to shout about them!

The Sugar **FIX'DOMETER** graphically compares the total sugars (that is both naturally occurring and added sugars) in Natvia's products, against the average of its top 'sugary' competitors*

(*Calculated from the average sugar quantities in a range of other leading sugared brands).

The gauge compares how much sugar per serve you're consuming as part of your total daily recommended sugar intake^

(^Based on the daily sugar intake recommended by the Food Standards Australia New Zealand).

It indicates if the product is Nice, Watch-out or Uh-Oh! and even congratulates you if you look like you're on track for a low sugar day. The gauge appears on all Natvia packaging, website and more to help you keep on track for a low sugar day.

Sugar **FIX'DOMETER**™

HOW MUCH OF YOUR RECOMMENDED % DAILY SUGAR INTAKE* IS USED



natVia

NICE!

You're on track for a low sugar day.



Other LEADING SUGARED BRANDS

WATCH OUT!

Keep this up and you could max your daily limit.

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Easy Swaps with Natvia!

Maple Syrup

Natvia Maple Syrup

0.1G OF SUGAR
PER 100G



WellKnown
Maple Syrup

69.6G OF SUGAR
PER 100G

Breakfast Cereals

Natvia Hazelnut
Flavoured Cocoa Puffs

0.3G OF SUGAR
PER 100G



WellKnown
Breakfast Cereal

29.1G OF SUGAR
PER 100G

Hazelnut Spreads

Natvia Hazelnut Spread

1.1 G OF SUGAR
PER 100G



WellKnown
Hazelnut Spread

22 G OF SUGAR
PER 100G

Sweeteners

Natvia
100% Natural
Sweetener

1 SERVE = 1/2 TSP = (2G)



Artificial Sweetener
Sucralose

1 SERVE = 1 TSP = (4G)
(NEED MORE PRODUCT TO
EQUAL NATVIA SERVE)

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sugar-free LIVING
FOR THE WHOLE FAMILY
IS easier WITH natVia



Lunch Box Snacks

We're putting all the good stuff
back on the table



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540
CALORIES
SAVED
COMPARED TO SUGAR

Peanut Butter, walnut & Choc Cookies

SERVES: 12

PREP: 10 MINUTES

CHILL: 12 MINUTES

INGREDIENTS

- 1 ½ Cups plain flour, sifted
- 1 Teaspoon baking soda
- Pinch of salt
- 1 Cup Peanut Butter
- 125g Unsalted Butter
- ¾ Cup Natvia
- 1 Egg
- ¼ Cup chopped walnuts
- 150g Sugar free chocolate chips, melted

Preheat the oven to 160°C

- 1 Combine the flour, baking powder and salt.
- 2 In a separate bowl beat together the peanut butter, butter and Natvia.
- 3 Beat in the egg until combined.
- 4 Using a spatula fold the flour into the peanut butter mixture until combined. Fold in ¾ of the walnuts until combined.
- 5 Line a baking tray with baking paper. Roll tablespoon sized balls and place onto the baking tray. Press down firmly with your middle three fingers to flatten the cookies.
- 6 Bake in the oven for 10-12 minutes, until the edges begin to become golden.

7 Bake in the oven for 10-12 minutes, until the edges begin to become golden.

8 Dip the cooled cookies in melted chocolate and sprinkle with the remaining nuts. Set aside on a piece of baking paper to set.

Sweet Tips

- Peanuts and walnuts are full of heart healthy monounsaturated fats
- Store in an airtight container for up to 5 days

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
11g	4.9g
Fats	Energy (KJ)
13.7g	798



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Quick Bites!

No Bake Muesli Bars

SERVES: 8
PREP: 15 MINUTES
COOK / CHILL: 2 HOURS
 OVERNIGHT

INGREDIENTS

60g Coconut Oil (1/4 cup)
 60ml Natvia Maple Flavoured Syrup (1/4 cup)
 1/4 tsp Salt
 1 tsp Vanilla
 1/2 tsp Cardamom
 1/4 tsp Cinnamon
 Pinch Nutmeg
 80g Gluten Free Rolled Oats (1 cup)
 1 tbsp Chia Seeds
 1 tbsp Hemp Seeds
 130g Cashews, roughly chopped
 35g Sunflower Seeds
 80g Natvia Dark Chocolate Baking Block Finely chopped
 Enjoy!

