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Entertainers Baking Edition

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& COFFEE

+

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levels

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# Recipe Index

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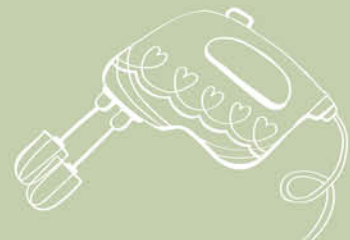
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For more recipes and sugar-free inspiration, please visit us at [www.natvia.com](http://www.natvia.com)

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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FOR THE WHOLE FAMILY  
IS easier WITH natVia



# Cakes



Don't desert desserts!

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Substitute Butter

# Enjoy HEALTHY SWAPS guilt free!

Swap out  
sugar for Natvia

Incorporate healthy  
carbohydrates



Your delicious desserts and yummy family dinners don't have to go out the window with diabetes. Learning how to alter your cooking style by reducing the amount of carbohydrates and sugars means you can still enjoy your favourite recipes!

### *1. Substitute Butter*

When baking, you can substitute half or all the butter a recipe calls for with avocado, coconut oil, or unsweetened apple sauce (halve the amount of apple sauce to what butter is required). These will not only keep the same creamy texture in your baked goods but they will also add healthy fats! It may alter the taste slightly so choose your substitute according to what you're making.

### *2. Swap out sugar for Natvia!*

As diabetes makes it difficult for your body to manage its blood sugar levels, eating too much sugar can have devastating health implications. Swapping out sugar with Natvia means you can enjoy all the sweetness you like. You will still need to be mindful of other ingredients you're adding to your treats.

### *3. Switch to low fat dairy or dairy alternatives*

Watch the amount of fat you eat and especially limit the amount of saturated fat in your desserts. There is a wide range of reduced or low fat dairy foods which are ideal for calorie-controlled diets or people who need to limit their saturated fat intake.

### *4. Experiment with alternative flours in place of white flour*

White, all-purpose flour, affects blood glucose levels in a similar way to table sugar! Here at Natvia we love buckwheat flour as it's the easiest to switch into baking and you can use a 1-1 ratio. If you're wanting to experiment, try tigernut flour as it is gluten free and a prebiotic which helps promote healthy bacteria and gut health!

### *5. Incorporate healthy carbohydrates*

This means lots of fruit, vegetables, whole grains, and legumes! These are all rich in fibre; this helps your body digest and helps control blood sugar levels. The key factor of a diabetic diet is to ensure you're eating the healthiest foods, watching your meal sizes and sticking to regular meal times.



**1000**  
**CALORIES**  
**SAVED**

\*COMPARED TO SUGAR

*Yummy!*

# Summer Tart with Lime Glaze

**SERVES:** 10  
**PREP:** 30 MINUTES  
**COOK:** 10 -15 MINUTES

## INGREDIENTS

### Crust:

½ cup Natvia  
1 ½ cups all-purpose flour  
1 ½ sticks unsalted butter, softened

### Filling:

250 g cream cheese, softened  
½ cup Natvia  
1 tsp vanilla extract

### Topping :

Fresh fruits to your liking (diabetics please be mindful of the natural sugar or fructose content) :  
Strawberries, Blueberries, Kiwi, Mango, Orange.

### Glaze:

1 tbsp cornstarch  
Half lime, juiced and zested  
¼ cup Natvia  
Whipped cream, or thick cream for extra topping.

- For the filling beat the cream cheese, Natvia, and vanilla together until smooth. Spread over the crust.
- Slice the fruits to 1/2cm thick slices and lay on top of the filling.
- For the glaze combine the cornstarch, lime juice, and Natvia in a small saucepan and cook for about 2 minutes until it thickens. Set to cool for at least 15 minutes.
- Glaze of the fruit toppings. Set aside in the fridge before serving.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>69g</b>	<b>14.3g</b>	<b>5.9g</b>
Fats, Total	Energy (KJ)	Sugars
<b>6.3g</b>	<b>604</b>	<b>0.5g</b>

## Preheat oven to 180° C.

- In food processor combine Natvia, flour, and butter, and process until they form a ball. Take the dough and transfer to a medium size 20cm round pan, press and cover evenly. Bake for 10 to 15 minutes.



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\*COMPARED TO SUGAR



# Double Chocolate Cherry Tart

**SERVES:** 10

**PREP:** 15 MINUTES

**COOK:** 30 MIN BAKE -  
CHILL FOR 2 HOURS

## INGREDIENTS

### Tart:

100g nuts

100g oats

100g dates, soaked in boiling  
water for 10 minutes

2 tablespoons melted coconut oil

30g cocoa powder

### Chocolate Filling:

350g silken tofu

40g cocoa powder

75g cooked sweet potato

50g Natvia natural sweetener

2 tablespoons cornflour

1 teaspoon vanilla extract

50g frozen cherries.

**1** Place the nuts, oats, drained dates, oil and cocoa powder into a food processor and blitz up well until broken down and the mixture comes together. Press into a greased loose bottomed 20cm fluted tin.

### Chocolate Filling

**2** Next place the chocolate filling ingredients into a blender and whizz up until smooth. Spoon into the base and spread out to fill the base. Scatter over the cherries.

