

THE AUSTRALIAN  
Women's Weekly

FOOD

# SUGARFREE

living BY natVia

OVER  
**50**  
GUILT-FREE  
RECIPES!

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WOMEN  
**LOST OVER**

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kg

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BENEFITS OF QUITTING SUGAR**

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NEW



*crafted for*  
**BAKING**  
& COFFEE

+

**ZERO**  
IMPACT ON  
**BLOOD SUGAR**  
*levels*

*100% natural*  
**NO SUGAR**  
**ADDED**

*For Sugar-Free recipes go to* **WWW.NATVIA.COM**

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# SUGAR FREE BAKING IS *easier* WITH natVia



crafted for  
**BAKING  
& COFFEE**

+

**ZERO**  
IMPACT ON  
**BLOOD SUGAR**  
Levels

100% natural  
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For Sugar-Free recipes go to [WWW.NATVIA.COM](http://WWW.NATVIA.COM)

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# HOW TO BAKE WITH NATVIA

**Optimum rise** If you need your recipe to rise (even if the recipe does not include baking powder), 2-3 teaspoons of baking powder may be added to help give your baked the best rise.

**Light & fluffy** Normally when baking cakes, the chemical reaction of beating sugar and butter together creates a lot of air. As Natvia is different in chemical structure from sugar, your secret to success when baking with Natvia is to beat or cream your initial mixture really well.

**Moisture content** When baking moist cakes, replace the butter with oil for the 'fats' ingredient in the recipe. Also, use a touch more liquid in your recipe, but not too much! Adding 1-2 tablespoons of milk to a recipe that will make 12 cake portions is enough.

**Meringue-based dishes** When making dishes such as pavlova, Natvia can be added at the start, prior to whisking the egg whites.

**Jams & sauces** For jam or sauces, use a pink Natvia BAKING pouch mix for a finer texture. Alternatively, you can blitz Natvia in a food processor, blender or spice grinder until the desired consistency is achieved. You can also use a small amount of xanthan gum to prevent the Natvia from recrystallising in jam.

## Sweetness comparison

1 serve of Natvia = 1 tsp of sugar



(2g tsp)



(4g tsp)

\*Natvia can be twice as sweet as sugar.

### BAKING ALTERNATIVES

Coconut oil	Butter Vegan butter
Vegetable oil	Coconut oil Apple sauce
Chocolate	Sugar-free chocolate Dark chocolate
Flour	Almond flour Rice flour
Milk	Almond milk



100% natural,  
no sugar added!

**NEW**



Available  
in yummy  
Caramel &  
Chocolate

**ZERO SUGAR & 100% DELICIOUS!**

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# Sweet life

Ever wanted to make your own ice-cream from scratch?  
Or enjoy a chocolate bar without the guilt? These  
sugar-free treats were specially developed for those  
with a sweet tooth. Nuts, bananas, coconut and cacao  
all take star turns in these delicious recipes.

## LIME & COCONUT BARS

- » 3 cups (240g) desiccated coconut
- » 1 cup (250ml) coconut cream
- » grated rind & juice of 1 lime
- » ¼ cup (55g) Natvia
- » ½ cup (75g) coconut oil, melted
- » 250g milk (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » extra finely grated lime rind or desiccated coconut, to serve (optional)

- 1 Grease and line a 15cm x 25cm pan, extending paper 5cm over long sides.
- 2 Process coconut, coconut cream, lime rind and juice, Natvia and half the coconut oil until just combined. Press evenly into lined pan. Freeze for 4 hours, then transfer to fridge.
- 3 Microwave chocolate in a microwave-safe bowl, stirring every 30 seconds, until melted and smooth. Stir through remaining coconut oil.
- 4 Slice coconut mixture into 16 even bars. Using two forks, dip each bar into melted chocolate. Place on a baking-paper-lined tray. Sprinkle with extra grated lime rind or desiccated coconut, if you like. Refrigerate for 30 minutes or until set.

**PREP + COOK TIME** 25 minutes  
(+ freezing & refrigeration)

**MAKES** 16 bars

### Sweet Tips

Sugar-free milk chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Store the bars in the freezer for up to 3 months.



100% natural,  
no sugar added!



The image features several chocolate-covered ice cream bars scattered on a textured blue surface. The bars are decorated with fresh lime slices and finely chopped mint leaves. Some bars are whole, while others are broken, revealing a white ice cream filling. The overall aesthetic is fresh and appetizing.

**182**  
CALORIES  
SAVED  
\*compared to sugar



sweet life

kid's treats

beverages

afternoon snacks



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# RASPBERRY & PISTACHIO YOGHURT CAKE

---

- » ½ cup (110g) Natvia
- » 185g butter, softened
- » 2 teaspoons finely grated lemon rind
- » 2 eggs
- » 1½ cups (225g) self-raising flour
- » ½ cup (40g) almond meal
- » ½ cup (140g) Greek-style yoghurt
- » ½ cup (70g) pistachios, blanched, peeled  
(see Sweet Tip)
- » 125g fresh raspberries

1 Preheat oven to 180°C. Grease a deep 20cm round cake pan. Line base and side with two layers of baking paper.

2 Blend Natvia in a high-speed blender until the consistency of icing sugar. Reserve 2 teaspoons for dusting.

3 Beat butter, rind and powdered Natvia in a medium bowl with an electric mixer until light and fluffy. Beat in eggs, one at a time. Gently fold in sifted flour and almond meal, then the yoghurt and pistachios.

4 Spoon half the mixture into the pan and top with a third of the raspberries. Spread over the remaining mixture. Place another third of the raspberries on top, gently pushing them into the mixture, then top with remaining raspberries.

- 5 Bake cake for 50 minutes or until a skewer inserted into the centre comes out clean. Leave cake in pan for 10 minutes before transferring to a wire rack to cool.
- 6 Just before serving, dust with reserved sifted powdered Natvia.

**PREP + COOK TIME** 1 hour and 15 minutes  
(+ cooling) **SERVES** 8

## Sweet Tip

To remove the skins from the pistachios, place them in a heatproof bowl and cover with boiling water. Stand for 30 seconds, then drain. When cool enough to handle, peel away the skins.