- 1** Grease and line a small loaf tin with baking paper or glad wrap.
- 2** Melt the coconut oil, Natvia Maple Flavoured Syrup, spices and salt in a saucepan over a medium heat.
- 3** In a large bowl combine the oats, nuts, seeds and vanilla.
- 4** Pour in the melted coconut mixture and mix until well combined.
- 5** Add the Natvia Dark Chocolate and mix again until combined.

6 Pour into the prepared loaf tin spreading it, so its evenly dispersed. Fold the sides of the glad wrap or baking paper over the mixture and using your hands, press on the mixture to ensure its firmly packed into the tin.

7 Refrigerate until firm (2 hours-overnight).

8 Once firm, remove from the lining and slice into bars.

9 Store in a sealed container in the fridge for up to a week, alternatively the freezer and remove bars when needed.

Recipe by Rachel Knight

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
58g	11.3g	5.9g
Fats	Energy (KJ)	Calories
22.7g	1140	272

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720
CALORIES
SAVED

*COMPARED TO SUGAR

Blackberry Lamingtons



SERVES: 16
PREP: 25 MINUTES
COOK: 15 MINUTES

INGREDIENTS

Cake

125g Unsalted butter, softened
1 Cup Natvia
3 Eggs
¼ Cup blackberries, pureed
½ Cup blackberries
1 Cup self raising flour
1 Cup plain flour
½ Cup milk

Chocolate icing

1 Cup cacao powder
1 tbs Natvia
30g Butter, melted
1 Cup boiling water
1 Cup desiccated coconut

Preheat oven to 180°C fan forced

1 Beat the butter and Natvia for 2-3 minutes until combined and creamy. Continue to beat while adding the eggs gradually, one at a time. Beat in the pureed berries.

2 Sift over ⅓ of the flour over the butter mixture and add a little milk and beat to combine. Continue adding flour and milk in batches until combined.

3 Spoon half the mixture into a greased and lined 15x20cm tin. Evenly scatter over the blackberries. Cover with the remaining batter and smooth the top.

4 Bake for about 12-15 minutes, until a skewer inserted comes out clean.

5 Remove from the oven and rest for 5-10 minutes before removing to a wire rack to cool for at least 2 hours.

6 Trim the edges and cut the cake into 18 squares or rectangles.

7 To make the icing, sift the cacao into a bowl and mix with the Natvia, butter and boiling hot water until smooth.

7 Dunk the pieces of cake into the chocolate using two forks, coat and lift out and then coat with desiccated coconut. Place on a piece of baking paper to set.

Sweet Tips

• These lamingtons have no refined sugar and are a great morning tea snack.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
10g	2.2g
Fats	Energy (KJ)
9.3g	582

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Vegan Black Forest Muffins

SERVES: 10

PREP: 15 MINUTES

COOK/CHILL: 20-25 MINUTES

INGREDIENTS

1 cup buckwheat flour
1 cup almond meal
1/3 cup cacao powder
1 scoop choc hazelnut protein powder
1 tsp baking powder
1/4 tsp baking soda
2-3 tbsp of Natvia maple syrup
1 tsp apple cider vinegar
1-2 tbsp nut butter
1 mashed banana (can sub with apple sauce)
1 cup plant-based milk
Handful dark choc chips + Mixed frozen dark berries (add these last)
Coconut cream: Coconut yoghurt mixed with sugar free icing sugar
Toppings:
Thawed berries
Natvia Chocolate Topping
Natvia Milk Chocolate Block Shaved