**3** Bake at 180°C for about 30 minutes until firmed up. Leave to cool then chill in the fridge for 2 hours to set.

**4** Pop out of the tin and slice up. Enjoy!

**Recipe by Pamela Higgins**

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>84.5g</b>	<b>13.3g</b>	<b>7.2g</b>
Fat, Total	Energy (KJ)	Sugars
<b>8g</b>	<b>692</b>	<b>4.3g</b>



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# Chocolate Cake

**SERVES:** 16  
**PREP:** 1 HOUR

## INGREDIENTS

### Cake

150g Almond Flour (1 ½ cups)  
60g Cocoa Powder (½ cup)  
2 ¼ tsp Baking Powder  
½ tsp Salt  
80g Almond Milk ⅓ cup  
3 Eggs  
60g Natvia (⅓ cup)  
1 ½ tsp Vanilla Extract

### Frosting

60g Cocoa Powder (½ cup)  
225g Cream Cheese  
60g Butter (¼ cup)  
760g Natvia, blitzed (4 cups)  
1 ½ tsp Vanilla Extract  
2-4 tbsp Milk of choice

### 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

**4** Combine all ingredients until smooth in a food processor.

You may need more or less milk depending on desired consistency.

**5** Add toppings if desired

## Sweet Tips

- 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.

**Recipe by Amy Lee from**

**[www.amyleeactive.com](http://www.amyleeactive.com).**

**Follow her at @amyleeactive**

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>160g</b>	<b>6.3g</b>	<b>14.2g</b>
Fats	Energy (KJ)	Calories
<b>36g</b>	<b>1790</b>	<b>427</b>



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# Pear & Thyme Crumble

**SERVES:** 12

**PREP:** 15 MINUTES

**COOK TIME:** 35 MINUTES

## INGREDIENTS

6 Medium Pears, cored and diced  
2 sprigs thyme  
1 tbs Natvia  
1 orange, juice squeezed  
½ tsp cinnamon  
80g coconut oil, melted  
¼ cup coconut flakes  
¼ cup hazelnut meal  
2 tbs pepitas  
½ cup coconut flour, sifted  
¼ cup Natvia  
Greek yoghurt  
Natvia strawberry spread

Preheat the oven to 200°C

**1** Combine the diced pear and a few thyme leaves in a saucepan and mix with the Natvia and orange juice to combine. Cook over medium heat for 5-10 minutes until softened. Pour into a greased 2 litre baking tray.

**2** Combine the coconut flakes, hazelnut meal, coconut flour, Natvia and remaining thyme in a bowl and stir through the coconut oil until combined. Sprinkle over the pear and thyme mixture to cover. Bake for 10-15 minutes until the topping is golden brown.

**3** Serve warm with Natvia strawberry spread and greek yoghurt on the side.

## Sweet Tips

- Pears are high in fibre
- Swapping cream or ice cream for greek yoghurt means you are getting extra protein and probiotics for a healthy gut

## NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>8.7g</b>	<b>4.4g</b>
Fats	Energy (KJ)
<b>19g</b>	<b>1071</b>



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**SERVES:** 12  
**PREP:** 1.5 HOURS  
**COOK:** 20 MINUTES  
**CHILL:** 2 HOURS

## INGREDIENTS

### Pastry

165g Buckwheat Flour (1 cup +  
1 tbsp)  
2 ½ tbsp Natvia  
Pinch of Salt  
90g Unsalted Butter, chopped  
into cubes  
1 Egg Yolk  
1 tbsp of Cold Water

### Curd Filling

6 Limes, juiced  
2 Limes, zest only  
2 tbsp Gin  
140g Natvia (¾ cup)  
4 Eggs  
2 Egg Yolks  
200g Unsalted Butter, softened  
and cubed  
2 Gelatine leaves  
4 Juniper Berries



# Lime & Gin Curd Tart

Preheat oven to 170°C fan forced

**1** In a food processor combine the buckwheat flour, Natvia, salt and butter. Pulse until it resembles breadcrumbs. Add the egg yolk and the cold water, pulse until the mixture forms a ball (you may need to add an extra tablespoon of water).

**2** Tip the dough onto your work surface and mould into a disk. Wrap with cling film and place in the fridge for 30 minutes to rest.

**3** Place the gelatine leaves in a bowl of cold water, while you prepare the filling.

**4** In a saucepan place the eggs, yolks, Natvia, lime zest, lime juice, juniper berries, and gin, whisk until combined. Place over a low heat and slowly add the butter. Cook for around 10 minutes stirring continuously. You will know it is cooked when it resembles thick custard and coats the back of a spoon.

**5** Take the curd off the heat. Squeeze the water out of the gelatine and add it to the hot curd mix, whisking to ensure it dissolves completely. Strain the curd through a fine sieve and place in a heatproof bowl. Cover the surface with cling film and leave to cool.

**6** Once the dough has rested, roll between two sheets of cling film and line your 23cm tart tin, ensuring the pastry lines the sides. Cut off any excess and place back in the fridge for 30 minutes.