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# STRAWBERRY, ROSEWATER & THYME SORBET

---

- » 1 cup (220g) Natvia
- » 1kg strawberries, hulled
- » 1 teaspoon rosewater
- » 1 tablespoon lemon juice
- » 2 teaspoons fresh thyme leaves

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 a baking dish, cover and freeze for 30 minutes.

2 Remove from freezer and process until smooth. Add thyme 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 sprigs, if you like.

**PREP TIME** 15 minutes (+ freezing)

**SERVES** 8

## 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.



Natvia is diabetic-friendly - perfect for sweetening coffee, teas and baked goods.



**728**  
CALORIES  
SAVED

\*compared to sugar



sweet life

kid's treats

beverages

afternoon snacks



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# SIX-LAYERED CHOCOLATE CAKE

---

- » 1½ cups (330g) Natvia
- » 350g unsalted butter, softened
- » 1 tablespoon vanilla extract
- » 8 eggs, separated
- » ½ cup (50g) cacao powder
- » 1¼ cups (260g) self-raising flour
- » 1 teaspoon bicarbonate of soda (baking soda)
- » 1½ cups (375ml) buttermilk

## CHOCOLATE ICING

- » 1 tablespoon Natvia
- » 600g sour cream
- » 400g dark (sugar-free) chocolate, melted (see Sweet Tips)
- » ½ teaspoon vanilla extract

1 Preheat oven to 180°C. Grease two deep 20cm round cake pans and line bases with baking paper.

2 Blend Natvia in a high-speed blender until the consistency of icing sugar.

3 Beat butter, vanilla and powdered Natvia in a large bowl with an electric mixer for 7 minutes or until light and fluffy. Beat in 4 egg yolks, one at a time, until just combined. Add sifted cacao, followed by remaining 4 egg yolks, one at a time. Stir in sifted flour, soda and buttermilk. Transfer mixture to a large mixing bowl.

4 Beat egg whites in a clean large bowl with an electric mixer until soft peaks form. Fold into cake mixture in two batches. Divide mixture between pans.

5 Bake cakes for 1 hour or until a skewer inserted into the centre comes out clean. Cover cakes with foil during the last 15 minutes of cooking time to avoid over-browning. Cool cakes in pan.

6 Make chocolate icing (see below). Reserve half to cover top and side of cake.

7 Cut each cake horizontally into three equal layers. Place one layer on a plate and spread with one-fifth of the icing. Repeat layering with cake and icing, finishing with a cake layer. Spread reserved icing over top and side of cake.

**chocolate icing** Blend Natvia in a spice grinder until the consistency of icing sugar. Whisk remaining ingredients with powdered Natvia in a small bowl until smooth.

**PREP + COOK TIME** 1 hour 30 minutes (+ cooling) **SERVES** 16

## Sweet Tips

We used a sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Cake can be made 1 day ahead. Cover and stand at room temperature.

# CHERRY HAZELNUT CAKE

- » ½ cup (110g) Natvia
- » 150g butter, softened
- » 1 teaspoon vanilla extract
- » 1 teaspoon finely grated lemon rind
- » 2 eggs
- » ½ cup (75g) plain flour
- » 1 cup (120g) hazelnut meal
- » ½ cup (60g) almond meal
- » 1 teaspoon bicarbonate of soda (baking soda)
- » 16 fresh cherries (150g), stalks attached
- » ¾ cup (180ml) thick cream, to serve

1 Preheat oven to 200°C. Grease a 19cm square cake pan and line base and sides with baking paper, extending paper 5cm above edges.

2 Blend Natvia in a high-speed blender until the consistency of icing sugar. Reserve 2 teaspoons for dusting.

3 Beat butter, powdered Natvia, vanilla and rind in a small bowl with an electric mixer until light and fluffy. Add eggs and beat until just combined. Add sifted flour, hazelnut meal, almond meal and soda. Beat on low speed until just combined.

4 Spread mixture evenly into pan and bake for 15 minutes.

5 Top cake with cherries, gently pushing them a quarter of the way into the mixture. Bake cake for a further 20 minutes or until a skewer inserted into the centre comes out clean. Stand cake in pan for 3 minutes before transferring to a board.

6 Dust cake with the reserved sifted powdered Natvia. Serve warm or at room temperature with thick cream.

**PREP + COOK TIME** 50 minutes

**SERVES** 8

## Sweet Tips

Cake is best made on the day of serving.

Store leftover cake in an airtight container at room temperature for up to 3 days.







sweet life

kid's treats

beverages

afternoon snacks



**364**  
CALORIES  
SAVED  
\*compared to sugar



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# LIME COCONUT CHEESECAKE

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- » 100g almond meal
- » 50g desiccated coconut
- » 50g unsalted butter, melted
- » 2 teaspoons gelatine powder
- » 500g cream cheese
- » 250g ricotta
- » finely grated rind and juice of 1 lime
- » ½ cup (110g) Natvia
- » toasted coconut flakes, lime slices and edible flowers to decorate (optional)

- 1 Grease a 20cm (base measurement) springform pan (see Sweet Tips).
- 2 Combine almond meal, coconut and butter in a bowl. Press mixture evenly over base of prepared pan. Place pan on an oven tray, then transfer to the refrigerator.
- 3 Meanwhile, whisk gelatine and ¼ cup (60ml) water in a small heatproof bowl over a small saucepan of simmering water (don't let water touch base of bowl) until gelatine dissolves. Remove from heat. Cool.

- 4 Beat cream cheese, ricotta, half the rind, lime juice and Natvia in a large bowl with an electric mixer until smooth. Add gelatine mixture and beat until combined. Pour filling over base in pan and smooth top.
- 5 Refrigerate for 4 hours or overnight. Before serving, top with remaining lime rind. Decorate with coconut flakes, lime slices and edible flowers, if you like.

**PREP TIME** 30 minutes (+ refrigeration)

**MAKES** 10

## Sweet Tips

Clip the pan base in upside down. This will eliminate any lip, providing a flat surface that a spatula can easily slide under to make removing the cheesecake easier.

You can also decorate with fresh mint or other citrus fruits, if you like.

Store in an airtight container in the refrigerator for up to 5 days.