Preheat the oven to 200°C

1 Preheat oven to 180d and line a muffin tray.

2 In a large mixing bowl, sift all dry ingredients and stir together

3 Add wet ingredients and thoroughly stir together

4 Fold through choc chips & berries

5 Fill each muffin liner & bake for around 20-25 minutes until golden

6 Allow to cool. Mix the icing together and top each muffin

7 Decorate & enjoy!

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
60g	16g	5.1g
Fats	Energy (KJ)	Calories
3.7g	2.6g	463
		110



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243
CALORIES
SAVED
* COMPARED TO SUGAR

Raspberry & Ginger Coconut Bars



SERVES: 16
PREP: 25 MINUTES
CHILL: 30 MINUTES

INGREDIENTS

- 3 Cups Desiccated Coconut
- ½ Cup Coconut Cream
- ¼ Cup Natvia
- ¾ Cup Raspberries
- 1 Tsp Grated ginger
- 2 Tbsp Coconut Oil
- 300 g Sugar Free Dark Chocolate

1 Combine the desiccated coconut and coconut cream with the raspberries, ginger and half of the coconut oil in the food processor. Pulse until the mixture comes together, adding 1 extra tablespoon of coconut cream if necessary. The mixture should stick together when pinched between two fingers. Press into a baking paper lined 20cm loaf tin, smoothing the top. Cover and place in the freezer.

2 Freeze for at least 4 hours. Remove to the refrigerator for 30 minutes.

3 Melt the chocolate in the microwave until smooth, taking out to stir every 30 seconds. Stir through the remaining coconut oil until smooth.

4 Remove the coconut and raspberry filling from the refrigerator and slice with a sharp knife into 16 pieces. Dip into the melted chocolate and place on a piece of baking paper. If you have extra chocolate left over you can drizzle over the top to make criss cross patterns. Place in the refrigerator until set.

Sweet Tips

- You can also keep in the freezer for a frozen treat.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
12g	2.6g
Fats	Energy (KJ)
22g	1073



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Natria Hazelnut Swirl Slice



SERVES: 8

PREP: 10 MINUTES

COOK / CHILL: 3 HOURS
CHILL

INGREDIENTS

Base

1 Cup Roasted Almonds

1/2 g 1/2 Cup Walnuts

1 tablespoon Cacao Powder

4 Medjool Dates (Soaked in hot water for 5 minutes and drained)

Pinch of salt

Vanilla Cashew Cream:

3/4 Cup Cashews (Soaked in hot water for 5 minutes and drained)

5 Medjool Dates (Soaked in hot water for 5 minutes and drained)

1 teaspoon Vanilla Extract

1/4 - 1/3 Cup Oat Milk

8 teaspoons Natvia Hazelnut Spread

3 Dollop teaspoons of Natvia Hazelnut Spread on top of the cashew cream. Swirl in with a knife or skewer and set in the fridge for 3 hours. Enjoy! Store in the fridge for up to 5 days.

Recipe by Naomi Sherman

from naomishermanfoodcreative.com

Follow her at [@naomisherman_foodcreative](https://www.instagram.com/naomisherman_foodcreative)

NUTRITION INFORMATION (PER SERVING)

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

Pre-heat oven to 180°C.

1 Place eggs, apple puree, vanilla. Place all base ingredients into a food processor and process until smooth. Transfer to a lined bread tin and push with hands until even. Set aside in the freezer.

2 Place all vanilla cashew cream ingredients into a food processor and process until smooth. Pour over the top of the base and smooth over with a spoon.

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290
CALORIES
SAVED
*COMPARED TO SUGAR

Chocolate Crackles

SERVES: 9

PREP: 10 MINUTES

CHILL: 30 MINUTES

INGREDIENTS

80g Gluten Free Puffed Rice (2 cups)

80g Desiccated Coconut (1 cup)

120g Coconut Oil

50g Natvia (1/4 cup)

40g Cacao (1/3 cup)

- 1 Line a muffin tray with patty pans.
- 2 In a bowl combine the gluten free puffed rice and the coconut.
- 3 Place the coconut oil, Natvia and cacao in a saucepan over a low heat, whisking to ensure no lumps until the coconut oil is melted.