**7** Line the chilled pastry case with baking paper and fill with baking beans or rice (this will hold the shape of the base while it cooks). Place in the oven for 15 minutes, remove and discard the baking paper and baking beans. Cook for a further 5 minutes. Remove from the oven and allow to cool.

**8** Once the pastry case and curd is cooled, pour the curd into the tart case and chill for at least 2-3 hours or until set.

## Sweet Tips

- If you would prefer an alcohol free dessert, replace the gin for lime juice

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>93g</b>	<b>8.6g</b>	<b>5.6g</b>
Fats	Energy (KJ)	Calories
<b>23.4g</b>	<b>1180</b>	<b>282</b>



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CALORIES  
SAVED

# Carrot Cake

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

## 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

Pre-heat oven to 180°C.

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

### Frosting

4 To make the frosting, place all ingredients into the bowl of a stand mixer and whip on med-high until smooth and fluffy.

5 Once cake is cool, dollop frosting on top and garnish with extra chopped pecans and orange zest (optional).

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

## NUTRITION INFORMATION (PER SERVING)

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



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*Sugar-Free  
Biscoff  
Cheesecake*



**SERVES:** 12  
**PREP:** 30 MINUTES  
**CHILL:** 3.5 HOURS

## INGREDIENTS

### Base

250 g Biscoff Biscuits

100 g Unsalted Butter

Filling:

500 g Cream Cheese, softened

2 teaspoons Vanilla

2 teaspoons Cinnamon

250 mls Natvia Salty Caramel  
Sauce

2 tablespoons Natvia Maple  
Flavoured Syrup

250 mls Cream

4 tablespoons Natvia, blitzed

1.5 tablespoons Gelatine

80 mls hot water

**1** Grease 22cm springform tin.

**2** Place the biscuits in a food processor and blitz to a fine crumb. Add the butter and continue to process until it reaches the consistency of wet sand.

**3** Press the crumb mixture in to the bottom of the springform tin and refrigerate for 30 minutes.

**4** Clean the food processor then add the cream cheese, vanilla, cinnamon, Natvia Salty Caramel Sauce and Natvia Maple Flavoured Syrup. Blitz until smooth and creamy.

**5** In a small bowl combine the gelatine and hot water. Whisk to combine and set aside for 5 minutes to cool.

**6** In a separate bowl whisk the cream and Natvia together to stiff peaks. Fold the cream through the cheese mixture ensuring not to over mix.

**7** Finally, fold the cooled gelatine mixture through. Pour the filling on top of the chilled base and refrigerate for 3-4 hours (ideally overnight).

**8** When you are ready to serve remove from the fridge and use a hot knife to cut pieces.

Recipe by Rachel Knight

NUTRITION INFORMATION (PER SERVING)		
Serving size	Carbs	Protein
<b>128mg</b>	<b>11.2g</b>	<b>5.4g</b>
Fats	Energy (KJ)	Calories
<b>28.2g</b>	<b>1350</b>	<b>322</b>

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288

CALORIES  
SAVED

\*COMPARED TO SUGAR



# Light Cheesecake

**SERVES:** 12  
**PREP:** 30 MINUTES  
**COOK:** 45 MINUTES

## INGREDIENTS

### Pastry

8 sheets filo pastry  
50g unsalted butter, melted

### Cheesecake

500g cottage cheese  
125g Greek yoghurt  
50g Natvia  
Zest of 1 orange  
1 tbs lemon juice  
2 large eggs  
2 tbs coconut flour  
½ teaspoon vanilla bean paste

### Topping

Natvia Raspberry Spread  
Handful of mixed berries

### Preheat oven to 180°C.

**1** One at a time, keeping the rest of the filo pastry covered with a damp cloth, brush each sheet with butter and then use to line the base of a greased 24cm cake tin, letting the edges overhang. Repeat with the remaining pastry.

**2** Place the cottage cheese, yoghurt, zest and Natvia in the bowl of a food processor and blitz until smooth. Add the eggs and pulse until combined. Sprinkle over the flour and vanilla and pulse until combined and smooth.

**3** Pour the mixture into the cake tin and fold the filo pastry inwards to create a folded crust around the outer edges. Cover with aluminum foil.

**4** Bake for about 38-40 minutes. Remove the aluminum foil and bake for a further 15-18 minutes, or until the very center of the cake only just wobbles slightly and the pastry is golden brown. Remove from the oven and stand until cooled completely.

**5** Decorate with the Natvia spread and fresh berries.

## Sweet Tips

- Cottage cheese is a low carbohydrate ingredient which is high in protein, as well as B12 which is an essential vitamin for energy production.
- The high protein content will help you feel full.
- Light and crispy filo pastry is very low in carbohydrates.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
85g	10g	10g
Fats	Energy (KJ)	Calories
9.5g	747	178

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# Peanut Butter and Jelly Cheesecake

**SERVES:** 16  
**PREP:** 45 HOURS  
**COOK:** 30 MINUTES

## 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.

## Sweet Tips

- To decrease calories, reduce the topping.

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

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>g</b>	<b>5.9g</b>	<b>10.5g</b>
Fats	Energy (KJ)	Calories
<b>31g</b>	<b>1480</b>	<b>353</b>

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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.