# RASPBERRY CRUMBLE RING CAKE

- » ¼ cup (165g) Natvia
- » 125g butter, softened
- » 2 teaspoons finely grated lemon rind
- » 2 teaspoons vanilla extract
- » 3 eggs
- » ¼ cup (110g) plain flour
- » ½ cup (75g) self-raising flour
- » ½ cup (60g) almond meal
- » ¼ teaspoon bicarbonate of soda (baking soda)
- » ½ cup (125ml) milk
- » 125g raspberries

## ALMOND CRUMBLE TOPPING

- » 1 cup (150g) plain flour
- » ½ cup (60g) almond meal
- » ¼ cup (75g) Natvia
- » 125g cold butter, chopped
- » ¼ cup (20g) rolled oats
- » ½ cup (25g) flaked almonds
- » ½ teaspoon ground cinnamon

1 Preheat oven to 180°C. Grease a 20cm, 10cm deep tube pan with a removable base.

2 Blend Natvia in a high-speed blender until the consistency of icing sugar. Reserve 1 teaspoon of powdered Natvia for dusting.

3 Beat butter, powdered Natvia, rind and vanilla in a medium bowl with an electric mixer until pale and fluffy. Beat in eggs, one at a time, until just combined. Add combined sifted dry ingredients and milk, and beat on low speed until just combined. Increase speed to medium and beat for 1 minute or until mixture is smooth and paler in colour. Spoon mixture into pan and smooth surface. Bake for 20 minutes.

4 Meanwhile, make almond crumble topping (see below).

5 Remove cake from oven and, working quickly, scatter raspberries over cake, gently pushing them into the mixture. Sprinkle with almond crumble topping.

6 Bake cake for a further 30 minutes or until a skewer inserted into the centre comes out clean. Stand cake in pan for 10 minutes before transferring to a wire rack to cool.

7 Dust cake with reserved powdered Natvia. Serve with whipped cream, if you like.

**almond crumble topping** Combine flour, almond meal and Natvia in a large bowl. Rub in butter until mixture resembles fine breadcrumbs. Add oats, flaked almonds and cinnamon. Press mixture together with your fingers to create large, uneven lumps.

**PREP + COOK TIME** 1 hour 30 minutes (+ cooling) **SERVES** 10

*Sweet Tips*

Cake is best made on the day of serving.

Store any leftover cake in an airtight container for up to 3 days.





**243**  
CALORIES  
SAVED

\*compared to sugar



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# RASPBERRY & GINGER COCONUT BARS

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- » 3 cups (240g) desiccated coconut
- » 2 tablespoons coconut cream
- » ¼ cup (55g) Natvia
- » 1 cup fresh or frozen raspberries
- » 1 teaspoon grated ginger
- » ¼ cup (55g) coconut oil, melted
- » 300g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » 1 tablespoon coconut oil, extra, melted
- » 100g milk (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » fresh raspberries, to serve (optional)

1 Grease and line a 15cm x 25cm pan, extending paper 5cm over long sides.

2 Process coconut, coconut cream, Natvia, three-quarters of the raspberries, ginger and coconut oil until just combined. Add extra coconut cream if necessary; the mixture should stick together when pinched between two fingers.

3 Stir through remaining raspberries. Press evenly into lined pan. Cover and freeze for 4 hours, then transfer to refrigerator.

4 Microwave dark chocolate in a microwave-safe bowl, stirring every 30 seconds, until melted and smooth. Stir through extra coconut oil.

5 Cut coconut and raspberry filling into 16 even pieces. Using two forks, dip bars into melted chocolate. Transfer to a baking-paper-lined tray.

6 Microwave milk chocolate in a microwave-safe bowl, stirring every 30 seconds, until melted and smooth. Drizzle bars with melted chocolate. Refrigerate for 30 minutes or until set.

7 Serve with fresh raspberries, if you like.

**PREP + COOK TIME** 25 minutes  
(+ freezing & refrigeration) **MAKES** 16

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate and milk chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

You can also store these bars in the freezer for a frozen treat.



*Crafted for baking.*

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# MIXED BERRY & RICOTTA TART

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- » 1½ cups (225g) plain flour
- » ½ cup (75g) chilled coconut oil
- » 2 tablespoons sesame seeds, toasted lightly
- » ½ cup (80ml) iced water, approximately
- » 500g soft ricotta
- » ½ cup (95g) Greek-style yoghurt
- » ½ cup (75g) Natvia
- » 3 eggs
- » 1 tablespoon finely grated lemon rind
- » 2 teaspoons Natvia, extra
- » 200g fresh strawberries
- » 125g fresh blueberries
- » 125g fresh raspberries

1 Process flour, coconut oil and sesame seeds until combined. With the motor operating, pour in enough of the water until mixture just comes together. Knead dough lightly on a floured surface until smooth. Shape pastry into a disc, wrap in plastic wrap and refrigerate for 30 minutes.

2 Grease a 24cm round loose-based fluted tart pan. Grate chilled pastry into pan, then press evenly over base and side. Prick base all over with a fork. Refrigerate for 30 minutes.

3 Preheat oven to 200°C.

4 Place tart tin on an oven tray. Line pastry with baking paper and fill with dried beans or rice. Bake for 15 minutes. Remove paper and beans. Bake for a further 15 minutes or until lightly browned and crisp. Remove from oven and set aside to cool.

5 Reduce oven to 180°C.

6 Meanwhile, process ricotta, yoghurt, Natvia, eggs and rind until smooth. Pour ricotta mixture into tart shell.

7 Bake tart for 35 minutes or until filling is just set. Cool. Refrigerate until cold.

8 Blend extra Natvia in a spice grinder until the consistency of icing sugar.

9 Slice or halve strawberries. Just before serving, top tart with berries and dust with extra powdered Natvia.

**PREP + COOK TIME** 1 hour 20 minutes  
(+ refrigeration) **SERVES** 10

## Sweet Tips

If you are short on time, use ready-made shortcrust pastry for the pastry case.

Any combination of seasonal berries would work well with this tart.





# *What happens to your body* WHEN YOU QUIT SUGAR

These days, it seems that sugar is impossible to escape. As consumers become increasingly aware of the dangers, companies are making it more and more difficult to avoid.