4 Pour the wet ingredients into the dry ingredients and stir until combined.

5 Spoon into the patty pans and refrigerate until they are set (around 30-40 minutes).

6 Once set transfer to a sealed container and keep refrigerated.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
40g	8.7g	2g
Fats	Energy (KJ)	Calories
19.3g	924	220



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Perfect Family Recipes

Don't hold back on the good stuff



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Yummy!

Orange & Garlic Marinated Chicken



SERVES: 4
PREP: 10 MINUTES
COOK/CHILL: 1 HOUR

INGREDIENTS

4 tablespoons Natvia
Marmalade Fruit Spread
2 tablespoons Olive Oil
1 tablespoon Dijon Mustard
2 Garlic Cloves, peeled and
diced
Salt and Pepper
4 large Chicken Thighs
2 Oranges, thinly sliced
4 tablespoons Parsley,
chopped

Preheat oven to 200°C

- 1** In a large bowl, combine the Natvia Marmalade Fruit Spread, olive oil, mustard, garlic, salt and pepper. Whisk to combine.
- 2** Toss the chicken thighs through the mixture so they are coated.
- 3** Place the thighs into a baking dish and pour over the remaining marinade.
- 4** Scatter with sliced orange and season again with salt and pepper.

5 Bake covered for 20 minutes before removing the foil and cooking for a further 40 minutes. The chicken should be golden and the juices clear.

6 Remove from the oven and top with chipped parsley.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
226g	7.4g	38.1g
Fats	Energy (KJ)	Calories
19.5g	1540	368

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115
CALORIES
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Banana Choc Chip Muffins



SERVES: 12
PREP: 40 MINUTES +
COOLING
COOK: 20 MINUTES

INGREDIENTS

½ Cup milk
2 Regular ripe bananas,
mashed
1 tsp Vanilla bean paste
1 tbs Light tasting olive oil
1 cup Wholemeal self raising
flour
⅓ Cup Natvia
Pinch of salt
½ Cup roughly chopped sugar
free chocolate

Preheat oven to 200°C

- 1 Combine the milk, banana, vanilla and olive oil in a bowl and whisk to combine.
- 2 Sift over the flour. Add the Natvia, salt and chocolate. Stir with a spatula until just combined.
- 3 Divide the mixture evenly between a lightly greased and lined ½ cup capacity muffin tray. Bake for 5 minutes.

Lower the oven to 180°C and bake for another 15 minutes, until a skewer inserted comes out clean. Remove from the oven and place on a wire rack to cool completely.

Sweet Tips

- The riper the banana the sweeter the muffin will taste.
- High in fibre.
- Nut free - perfect for the kids' lunch box.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
18g	2.9g
Fats	Energy (KJ)
3.6g	500



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IMPACT ON
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NO SUGAR
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NATVIA'S PANTRY
RANGE**



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ZERO SUGAR ADDED & *100% delicious!*

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AVAILABLE IN NZ AT: NEW WORLD & PAK'NSAVE



- LOW CARB
- NO SUGAR ADDED
- 55% FRUIT



Strawberry Empanadas

SERVES: 8

PREP: 15 MINUTES

COOK: 50 MINUTES

INGREDIENTS

400g Gluten Free Flour (3 cups)

2 ½ tbsp Natvia

Pinch of salt

225g Butter, cut into pieces

2 Eggs

2 tbsp of Cold Water

20-30 grams Natvia Strawberry Fruit Spread (½ teaspoon per empanada)

- 1 Preheat fan forced oven to 180° (fan-forced).
- 2 Mix the flour, Natvia and salt in a food processor.
- 3 Add the butter, eggs and water until a clumpy dough forms. Take the dough out of the processor and knead for a few minutes.
- 4 Form the dough into 2 balls, flatten into thick discs, and chill in the refrigerator for at least 30 minutes.
- 5 Once chilled, roll out the dough into a thin sheet and cut out round discs. You can use a cutter, a small plate or a cup depending on the size you would like your empanada.
- 6 Use the empanada discs immediately or store in the refrigerator or freezer to use later.
- 7 To assemble, place the Natvia Strawberry Spread in the centre of each empanada disc. Don't add too much filling, as it will

make it harder to close. Seal the empanadas by folding the disc and pressing the dough together with your fingers. Press the edges together with a fork.