**natVia**  
Sugar FIX'D™

## Maple Syrup

Natvia Maple Syrup

0.1G OF SUGAR  
PER 100G



Well Known Sugar Free  
Maple Syrup

69.6G OF SUGAR  
PER 100G

## Breakfast Cereals

Natvia Hazelnut  
Flavoured Cocoa Puffs

0.3G OF SUGAR  
PER 100G



Breakfast Cereal

29.1G OF SUGAR  
PER 100G

## Hazelnut Spreads

Natvia Hazelnut Spread

1.1 G OF SUGAR  
PER 100G



Well Known Sugar Free  
Hazelnut Spread

22 G OF SUGAR  
PER 100G

## Sweeteners

Natural Natvia  
Sweetener

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



Artificial Sweetener  
Sucralose

1 SERVE = 1 TSP = (4G)  
(NEED MORE PRODUCT TO  
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# Tea Time Snacks



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# Natvia Hazelnut Banana Bread

**SERVES:** 12  
**PREP:** 10 MINUTES  
**COOK / CHILL:** 1 HOUR

## INGREDIENTS

3 Medium Bananas, mashed  
120 g Unsalted Butter, melted  
2 Eggs  
170 g Natural Yoghurt  
2 teaspoons Vanilla  
300 g Self Raising Flour (2 cups)  
99 g Natvia (½ cup)  
1/2 teaspoon Salt  
170 g Natvia Hazelnut Spread

**1 Preheat oven to 160°C (fan forced).** Grease and line a loaf tin with baking paper.

**2** In a bowl combine mashed banana and melted butter, stir to combine.

**3** Add the eggs, yoghurt and vanilla and mix again.

**4** Add the flour, salt and Natvia and gently mix until well combined.

**5** Pour half the mixture into the prepared tin and drizzle half of the Nuttvia over the batter. Use a knife swirl the Nuttvia through the batter.

**6** Pour the remaining mixture on top and repeat with the last of the melted Nuttvia.

**7** Place in the oven for 60 minutes or until a skewer is inserted comes out clean.

**8** Allow to cool for 20 minutes in the tin before removing and serving warm.

Recipe by Rachel Knight

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>96g</b>	<b>32.1g</b>	<b>5.7g</b>
Fats	Energy (KJ)	Calories
<b>15g</b>	<b>1190</b>	<b>284</b>

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# Rhubarb Ginger Biscuits

**SERVES:** 10  
**PREP:** 5 MINUTES  
**BAKE:** 15-17 MINUTES

## INGREDIENTS

170g Butter  
150g Natvia (¾ cup)  
2 Eggs  
120g Coconut Flour (1 cup)  
1 tsp Gluten Free Baking Powder  
¼ tsp Sea Salt  
1 ½ cups Rhubarb, diced  
60g Shredded Coconut (¾ cup)  
Pinch of Ground Ginger

## Preheat Oven to 180°(fan-forced)

**1** Cream the butter and Natvia until light and fluffy. Beat in the eggs one at time. Add the flour, baking powder, salt and ginger and mix well.

**2** Stir in the diced rhubarb and

coconut.

**3** Spoon rounded tablespoons of the mix onto a lined baking tray. Bake for 15-17 minutes or until light golden brown.

**4** Leave on the tray to cool.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
50g	1.4g	2.4g
Fats	Energy (KJ)	Calories
13.5g	619	147



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# Orange Marmalade

**SERVES:** 15  
**PREP:** 15 MINUTES  
**COOK:** 50 MINUTES  
**CHILL:** 1 HOUR

## INGREDIENTS

875ml Orange Juice, freshly squeezed with pulp (3 ½ cups)  
2 tbsp of Pectin, dissolved in some of the orange juice  
95g Natvia (½ cup)  
1 Pink Grapefruit, juiced  
1 Lemon, rind only, finely sliced  
1 Orange, rind only, finely sliced  
60g Lemon Juice (½ cup)

**1** In a heavy-based stainless steel pot, bring the Natvia, orange and grapefruit juice to a boil.  
**2** Whisk in the pectin, ensuring no lumps.  
**3** Once it comes to a second boil add the lemon and orange rind. Reduce the flame to medium to low heat and cook uncovered for about 30-40minutes, stirring often to prevent burning (the mixture will start to thicken).

**4** Once thickened, stir in the lemon juice and cook for a further minute.

**5** Leave to cool before storing it in glass jars. Makes around 1½ cups depending on thickness.

## Sweet Tips

•Place baking paper over the marmalade while cooling to prevent a skin forming.