The consumption of sugar in our diets has tripled over the past 50 years, and the UN, as well as academics, have declared sugar to be a health threat equal to that of tobacco and alcohol.

As a result of this health crisis, consumers are taking action into their own hands and choosing to remove sugar from their diets. This process has proven to be extremely difficult to begin with, but in the long run, a very rewarding and life-changing process.

## WEEK 1

Cutting out sugar from your diet is a dramatic change, which can produce severe withdrawal-like symptoms, as if you were coming off a drug.

The first week is the most difficult, with symptoms including nausea, headaches, irritability, flu-like reactions and fatigue.

While not everyone who quits sugar experiences these symptoms, if you do, it is important to remember that it will get better.

After this initial week, your blood sugar levels will start to even out, and you will begin to feel better.

## WEEK 2

In the second week, you're feeling better, thinking more clearly again and have more of your energy back. Along with this, you are beginning to crave sugar less, while foods that typically aren't sweet start tasting sweeter. While you may still have some sugar cravings, at this point it is important to make sure your meals are high in protein, healthy fats and fibre to ensure you stay fuller and more satisfied for longer. By doing this, you will avoid the need for snacking.

## WEEK 3

The third week is when people really start to see and feel the rewards of giving up sugar, with little or no cravings, no withdrawal symptoms and noticeable weight loss (this is because excess sugar is stored in the body as fat). With your taste buds now becoming more sensitive to sweet flavours, it is much easier to turn down sugary treats when you come upon them or they are offered to you.

## WEEK 4

You are sleeping better, feeling more energised and your mood is lifting. Not eating sugar has become second nature to you. However, you will still find some days difficult - sugar is addictive after all! Nowadays, though, you can find zero-added-sugar sweets in just about all supermarkets. Sweetening food with Natvia means you can cut down on added sugars from usually sugar-laden foods such as desserts, salad dressings, sauces and beverages, including juices.

## WEEK 5

By this time, your relationship with sugar has become a lot healthier. While you are still eating small amounts found naturally in wholefoods, you become more aware of the impact that sugar has had on your body. Many people find that after completing this process they aren't as reliant on sugar as part of their everyday diet. Instead, they find substitutes and new ways to manage their cravings, which have become less intense in each passing week. From this process, people are able to make better decisions about the food they eat and understand the effect it has on their body.



**243**  
CALORIES  
SAVED  
\*compared to sugar

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# MINI MANGO & RASPBERRY VEGAN CHEESECAKES

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- » ½ cup (75g) raw cashews
- » 2 tablespoons coconut cream  
(see Sweet Tips)
- » 1 cup (120g) almond meal
- » 1 tablespoon raw almond butter
- » 1 tablespoon coconut oil, melted
- » ½ cup (75g) fresh raspberries
- » ½ cup (75g) Natvia
- » 1 tablespoon chia seeds
- » 2 tablespoons lemon juice
- » ¼ cup (55g) coconut oil, extra, melted
- » ¼ cup (50g) chopped mango flesh
- » extra raspberries, mango and edible  
flowers, to decorate (optional)

1 Place cashews in a small bowl and cover with cold water. Stand, covered, for 1 hour. Drain cashews, rinse under cold water and drain well.

2 Meanwhile, pour coconut cream into a small metal bowl. Place in the freezer for 30 minutes or until chilled.

3 Line a 6-hole (¾-cup/180ml) Texas muffin pan with baking paper.

4 Process almond meal, almond butter and oil until combined. Press mixture evenly into bases of muffin pan. Make an indent with your thumb in the middle of each base. Divide raspberries among indents. Cover and freeze.

5 Process soaked cashews, Natvia, chia seeds, lemon juice, chilled coconut cream and extra coconut oil until smooth. Spoon half the mixture over the bases and smooth tops. Cover and freeze.

6 Process remaining cashew mixture with mango until smooth. Spread over top of cheesecakes. Freeze for 2 hours or until set.

7 Remove from freezer 20 minutes before serving. Serve with extra raspberries, mango and edible flowers, if you like.

**PREP + COOK TIME** 35 minutes  
(+ standing & freezing) **SERVES** 6

## Sweet Tips

Look for coconut cream labelled as 100% coconut, without added emulsifiers.

Store in the freezer for up to 3 months.

# RICH CHOCOLATE & COCONUT TART

- » 1½ tablespoons Natvia
- » 2 cups (180g) desiccated coconut
- » 2 egg whites, beaten lightly
- » 300ml thickened cream
- » 1 tablespoon Natvia, extra
- » 300g dark (sugar-free) chocolate, chopped finely (see Sweet Tips)
- » 4 egg yolks
- » 1½ tablespoons espresso coffee
- » 2 teaspoons vanilla extract
- » 1 tablespoon cacao powder
- » thick cream and strawberries, to serve

1 Preheat oven to 140°C. Place oven rack on lowest rung. Grease a 20cm (base measurement) springform pan (see Sweet Tips).

2 Blend Natvia in a spice grinder until the consistency of icing sugar.

3 Combine coconut, egg white and powdered Natvia in a bowl. Press mixture evenly over base and 4cm up the side of the prepared pan. Bake on the lowest shelf for 40 minutes or until golden. Cool.

4 Heat cream and extra Natvia in a small saucepan over medium-high heat until almost boiling. Add chocolate and stir until smooth. Cool mixture slightly.

5 Whisk egg yolks, espresso and vanilla into chocolate mixture, then strain. Pour chocolate mixture into coconut shell.

6 Refrigerate tart for 6 hours or until set.

7 Dust tart with sifted cacao. Serve with thick cream and strawberries.

**PREP + COOK TIME** 1 hour (+ cooling & refrigeration) **SERVES** 12

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Clip the pan base in upside down. This will eliminate any lip, providing a flat surface that a spatula can easily slide under to make removing the tart easier.

This tart can be made a day ahead. Store, covered, in the refrigerator.