- 8 Refrigerate the empanadas for at least 30 minutes before baking, this will prevent the filling from leaking.
- 9 Before baking, brush them with egg wash (a whole egg whisked)
- 10 Bake for 15-25 minutes, or until golden brown. The baking time will vary, based on the size of empanada.
- 11 Dust with Natvia for extra decadence.

Sweet Tips

- Be creative with the shape of your empanadas, love hearts or star shapes make a great addition to a lunchbox or for a treat!

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
100g	37g	3.5g
Fats	Energy (KJ)	Calories
24.3g	1620	387

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CALORIES
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Jam Sandwich Cake



SERVES: 14
PREP: 20 MINUTES
COOK: 30 MINUTES

INGREDIENTS

BASE

4 cups self raising flour
1 cup Natvia
2 eggs
2 cups milk
150g unsalted butter, melted
1 tsp vanilla bean paste

TOPPING

200g Natvia Strawberry Spread
150ml thickened cream
Strawberries

Preheat oven to 170°C

1 Combine the flour and Natvia in a mixing bowl. Gradually beat in the eggs, milk, butter and vanilla.

2 Divide the batter between 2 x greased and lined 20cm square cake tins. Or bake one at a time.

3 Bake for 25-30 minutes, until golden brown. Stand for 5 minutes before removing to a wire rack to cool completely.

4 Beat the cream until thick and creamy.

5 Slather the top of one cake with Natvia jam and then dollop over ½ of the cream. Top with the other cake. Decorate with the remaining cream, jam and berries. Slice into squares to serve.

Sweet Tips

- Swapping Natvia jam for regular jam cuts down on a heap of extra added sugar
- Best eaten straight away

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
25g	5.6g
Fats	Energy (KJ)
12.8g	1030

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Blueberry & Ricotta Toastie



SERVES: 1
PREP: 10 MINUTES
COOK: 1-2 MINUTES

INGREDIENTS

2 slices of fresh brioche or
sourdough
2 tablespoons butter
100 tablespoons ricotta
1 tablespoon Natvia, plus extra
60 g blueberries (½ cup)
1 teaspoon vanilla extract
Dollop of cream

Preheat Oven to 180°(fan- forced)

- 1 Butter one side of each piece of bread.
- 2 Combine the Natvia, vanilla, blueberries and Ricotta. Spread onto the unbuttered sides of the bread.
- 3 S Heat a frypan to medium high and place the sandwich on the frypan. Fry for 30 - 45 seconds before carefully flipping over.

Press down with a spatula and fry for 15-20 seconds until golden brown on both sides.

- 4 Serve with extra blueberries, cream and a sprinkle of Natvia..

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
250g	36.7g	14.0g
Fats	Energy (KJ)	Calories
26.8g	1900	454



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Refreshments Refined

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COLOURS &
FLAVOURS



97.5%
Sugar Free

Makes
4.8 L

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NOT AVAILABLE IN NEW ZEALAND

Sugar-Free Drinks

We've Got Refreshments Refined



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Sugar **FIX'D**™



No Added Sugar Fruity Pops



SERVES: 10 OR MORE
(DEPENDING ON HOW
MANY MOULDS YOU
HAVE)

PREP: 10 MINUTES

COOK/CHILL: 3 HOURS
FREEZE

- 1 Mix together cordial and water
- 2 Half fill the ice-block mould then add fruit, top with cordial
- 3 Freeze for a few hours then enjoy

It's really that simple!