**Recipe by Amy Lee from**  
[www.amyleeactive.com](http://www.amyleeactive.com).  
Follow her at @amyleeactive

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>20g</b>	<b>1.3g</b>	<b>0.1g</b>
Fats	Energy (KJ)	Calories
<b>0g</b>	<b>31</b>	<b>7</b>

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# Walnut & Orange Cookies

**SERVES:** 12-14  
**PREP:** 10 MINUTES  
**COOK TIME:** 15 MINUTES

## INGREDIENTS

125g unsalted butter, softened  
Zest of 1 orange  
1 egg yolk  
2 tbs Natvia  
1 cup plain wholemeal flour  
¼ tsp baking powder  
¼ cup walnuts, finely chopped  
or blitzed in the food  
processor  
¼ cup Natvia, blitzed in the  
food processor  
1 tbs cornflour

Preheat the oven to 180°C

- 1 Beat butter, Natvia and orange zest until light and creamy.
- 2 Add the egg yolk and slowly beat until combined.
- 3 Sift over the flour and baking powder and fold in with the walnuts.
- 4 Roll into heaped tablespoon sized balls and shape into crescents or semi circles. Place on a baking paper lined cookie tray. Bake for 12-15 minutes.

- 5 Remove from the oven and stand for 3 minutes. Place on a wire rack until cooled completely.
- 6 Combine the Natvia and cornflour in a food processor and blitz for 5 minutes until it becomes a powder.
- 7 Roll the biscuits in the Natvia and serve.

## Sweet Tips

- Walnuts are high in fibre and omega 3 fatty acids
- This is a sugar free version of a Greek biscuit commonly made around easter.

### NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>7.8g</b>	<b>2.7g</b>
Fats	Energy (KJ)
<b>13.8g</b>	<b>697</b>

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AVAILABLE IN AUS AT: Woolworths 

AVAILABLE IN NZ AT: NEW WORLD & PAK'NSAVE



- LOW CARB
- NO SUGAR ADDED
- 55% FRUIT





# Pop Tarts

**SERVES:** 4  
**PREP:** 1 HOUR  
**COOK:** 15 MINUTES

## INGREDIENTS

### Filling

120g Natvia Strawberry Spread  
1 tbsp Chia Seeds

### Pop Tart Crust

100g Almond Flour (1 cup)  
40g Coconut Flour ¼ cup  
2 tsp Corn Starch  
¼ 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 ½ 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!

Recipe by Amy Lee from  
[www.amyleeactive.com](http://www.amyleeactive.com).  
Follow her at @amyleeactive

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>140g</b>	<b>8.1g</b>	<b>9.9g</b>
Fats	Energy (KJ)	Calories
<b>40.6g</b>	<b>2040</b>	<b>487</b>

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**360**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Mini Mocha Mousse Tarts

**SERVES:** 12

**PREP:** 45 MINUTES

**COOK:** 25 MINUTES

## INGREDIENTS

### Pastry

- 1 cup plain flour, plus extra
- ¼ cup cacao powder
- ¼ cup Natvia
- 100g unsalted butter, chilled and cubed
- ½ tsp vanilla bean paste
- 2 tbs thickened cream

### Filling

- 100g sugar free dark chocolate, plus extra
- 1 egg
- 1 egg white
- ¼ cup Natvia
- 1 shot espresso, cooled
- 150ml thickened cream

Preheat the oven to 170°C.

- Combine the flour, cacao, Natvia and butter in a food processor and pulse until it resembles breadcrumbs.
- Add the vanilla and cream then pulse until it just looks like it will come together. Pour onto the bench top and bring together quickly with your hands.
- Form into a disk and then wrap tightly in plastic before refrigerating for 1 hour.
- Make the mousse by melting the dark chocolate in the microwave. Stand to cool. Whisk eggs in a stand mixer for 5 minutes, until thick and creamy. Fold in the Natvia, coffee and the melted cooled chocolate.

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

**6** Roll out the pastry, sprinkling over a little flour if too sticky and cut into rounds that fit over a ¼ cup capacity cupcake tray. Place the pastry in the greased and lined cupcake tray, pressing up the edges so that the pastry dough reaches up the sides of the mould. Prick a few holes in the bottom with a skewer or fork. Place in the freezer for 30 minutes.

**7** Bake for 20-25 minutes. Remove from the oven and allow to cool for about 10 minutes. Carefully remove the shells from the cupcake tin and place on a cooling rack to cool completely.

**8** Fill the cooled shells by piping in the mousse with a piping bag, or alternatively dollop in with a spoon. Place in the refrigerator for at least 1 hour to set.

## NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>6g</b>	<b>3.3g</b>
Fats	Energy (KJ)
<b>16g</b>	<b>878</b>

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**SERVES:** 16  
**PREP:** 1 HOURS  
**COOK:** 15 MINUTES

### INGREDIENTS

#### Brownie Layer

1 tbsp Flaxseed, ground  
125g water (½ cup)  
125g Olive or Coconut oil (½ cup)  
90g Yogurt (coconut or almond milk yoghurt) (¼ cup)  
1 tsp Vanilla Extract  
60g Coconut Flour (½ cup)  
40g Cocoa Powder (½ cup)  
90g Natvia (½ cup)  
¼ tsp Baking Soda  
¼ tsp Salt

#### Cream Layer

900g Silken Tofu  
90g Natvia (½ cup)  
40g Coconut Oil or vegan butter, melted (¼ 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  
¼ tsp Salt  
1/3 cup Heavy Whipping Cream, or coconut cream\*

**1,200**  
CALORIES  
SAVED

\*COMPARED TO SUGAR

# No Bake Chocolate Lasagna

## 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!

## 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.

Recipe by Amy Lee from [www.amyleeactive.com](http://www.amyleeactive.com).  
Follow her at @amyleeactive