**364**  
CALORIES  
SAVED  
\* compared to sugar



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# FLOURLESS CHOCOLATE CAKE

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- » ½ cup (110g) Natvia
- » ½ cup (50g) cacao powder
- » 1 teaspoon baking powder
- » 1½ cups (180g) almond meal
- » ¼ cup (20g) desiccated coconut
- » 90ml extra light olive oil
- » 1 cup (250ml) milk
- » 2 eggs, beaten lightly
- » extra cacao powder, roughly chopped pistachios and dried rose petals, to decorate (optional)

## GANACHE

- » 100ml thickened cream
- » 100g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)

- 1 Make ganache (see right).
- 2 Preheat oven to 180°C. Grease a 20cm round cake pan.
- 3 Combine Natvia, cacao powder, baking powder, almond meal and desiccated coconut in a large bowl.
- 4 Combine oil, milk and eggs in a large jug. Pour over dry ingredients and stir to combine.
- 5 Pour mixture into pan. Bake for 30 minutes or until a skewer inserted into centre comes out clean. Stand cake in pan for 10 minutes before transferring to a wire rack to cool.
- 6 Top cake with cooled ganache. Dust with sifted extra cacao powder and decorate with pistachios and rose petals, if you like.

**ganache** Heat cream in a small saucepan over low heat, stirring continuously, until beginning to simmer. Add chocolate and whisk until melted. Refrigerate for 30 minutes, stirring occasionally, or until cold and thickened.

**PREP + COOK TIME** 50 minutes  
(+ refrigeration & cooling) **SERVES** 10

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Store, covered, for up to 3 days.

# RUSTIC APPLE PIE

- » 4 medium green-skinned apples (600g)
- » ½ cup (110g) Natvia
- » 2 teaspoons finely grated lemon rind
- » 1 tablespoon lemon juice
- » ¼ cup (55g) Natvia, extra
- » 2 cups (300g) plain flour
- » 125g cold unsalted butter, chopped
- » 1 teaspoon vanilla extract
- » ½ cup (80ml) iced water, approximately
- » 2 tablespoons milk
- » whipped cream, to serve (optional)

1 Peel, core and halve apples. Cut each half into eighths. Place apple in a saucepan with Natvia, rind, juice and 3 cups (750ml) water. Bring to the boil. Reduce heat to low and simmer for 10 minutes or until apple is tender. Using a slotted spoon, transfer apple to a bowl. Simmer syrup for 15 minutes or until reduced to ¼ cup (180ml). Leave to cool.

2 Meanwhile, blend 1½ tablespoons of the extra Natvia in a spice grinder until the consistency of icing sugar.

3 Process flour, powdered Natvia and butter until mixture resembles breadcrumbs. Add vanilla and enough iced water so that ingredients just come together when processed. Form mixture into a disc and wrap in plastic wrap. Refrigerate for 30 minutes.

- 4 Preheat oven to 180°C.
- 5 Roll out dough between two large sheets of baking paper into a 35cm round. Remove top layer of paper and carefully slide dough on paper onto a large oven tray.
- 6 Pile apple into the centre of the dough, leaving a 7cm border. Fold pastry edge up and around apple, pleating it as you go. Brush milk over pastry and sprinkle with remaining extra Natvia.
- 7 Bake pie for 40 minutes or until the pastry is golden brown.
- 8 Just before serving, brush some of the syrup over the apples. Serve with whipped cream, if you like.

**PREP + COOK TIME** 1 hour 30 minutes  
(+ refrigeration) **SERVES** 8

## Sweet Tips

To add extra colour to the pie, scatter some frozen raspberries or blueberries over the apple before folding over the pastry.

Pie can be made 6 hours ahead. To serve, reheat in a 180°C oven for 10 minutes.





**364**  
CALORIES  
SAVED  
\*compared to sugar

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# LEMON BLUEBERRY CHEESECAKE SLICE

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- » 1 x sheet puff pastry, trimmed (see Sweet Tips)
- » ¼ cup (55g) Natvia
- » 350g cream cheese
- » 200g ricotta
- » 1 teaspoon vanilla extract
- » 1 tablespoon lemon juice
- » 1 cup blueberries, pureed
- » blueberries, halved lemon slices and edible flowers, to decorate (optional)

- 1 Preheat oven to 210°C. Line an oven tray with baking paper. Grease and line a 15cm x 20cm brownie pan.
- 2 Bake puff pastry on lined oven tray for 8 minutes or until crisp. Remove from oven and cool.
- 3 Meanwhile, blend Natvia in a high-speed blender until the consistency of icing sugar.
- 4 Beat cream cheese, ricotta, vanilla, lemon juice and powdered Natvia in a large bowl with an electric mixer until light and smooth.

- 5 Carefully place cooled pastry, browned-side up, in brownie pan. Spread half the cheesecake mixture over and smooth top.
- 6 Stir pureed blueberries through remaining cheesecake mixture. Spoon blueberry mixture over cheesecake and smooth top. Refrigerate for 2 hours or until set.
- 7 Slice into 12 equal pieces. Serve with extra blueberries, lemon slices and edible flowers, if you like.

**PREP + COOK TIME** 30 minutes  
(+ refrigeration) **MAKES** 12

## Sweet Tips

Trim the uncooked pastry to the size of your brownie pan before baking. Swap the puff pastry for filo pastry for a lighter version. Brush with clarified butter for a crisp filo pastry.

Store slice in an airtight container in the refrigerator.



←  
*Made from organic stevia leaf.*

# CARDAMOM & LEMON CAKE WITH VANILLA MASCARPONE

- » 1½ cups (275g) Natvia
- » 9 egg whites
- » 270g butter, melted
- » 1½ cups (180g) almond meal
- » ¾ cup (100g) gluten-free plain flour
- » 2 tablespoons finely grated lemon rind
- » 1 tablespoon ground cardamom

## LEMON SYRUP

- » finely grated rind of 2 lemons (280g)
- » ¾ cup (180ml) lemon juice
- » 1 cup (220g) Natvia

## VANILLA MASCARPONE

- » 2 tablespoons Natvia
- » 1 vanilla bean
- » 2 cups (500g) mascarpone

- 1 Preheat oven to 160°C. Grease a deep 20cm round cake pan and line base and side with baking paper.
- 2 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 3 Whisk egg whites, butter, powdered Natvia, almond meal, sifted flour, rind and cardamom in a large bowl until well combined. Pour mixture into pan.
- 4 Bake cake for 1 hour 40 minutes or until a skewer inserted into the centre comes out clean. Cover cake with foil halfway through cooking to prevent over-browning. Stand cake in pan for 10 minutes before transferring to a wire rack over an oven tray to cool.
- 5 Meanwhile, make lemon syrup and vanilla mascarpone (see right).