INGREDIENTS

Natvia Cordial
Fruit of choice, sliced thinly
Filtered water
Ice-block mould

- 1 Mix together cordial and water
- 2 Half fill the ice-block mould then



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Chocolate & Caramel Protein Smoothie

SERVES: 2
PREP: 5 MINUTES
COOK / CHILL: 5 MINUTES

2 Divide between two glasses and enjoy

INGREDIENTS

400 mls Almond Milk
3 tablespoons Peanut Butter
2 tablespoons Cacao Powder
1 tablespoon Hemp Protein Powder
2 tablespoons Natvia Salted Caramel Topping
2 tablespoons Natvia Chocolate Topping
1/2 teaspoon Vanilla Essence
Ice

NUTRITION INFORMATION (PER SERVING)		
Serving size	Carbs	Protein
283g	89g	18.2g
Fats	Energy (KJ)	Calories
39.6g	2000	478

Preheat Oven to 180°(fan-forced)

1 Place all of the ingredients in a high-speed blender and blend until smooth.



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NATVIA Recipes



Sugar-Free Vodka Mojito



SERVES: 1
PREP: 5 MINUTES

INGREDIENTS

1 Lime, cut in half
1 teaspoon Natvia Gold
A small handful of Mint Leaves
Soda Water
60 mls Vodka
Ice

Preheat Oven to 180°(fan-forced)

- 1 Place the lime, Natvia Gold and mint leaves in a small jug. Muddle so the mint leaves are macerated and the Natvia gold dissolves into the lime juice.
- 2 Divide between two glasses and enjoy

- 3 Pour into your desired glass with ice and top with soda water. Stir and garnish with extra mint leaves or lime.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
283g	89g	18.2g
Fats	Energy (KJ)	Calories
39.6g	2000	478



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Desserts

People love sweet things. And people want to stay healthy we're just filling the demand!



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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 Bake for 15 minutes until risen then enjoy hot or cold! tray. Bake for 12-15 minutes.

Recipe by Pamela Higgins

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
18.5g	6g
Fats	Energy (KJ)
6.1g	713kJ

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NATVIA Recipes







Sticky Date Pudding With Salted Caramel Sauce

SERVES: 9

PREP: 30 MINUTES

COOK : 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.

add a few blueberries on the top

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.

Sweet Tips

- If the sauce starts to crystallise reheat and serve warm.

Nutritional information is per serve with 55g of sauce.

NUTRITION INFORMATION (PER SERVING)

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

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NATVIA Recipes



600
CALORIES
SAVED

*COMPARED TO SUGAR



Ice Cream Sandwich

SERVES: 8

PREP: 2 HOUR

CHILL: 1 HOUR

VANILLA CHOC CHIP ICE CREAM

85g Natvia, blitzed until fine in a food processor

½ teaspoon salt

125g cream cheese

120ml evaporated milk

75g sugar free dark chocolate, roughly chopped

½ cup frozen raspberries, crushed

COOKIES

250g unsalted butter

½ tsp vanilla bean paste

85g Natvia

200g plain flour

50g cacao powder

1 tbs cornflour

Preheat oven to 180°C

1 Combine the Natvia, salt, cream cheese and evaporated milk in a food processor and process for about 5 minutes until smooth. Place in the refrigerator for 1-2 hours.

2 Make the cookies by beating the butter with the vanilla and Natvia until creamy. Sift over the flour, cacao and cornflour. Beat on low until just combined.

3 Lightly dust the bench top and lightly knead for 30 seconds to bring the dough together to form a ball. Chill the dough for about 20 minutes.

4 Flour a rolling pin and roll out the dough.

5 Cut into 16 circles with a 6cm diameter cookie cutter place each cookie on a baking paper lined oven tray. Chill.

6 Bake for 12 minutes. Remove from the oven and stand on the tray for about 1 minute. Remove to a wire rack until cooled.

7 Take the ice cream and pour into an ice cream machine and churn for 20 minutes – or follow the instructions of your ice cream machine. Add the chocolate chips and raspberries, churning for another minute or so. Pour the ice cream into a lined slice tray and smooth the top. Chill in the freezer until firm. Use a cookie or scone cutter to cut out rounds of ice cream. Sandwich the cookies together using the ice cream rounds and serve straight away. Alternatively scoop out and sandwich the cookies between scoops.