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>110g</b>	<b>2.3g</b>	<b>8.5g</b>
Fats	Energy (KJ)	Calories
<b>17.5g</b>	<b>907</b>	<b>216</b>

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# Blueberry & Lemon loaf

**SERVES:** 10

**PREP:** 20 MINUTES

**COOK / CHILL:** 30-40 MINUTES

## INGREDIENTS

### Loaf

150g Dairy-free yoghurt  
120g Applesauce  
100g Almond butter  
130g Natvia  
20ml of Fresh Lemon Juice  
Zest of 1 lemon  
200g Plain or Spelt Flour  
1 tsp Baking Powder  
½ tsp Bicarb soda  
150g Frozen Blueberries

### Glaze

100g Dairy-free yoghurt  
15g Natvia baking pouch  
10ml Fresh Lemon Juice  
Lemon Zest to taste

**Preheat oven to 160°C** and grease and line a loaf tin.

### Loaf

**1** To a medium bowl add the yoghurt, applesauce, almond butter, Natvia sweetener, lemon juice and zest and mix until combined. Add the flour, baking powder and bicarb soda and mix again until a thick, fluffy batter has formed. Add approx. 2/3 of the blueberries and fold through evenly.

**2** Pour half of the batter into the prepared tin and add the remaining blueberries on top. Pour in the other half of the batter and spread out evenly. Place in the oven bake for 30-40 mins or until golden and a skewer comes out mostly clean. Set aside to cool completely.

### Glaze

**3** To make the yoghurt glaze, add the yoghurt and Natvia sweetener to a medium bowl and whisk until the sweetener has dissolved. Add the lemon juice and whisk until combined. Pour the glaze evenly over the cooled loaf. Top with some extra lemon zest, then slice and enjoy!

**Recipe by Monica Huddleston**

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>99.14g</b>	<b>20.4g</b>	<b>4g</b>
Fat, Total	Energy (KJ)	Sugars
<b>8.5g</b>	<b>761</b>	<b>5.7g</b>

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# Blueberry Coconut Oat Cookies

**SERVES:** 9-12

**PREP:** 15 MINUTES

**COOK TIME:** 10-12 MIN BAKE

## INGREDIENTS

100g oats  
50g desiccated coconut  
2 scoops vegan vanilla protein powder  
70g Natvia  
1 teaspoon baking powder  
2 tablespoons coconut oil  
4 tablespoons almond butter  
2 tablespoons oat milk  
1 teaspoon vanilla extract  
50g frozen blueberries

**1** Mix together the oats, coconut, protein, sweetener and baking powder in a bowl.

**2** Melt the oil and almond butter then pour into the bowl along with the milk and vanilla, and mix to form a dough.

**3** Divide into 9-12 balls then place on a baking tray lined with greaseproof paper. Place a few blueberries on top and press down gently on each.

**4** Bake at 180C for 10-12 minutes until golden. Leave to cool completely and firm up - then enjoy!

Recipe by Pamela Higgins

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>22.97g</b>	<b>5.2g</b>	<b>1.2g</b>
Fat, Total	Energy (KJ)	Sugars
<b>6.8g</b>	<b>380</b>	<b>0.3g</b>

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Quick  
Diabetic Bites





*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
<b>58g</b>	<b>11.3g</b>	<b>5.9g</b>
Fats	Energy (KJ)	Calories
<b>22.7g</b>	<b>1140</b>	<b>272</b>

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## Mocha Mug Cake

**SERVES:** 4  
**PREP:** 3 MINUTES  
**MICROWAVE:** 1 MINUTE 20 SECONDS

### INGREDIENTS

2 heaped tbs cacao powder  
1 tbs hazelnut meal  
¼ cup coconut flour  
1 ½ tsp baking powder  
1 tbs Natvia  
1 egg, lightly beaten  
½ cup milk  
1 tsp instant coffee  
1 tbs pecans, chopped

- 1 Lightly grease 4 mugs or ramekins.
- 2 In a small bowl, combine the dry ingredients.
- 3 Add the egg, milk, vanilla essence and the coffee dissolved in 1 tablespoon of hot water. Stir to combine with a spatula. Sprinkle over the pecans. Dollop into the greased ramekins or large mugs.

4 Microwave for 1 minute 20 seconds and enjoy.

### Sweet Tips

- Could also use chocolate protein powder in place of the almond meal and cacao powder.
- Best enjoyed straight away.

#### NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>5.7g</b>	<b>6.4g</b>
Fats	Energy (KJ)
<b>10.3g</b>	<b>658</b>

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**45**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

**90**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

**45**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Vibrant Mocktails

## Healthy Sangria

**SERVES: 6 | PREP: 15 MINUTES**

1 orange, sliced  
150g strawberries, halved  
2 apples, sliced  
Juice of ½ lime  
¼ cup raspberries  
2 tbs Natvia  
500ml plain kombucha  
3-4 sprigs of mint leaves  
Ice cubes and limes slices to serve (optional)

- 1 Place orange, strawberries and apple in a large jug.
- 2 Blend raspberries juice, Natvia Natvia and 1 cup (250ml) water in a high-speed blender until smooth Pour into jug.
- 3 Pour over the kombucha and stir. Top with mint. To serve pour into individual glasses filled with ice, extra fruit and mint leaves.