6 Drizzle cooled cake with hot lemon syrup, reserving 2 tablespoons syrup. Spoon over vanilla mascarpone and drizzle over reserved syrup to serve.

**lemon syrup** Stir rind, juice and Natvia in a small saucepan over medium heat until Natvia dissolves. Bring to the boil and boil for 5 minutes or until syrup reduces slightly. Remove from heat. Don't worry if it recrystallises when it cools; just reheat over low heat until crystals dissolve.

**vanilla mascarpone** Blend Natvia in a spice grinder until the consistency of icing sugar. Split vanilla bean in half lengthways and scrape seeds into a bowl. Discard bean (or save for another use). Add powdered Natvia and mascarpone to the bowl and stir until combined.

**PREP + COOK TIME** 2 hours (+ cooling)

**SERVES** 8

## Sweet Tips

Cake (without added lemon syrup or mascarpone) can be made 2 days ahead. Store in an airtight container at room temperature.

Drizzle cake with the hot lemon syrup and spoon over vanilla mascarpone just before serving.

Not suitable to refrigerate.



**NEW**



# NEED TO CHILL?

Yummy frozen Flipo's are the perfect summer treat! They contain no added sugar and are 100% naturally sweetened.

**ZERO SUGAR & 100% DELICIOUS!**

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# Kids' treats

Easy and healthy recipes kids will love! We have included nourishing ingredients such as seeds, wholemeal flour and fresh fruit. With no added sugar, these treats will also help maintain healthy teeth!

# RAW PEANUT BUTTER SLICE

- » 1 cup (150g) raw cashews
- » 2½ cups (300g) almond meal
- » 1 tablespoon cacao powder
- » 200g coconut oil, melted
- » ½ cup (95g) smooth peanut butter
- » 2 tablespoons coconut cream
- » ½ cup (110g) Natvia
- » ½ cup roasted peanuts, chopped coarsely
- » 150g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » sea salt flakes

1 Place cashews in a small bowl and cover with cold water. Stand, covered, for 1 hour. Drain cashews, rinse under cold water and drain well.

2 Grease and line a 15cm x 20cm brownie pan.

3 To make base, combine almond meal, cacao powder and 100g of the coconut oil in a large bowl. Press into base of lined pan. Refrigerate.

4 Meanwhile, to make filling, blend peanut butter, soaked cashews, coconut cream, 80g of the coconut oil and Natvia in a high-speed blender until smooth. Stir through three-quarters of the peanuts. Spoon filling over base and smooth top. Refrigerate.

5 To make the topping, microwave chocolate in a microwave-safe bowl, stirring every 30 seconds, until melted and smooth. Stir in remaining coconut oil. Pour evenly over slice and smooth top. Sprinkle with sea salt and remaining peanuts. Refrigerate for 1 hour or until set.

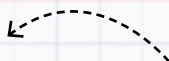
6 Cut into 16 even pieces to serve.

**PREP TIME** 20 minutes (+ standing & refrigeration) **MAKES** 16

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Store in the refrigerator, or in the freezer for a frozen treat.



Absolutely nothing artificial!



**364**  
CALORIES  
SAVED  
\*compared to sugar





sweet life

kid's treats

beverages

afternoon snacks



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**243**  
CALORIES  
SAVED

\*compared to sugar



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# CHOC-MINT AVOCADO ICE-CREAM

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*You will need an ice-cream machine for this recipe.*

- » ¾ cup (165g) **Natvia**
- » ½ teaspoon **salt**
- » ½ teaspoon **peppermint essence**
- » **2 ripe avocados**
- » **1 cup (250ml) evaporated milk**  
(see **Sweet Tips**)
- » **100g dark (sugar-free) chocolate,**  
**chopped coarsely (see Sweet Tips)**
- » **extra chopped chocolate and fresh mint**  
**leaves, to decorate (optional)**

- 1** Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 2** Process powdered Natvia, salt, peppermint, avocado flesh and milk for 5 minutes or until smooth. Freeze for 1 hour.
- 3** Pour mixture into ice-cream machine and churn for 20 minutes, or as directed in the manufacturer's instructions. Add chocolate and churn for 1 minute.
- 4** Serve straight out of churner. Sprinkle with extra chopped chocolate and fresh mint leaves, if you like.

**PREP + COOK TIME** 30 minutes  
(+ freezing) **SERVES** 10

## *Sweet Tips*

Swap the evaporated milk for full-fat coconut milk to make this a vegan recipe.

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

If you are storing your ice-cream in the freezer, allow to stand at room temperature for 20 minutes before scooping.

# PASSIONFRUIT MELTING MOMENTS

- »  $\frac{1}{3}$  cup (75g) Natvia
- » 250g butter, softened
- » 2 teaspoons vanilla extract
- »  $\frac{1}{3}$  cup (50g) plain flour
- »  $\frac{1}{2}$  cup (75g) cornflour (cornstarch)
- »  $\frac{1}{4}$  cup (60ml) passionfruit pulp  
(see Sweet Tips)

## PASSIONFRUIT BUTTER CREAM

- »  $\frac{1}{3}$  cup (75g) Natvia
- » 80g butter, softened
- »  $1\frac{1}{2}$  tablespoons passionfruit pulp

- 1 Preheat oven to 160°C. Grease and line three oven trays with baking paper.
- 2 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 3 Beat butter, vanilla and powdered Natvia in a medium bowl with an electric mixer until pale. Stir in combined sifted flours in two batches. Stir in passionfruit pulp.
- 4 With floured hands, roll 2 level teaspoonfuls of mixture into balls. Place on trays 3cm apart. Dip a fork into a little extra flour and press onto biscuits to flatten slightly.
- 5 Bake biscuits for 15 minutes or until a pale straw colour. Stand biscuits on trays for 5 minutes before transferring to wire racks to cool completely.