Sweet Tips

- You may need to adjust the recipe based on your ice cream machine settings.
- Store chilled, best eaten on the same day.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
95g	26g	5.3g
Fats	Energy (KJ)	Calories
3g	1720	411

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NATVIA Recipes





Cinnamon Scroll Microwave Mug Cake

SERVES: 1
PREP: 5 MINUTES
COOK / CHILL: 2.5 MINUTES

INGREDIENTS

70 g Gluten Free Plain Flour
 1/2 teaspoon Baking Powder
 4 tablespoons Milk
 2 tablespoons Natvia Salted
 Caramel Topping
 1/2 teaspoon Vanilla
 10 g Butter, Melted
 1 teaspoon Natvia Gold
 1/4 teaspoon Cinnamon,
 Ground

Preheat the oven to 180°C

- 1 Combine the Natvia Gold and cinnamon together in a small bowl and set aside.
- 2 In your desired mug, combine the rest of the ingredients and mix until smooth.

3 Top with the Natvia and cinnamon mixture and using the tip of a knife swirl the mixture into the top of the batter.

4 Microwave for 2-2.5 minutes on high. Serve warm

Sweet Tips

- For extra decadence top with sugar-free ice cream.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
179g	66.2g	4.1g
Fats	Energy (KJ)	Calories
11.4g	1620	387

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 NATVIA Recipes



Low Calorie Strawberry Cheesecake Bars



SERVES: 12
PREP: 40 MINUTES
CHILL: 6 HOURS OVERNIGHT

INGREDIENTS

230 g Almond Meal (2 cups)
80 g Almonds, finely copped
(1/2 cup)
125 g Unsalted Butter, melted
(1/2 cup)
1 tablespoon Natvia
Filling:
200 g Natvia Strawberry Fruit
Spread, plus extra for
serving
2 tablespoons Natvia, blitzed to
fine consistency
500 g Cream Cheese, softened
1 teaspoon Gelatine
1 tablespoon Hot Water

- 1 Preheat oven to 180C.** Grease and line a 20cm x 20cm cake tin.
- 2** In a bowl combine all of the ingredients for the base and mix. Once combined, pour into the prepared cake tin, pressing it down firmly and ensuring it's evenly dispersed.
- 3** Bake for 15-18 minutes or until golden.
- 4** In a stand mixer, beat the cream cheese and Natvia together using the paddle attachment.
- 5** In a small bowl combine the hot water and gelatine and stir, until the gelatine is dissolved.

- 6** Add the fruit spread to the cream cheese mixture and continue to beat until smooth.
- 7** Pour the mixture onto the cooked and cooled base, smoothing the top.
- 8** Transfer to the refrigerator to set (ideally overnight).
- 9** To serve, top with extra Natvia strawberry fruit spread.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
92g	3.4g	9.1g
Fats	Energy (KJ)	Calories
36.2g	1580	378



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Chocolate Chip Blondies

SERVES: 9

PREP: 10 MINUTES

COOK: 20 MINUTES

INGREDIENTS

125 g Oats
 100 g Brown rice flour
 75 g Natvia
 1 teaspoon Cinnamon
 1 teaspoon Baking powder
 Pinch of salt
 2 tablespoons Flaxseed + 6
 tablespoons water
 4 tablespoons Coconut oil,
 melted
 1 teaspoon Vanilla extract
 50 g No added sugar-free dark
 chocolate, chopped

1 Preheat the oven to 180C

and grease and line a 9x9in
 baking tin.

2 Mix together the oats, flour,
 Natvia, cinnamon, baking
 powder and salt in a bowl.

3 Mix together the flaxseed and
 water in a small bowl or cup and
 allow to stand for 10 minutes to
 thicken.

4 Pour the flaxseed mixture into
 the bowl along with the coconut
 oil and vanilla and mix to form a
 batter. Stir in the chocolate chips.

5 Whisk the cream until thick
 and creamy and then fold the
 chocolate mixture through until
 combined and smooth. Cover
 and refrigerate.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
47g	15.4g	9.2g
Fats	Energy (KJ)	Calories
9.2g	713	170

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