## Ginger, Grapefruit Mocktail

**SERVES: 8 | PREP: 15**

1 ruby red grapefruit  
1-2 tsp grated ginger  
½ cup pineapple chopped  
1 cup coconut water  
2 tbs Natvia  
1 litre soda water  
8 sprigs rosemary

- 1 Blend grapefruit, ginger, pineapple, coconut water and Natvia in a high-speed blender until smooth.
- 2 Strain evenly among 8 glasses. Top with soda water and stir to combine.

## Virgin Passionfruit Mojito

**SERVES: 4 | PREP: 15**

2 limes, sliced  
1 tbs Natvia  
1 cup of ice cubes  
Juice of 2 limes  
8 passionfruit, halved  
4 sprigs mint  
500ml sparkling mineral water

- 1 Use one slice of lime to wet the rim of the glasses. Dip rims in the Natvia.
- 2 Add ¼ cup of ice to each glass. Divide passionfruit pulp evenly among four glasses. Add lime juice and stir to combine.
- 3 Add mint and remaining lime slices. Top with mineral water.

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**190**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Pumpkin Cake

**SERVES:** 20 SLICES

**PREP:** 45 MINUTES

**COOK:** 40 MINUTES

**CHILL:** 30 MINUTES

## INGREDIENTS

### Base

160g Almond Meal (1  $\frac{1}{3}$  cup)

40g Protein Powder (optional)

2 tbsp Flax Meal

1 tbsp Natural Smooth Peanut Butter

50g Coconut Oil, melted ( $\frac{1}{4}$  cup)

1 tsp Vanilla Extract

110g Water ( $\frac{1}{3}$  cup + 2 tbsp)

10g Natvia (1 heaped tbsp)

### Pumpkin layer

450g Raw Pumpkin, diced (3  $\frac{1}{2}$  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.

Recipe by Sarah Ky  
from @Sarahfitfoodie

## NUTRITION INFORMATION (PER SERVING)

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

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**531**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Matcha Panna Cotta Tiramisu

**SERVES:** 8  
**PREP:** 45 MINUTES  
**CHILL:** 1 ½ HOURS

## INGREDIENTS

200g shredded desiccated coconut

### Ricotta Cream

250g ricotta  
1 tbs Natvia

### Panna Cotta

2 ½ tsp gelatine  
500ml coconut milk  
1 tsp vanilla bean paste  
3 tsp matcha  
80g Natvia

### Garnish

Matcha  
Toasted chopped nuts

- 1 Divide half of the shredded coconut between 8 glasses.
- 2 Beat the ricotta with vanilla and Natvia and dollop one quarter on top of the desiccated coconut. Smooth the top to ensure there are no gaps.
- 3 Sprinkle the gelatine over ¼ cup cold water in a heat-proof jug and stand for 5 minutes.
- 4 Place the jug in a saucepan filled with simmering water and heat, whisking until the gelatine has dissolved. Remove from heat and stand for about 10 minutes.
- 5 Empty the saucepan and pour in the coconut, vanilla, matcha and Natvia. Heat over low heat, whisking thoroughly until the Natvia is dissolved. Pour in the gelatine

mixture and whisk until combined. Remove from heat and stand to cool for 10 minutes.

6 Carefully pour half of the liquid over the ricotta layer and then place in the refrigerator to chill for about 45 minutes-1 hour.

7 Divide half of the remaining desiccated coconut between the glasses, sprinkling on top of the matcha panna cotta. Top with more ricotta cream, smoothing the top to ensure there are no gaps.

8 Carefully pour over the remaining matcha liquid and then cover. Chill for at least 1 hour, until set. Sprinkle over coconut chips and toasted nuts to serve.

## Sweet Tips

- Matcha is incredibly high in vitamin C, a powerful antioxidant which is important for immune health.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
125g	5.1g	5.4g
Fats	Energy (KJ)	Calories
41g	1760	420

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360  
CALORIES  
SAVED

\*COMPARED TO SUGAR



# Chocolate Panna Cotta

**SERVES:** 6  
**PREP:** 20 MINUTES  
**CHILL:** 4 HOURS

## INGREDIENTS

2 teaspoons Gelatine  
250 mls Thickened cream  
250 mls Milk  
¼ cup Natvia  
2 tablespoons Cacao powder,  
heaped,  
plus extra  
½ teaspoon Vanilla bean paste  
½ teaspoon Cinnamon

- 1 Sprinkle the gelatin over ¼ cup water and stand for about 5 minutes.
- 2 Combine the cream, milk, Natvia, cacao powder, vanilla and cinnamon in a saucepan and bring to a simmer. Allow to simmer for a couple of minutes before turning off the heat.
- 3 Add the gelatin to the mixture and whisk until dissolved completely. Stand until cooled.
- 4 Pour the mixture into 6 small ramekins or glasses and chill for 3-4 hours.

5 Serve in the ramekins or run the base of the ramekin under warm water and then flip onto a plate. Sprinkle with cacao powder to serve.