6 Make passionfruit butter cream (see below).

7 Sandwich cooled biscuits with a teaspoon of passionfruit butter cream. Dust with a little extra sifted powdered Natvia before serving, if you like.

**passionfruit butter cream** Blend Natvia in a high-speed blender until the consistency of icing sugar. Beat butter and powdered Natvia in a small bowl with an electric mixer until pale and fluffy. Beat in passionfruit pulp.

**PREP + COOK TIME** 1 hour (+ cooling)

**MAKES** 24

## Sweet Tips

You will need approximately 5 large passionfruit for this recipe.

The biscuits can be made 4 days ahead. Store (without butter cream) in an airtight container.

Sandwich biscuits with the butter cream just before serving.



Sweet like sugar!

YUM!





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## COCONUT BANANA POPSICLES

- » 2 bananas, sliced
- » 1 cup (250ml) coconut milk
- » ½ teaspoon ground cinnamon
- » 2 teaspoons Natvia

1 Divide banana among 6 x ⅓-cup (80ml) popsicle moulds, pressing to edges.  
2 Whisk together coconut milk, cinnamon and Natvia. Pour over banana slices in moulds. Freeze for 30 minutes or until starting to set. Insert sticks. Freeze for 4 hours or until set.

**PREP TIME** 15 minutes (+ freezing) **MAKES** 6

## WATERMELON POPSICLES

- » ½ cup chopped watermelon
- » ½ cup (125ml) coconut water (see Sweet Tips)
- » 2 teaspoons Natvia
- » 1 kiwifruit (85g), peeled, chopped
- » ¼ cup baby spinach
- » 2 tablespoons coconut milk (see Sweet Tips)

1 Blend watermelon, coconut water and Natvia in a high-speed blender until combined.  
2 Divide mixture among 6 x ⅓-cup (80ml) popsicle moulds. Freeze for 30 minutes.  
3 Meanwhile, blend kiwi, spinach and coconut milk in blender until smooth. Pour over top of partially frozen watermelon mixture. Freeze for 30 minutes or until starting to set. Insert sticks. Freeze for 4 hours or until set.

**PREP TIME** 15 minutes (+ freezing) **MAKES** 6

### Sweet Tips

Choose unsweetened coconut water and milk.  
Store in the freezer for up to 3 months.

## PINEAPPLE & MANGO POPSICLES

- » ¼ cup (65g) chopped ripe pineapple
- » ¼ cup (50g) chopped mango flesh
- » ½ cup (125ml) coconut milk
- » 2 teaspoons Natvia

1 Blend ingredients in a high-speed blender until smooth.  
2 Divide mixture among 6 x ⅓-cup (80ml) popsicle moulds. Freeze for 30 minutes or until starting to set. Insert sticks. Freeze for 4 hours or until set.

**PREP TIME** 15 minutes (+ freezing) **MAKES** 6

## STRAWBERRIES & CREAM POPSICLES

- » ½ cup (140g) Greek-style yoghurt
- » 1½ tablespoons Natvia
- » 10 strawberries, hulled
- » 100ml unsweetened almond milk
- » ½ teaspoon vanilla bean paste

1 Blend yoghurt and half of the Natvia in a high-speed blender until combined.  
2 Divide mixture among 6 x ⅓-cup (80ml) popsicle moulds. Freeze for 30 minutes.  
3 Meanwhile, blend strawberries, remaining Natvia, almond milk and vanilla in blender until smooth. Pour over top of partially frozen yoghurt. Freeze for 30 minutes or until starting to set. Insert sticks. Freeze for 4 hours or until set.

**PREP TIME** 15 minutes (+ freezing) **MAKES** 6

### Sweet Tip

If the popsicles are stuck, run the moulds briefly under warm water to help loosen them.

# CHOC-CHIP BANANA MUFFINS

- » ½ cup (75g) Natvia
- » ½ cup (125ml) milk (see Sweet Tips)
- » 2 ripe bananas, mashed (see Sweet Tips)
- » 1 teaspoon vanilla bean paste
- » 1 tablespoon extra light olive oil
- » 1 cup (160g) wholemeal plain flour
- » 2 teaspoons baking powder
- » pinch of salt
- » ½ cup dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)

- 1 Preheat oven to 200°C. Grease and line two 6-hole (¾-cup/180ml) Texas muffin pans with squares of baking paper.
- 2 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 3 Whisk together milk, banana, vanilla and oil in a large bowl.
- 4 Add sifted flour, baking powder, powdered Natvia, salt and chocolate. Stir until just combined. Divide mixture among pans. Bake for 5 minutes.
- 5 Reduce oven to 180°C. Bake for another 15 minutes or until a skewer inserted into the centre comes out clean. Stand muffins in pan for 5 minutes before transferring to a wire rack to cool.

**PREP + COOK TIME** 40 minutes (+ cooling)  
**SERVES** 6

## Sweet Tips

Swap the milk for a plant-based milk of your choice to make this a vegan recipe.

The riper the banana, the sweeter the muffin will taste.

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

You can also line the muffin pans with paper cases.

High in fibre and nut free - these are perfect for the kids' lunch boxes.



Naturally  
sweet, better  
for you!

**243**  
CALORIES  
SAVED

\*compared to sugar





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# OVER-THE-TOP CHOCOLATE & MACADAMIA BROWNIES

---

- » ⅓ cup (150g) Natvia
- » 275g dark (sugar-free) chocolate, chopped finely (see Sweet Tips)
- » 150g butter, chopped
- » 2 eggs, beaten lightly
- » 2 teaspoons vanilla extract
- » 1 cup (150g) plain flour
- » ½ cup (75g) self-raising flour
- » ⅓ cup (90g) unsalted macadamias, roasted lightly, chopped coarsely
- » 90g milk (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » 90g dark (sugar-free) chocolate, extra, chopped coarsely

1 Preheat oven to 170°C. Grease and line the base of a shallow 20cm square cake pan with baking paper.

2 Blend Natvia in a high-speed blender until the consistency of icing sugar. Reserve 2 teaspoons of powdered Natvia.

3 Stir finely chopped dark chocolate and butter in a saucepan over low heat until smooth. Remove from heat.

4 Stir Natvia, then egg and vanilla into chocolate mixture. Fold in combined sifted flours, then macadamias, milk chocolate and extra dark chocolate. Spread mixture into pan.