## Sweet Tips

- Try swapping the cream and milk for coconut cream and coconut milk

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>93g</b>	<b>5.9g</b>	<b>5.4g</b>
Fats	Energy (KJ)	Calories
<b>16.2g</b>	<b>803</b>	<b>192</b>

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**750**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Vanilla Lemon Slice

**SERVES:** 20 SLICES

**PREP:** 1 HOUR

**CHILL:** 2 HOURS

## 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 (½ cup)
- 100g Natvia (½ cup)
- 120g Coconut Butter\* (½ cup + 1 tbsp)
- 2 tbsp lemon juice

### Cream layer

- 70g Cashews, soaked in hot water for at least 45 min and then drained (½ cup)
- 70g Coconut Cream, chilled, white part only (¼ cup)
- 50g Tahini (¼ 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.

## Sweet Tips

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

**Recipe by Sarah Ky**  
from @Sarahfitfoodie

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>60g</b>	<b>2g</b>	<b>3.5g</b>
Fats	Energy (KJ)	Calories
<b>11g</b>	<b>509</b>	<b>121</b>



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# Strawberry, Rosewater & Thyme Sorbet

**SERVES:** 8  
**PREP:** 15 MINUTES  
(+ FREEZING)

## INGREDIENTS

- 1kg strawberries, hulled
- 1 cup Natvia, blitzed in a food processor until fine
- 1 tsp rosewater
- Juice from ¼ Lemon
- 2 sprigs thyme, for sprinkling

**1** Blend Natvia in a high-speed blender until the consistency of icing sugar. Add strawberries, rosewater and juice, and process until smooth. Spread mixture evenly into baking dish, cover and freeze for 30 minutes.

**2** Remove from freezer and process until smooth. Add thyme and leaves and process on low until combined. Return to baking dish. Cover and freeze for 3 hours or until firm.

**3** Serve with extra strawberries and thyme springs, if you like.

## Sweet Tips

- If you have an ice-cream machine, you can use it for step 2, following the manufacturer's instructions.
- Store sorbet, covered, in the freezer for up to 3 months.

### NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>2.6g</b>	<b>0.5g</b>
Fats	Energy (KJ)
<b>0.1g</b>	<b>73</b>



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# Raspberry Crumble Pots

**SERVES:** 10  
**PREP:** 25 MINUTES  
**COOK/CHILL:** 12-15 MINUTES

## INGREDIENTS

200g frozen raspberries  
2 tablespoons Natvia  
3 tablespoons chia seeds  
Dash of lemon juice  
TOPPING:  
100g oat flour  
2 scoops vanilla protein powder  
2 tablespoons coconut flour  
4 tablespoons Natvia natural sweetener  
2 tablespoons smooth nut butter  
3 tablespoons almond milk  
25g flaked almonds

**1** First make the fruit base - Place the raspberries in a pan and simmer for 6-8 minutes, then mix in the Natvia, chia seeds and lemon juice and mash well, then set aside for 5-10 minutes to thicken.

**2** Mix together the topping ingredients until they come together like a crumble mixture.

**3** Divide the fruit into 4 small ramekin dishes (or one big one) to cover the base. Spoon over the crumble mixture generously to cover the fruit, then bake at 180C for 12-15 minutes until golden and bubbling. Enjoy hot or cold!

## Sweet Tips

- Walnuts are high in fibre and omega 3 fatty acids
- This is a sugar free version of a Greek biscuit commonly made around easter.

**Recipe by Pamela Higgins**

NUTRITION INFORMATION (PER SERVING)		
Serving size	Carbs	Protein
<b>43.03g</b>	<b>5g</b>	<b>1.7g</b>
Fat, Total	Energy (KJ)	Sugars
<b>4g</b>	<b>291</b>	<b>1.9g</b>



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# Granola Berry Chocolate Mousse Cups

**SERVES:** 6  
**PREP:** 15 MINUTES  
**COOK / CHILL:** CHILL FOR 2 HOURS

## INGREDIENTS

### Cup case

150g oats  
3 tablespoons melted coconut oil  
3 tablespoons nut butter  
3 tablespoons Natvia

### Filling

1 x 350g block silken tofu  
30g cocoa powder  
80g Natvia natural sweetener  
1 teaspoon vanilla extract

### Decorate

Fresh berries  
Granola

- 1 Place the ingredients for the cup cases into a blender and whizz up a bit until the mixture comes together like a flapjack mixture.
- 2 Divide between a 6-hole muffin tin and press up the sides and on the bottom. Chill in the fridge.
- 3 Meanwhile blend the tofu, cocoa powder, Natvia and vanilla, then spoon between the cup cases to fill to the top.

- 4 Arrange some berries and granola on top of each and chill for 2 hours to set.
- 5 Pop out of the tin and enjoy!

Recipe by Pamela Higgins

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>120g</b>	<b>17.3g</b>	<b>8.2g</b>
Fat, Total	Energy (KJ)	Sugars
<b>16.6g</b>	<b>1110</b>	<b>0.6g</b>



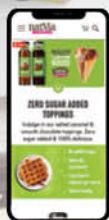
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