5 Bake for 30 minutes or until a skewer inserted into the centre comes out with moist crumbs attached. Be careful not to overcook brownies as they will continue to cook as they cool. Cool in pan.

6 Dust with sifted reserved powdered Natvia. Cut into 25 equal pieces.

**PREP + COOK TIME** 1 hour (+ cooling)  
**MAKES** 25

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate and milk chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Brownies can be made 3 days ahead. Store in an airtight container.

Not suitable to refrigerate.

# CHOCOLATE-CHUNK & RASPBERRY COOKIES

- » ½ cup (75g) Natvia
- » 200g butter, softened
- » 2 teaspoons vanilla extract
- » 1 egg
- » 1 cup (150g) plain flour
- » ¼ cup (35g) self-raising flour
- » ½ cup (35g) cacao powder
- » ½ teaspoon bicarbonate of soda (baking soda)
- » 90g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » 125g frozen raspberries, thawed

- 1 Preheat oven to 180°C. Grease and line two oven trays with baking paper.
- 2 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 3 Beat butter, powdered Natvia and vanilla in a small bowl with an electric mixer until light and creamy. Add egg and beat until combined. Stir in sifted flours, cacao and soda in two batches. Stir in chocolate and raspberries.
- 4 Drop level tablespoonfuls of mixture 5cm apart onto trays. Flatten into 4cm rounds.

5 Bake cookies for 15 minutes or until a cookie can be pushed gently without breaking. Stand cookies on trays for 5 minutes before transferring to a wire rack to cool.

**PREP + COOK TIME** 35 minutes  
(+ cooling) **MAKES** 22

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Cookies can be baked up to 3 days ahead. Store in an airtight container.





**182**  
CALORIES  
SAVED

\*compared to sugar





# PINEAPPLE CUPCAKES

- » ½ cup (110g) Natvia
- » 2 cups (300g) self-raising flour
- » pinch of salt
- » 2 eggs
- » 400g ripe pineapple, pureed (see Sweet Tips)
- » ½ cup (80ml) vegetable oil
- » toasted coconut flakes, dried pineapple rounds and edible flowers, to decorate (optional)

## COCONUT ICING

- » 1 cup (250ml) chilled coconut cream (see Sweet Tips)
- » ¼ cup (55g) Natvia

- 1 Make coconut icing (see right).
- 2 Preheat oven to 180°C. Line a 12-hole (½-cup/80ml) muffin pan with paper cases.
- 3 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 4 Combine sifted flour, powdered Natvia and salt in a large mixing bowl.
- 5 Whisk together eggs, pineapple and oil in a small bowl.
- 6 Stir pineapple mixture through dry ingredients using a spatula until thoroughly combined.
- 7 Divide mixture among cases. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Stand cakes in pan for 2 minutes before transferring to a wire rack to cool completely.

- 8 Top cooled cupcakes with coconut icing. Decorate with coconut flakes, dried pineapple and edible flowers, if you like.
- coconut icing** Pour coconut cream into a medium metal bowl. Place in the freezer for 30 minutes or until solid. Blend Natvia in a high-speed blender until the consistency of icing sugar. Whip chilled coconut cream and powdered Natvia until medium peaks form. Refrigerate until needed.

**PREP + COOK TIME** 35 minutes  
(+ refrigeration & cooling) **MAKES** 12

## Sweet Tips

You can use canned pineapple. Drain excess juices before using.

Look for coconut cream labelled as 100% coconut, without added emulsifiers.

Cupcakes are best made on day of serving.



Natvia has ZERO carbs!

# PEANUT BUTTER & JAM CHICKPEA COOKIES

- » 2 tablespoons Natvia
- » 400g can chickpeas
- » ½ cup (140g) crunchy natural peanut butter
- » 1 teaspoon pure vanilla extract
- » 1 teaspoon baking powder
- » ½ teaspoon sea salt

## RASPBERRY CHIA JAM

- » 2 teaspoons Natvia
- » ½ cup (75g) frozen raspberries, thawed
- » 1 tablespoon water
- » 1 tablespoon white chia seeds

- 1 Make raspberry chia jam (see right).
- 2 Preheat oven to 180°C. Line two oven trays with baking paper.
- 3 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 4 Drain chickpeas over a bowl. Reserve ¼ cup (60ml) liquid (aquafaba, see Sweet Tips). Process drained chickpeas, reserved aquafaba, peanut butter, powdered Natvia, vanilla, baking powder and salt, scraping down side of the food processor bowl several times, until smooth.
- 5 Using damp hands, roll tablespoonfuls of mixture into balls and place on trays. Flatten with the palm of your hand into 5cm rounds. Spoon 1 teaspoon raspberry chia jam onto centre of each cookie. Spread jam, leaving a 0.5cm border.

- 6 Bake cookies for 18 minutes or until lightly browned and a cookie can be gently pushed without breaking. Cool on trays. [raspberry chia jam](#) Process Natvia in a spice grinder until the consistency of icing sugar. Blend or process raspberries, powdered Natvia and water until pureed. Transfer to a bowl. Stir in chia seeds. Cover with plastic wrap and refrigerate for at least 1 hour until thickened to a jam-like consistency.

**PREP + COOK TIME** 1 hour  
(+ refrigeration + cooling) **MAKES** 18

## Sweet Tips

Aquafaba is the drained liquid from canned legumes. You can store aquafaba in the refrigerator for up to 2 days or freeze for up to 2 months.

Store cookies in an airtight container in the refrigerator for up to 4 days.



# Meet Stacey-Jane

## NATVIA BRAND AMBASSADOR

### REPLACING UNNECESSARY SUGARS IN YOUR FAMILY'S DIET

I have a degree in Food Science as well as a Masters in Human Nutrition. I'm also mother to four children under the age of six.

Baking has become a bit of an obsession; however, I'm passionate about replacing unnecessary sugars with a low-calorie natural sweetener in a lot of my recipes.

Sugars in food sources such as fruit and complex carbohydrates are converted into useable glucose for most of the population. However, it is the unnecessary added sugars in foods that I have issues with. I'm certainly not a 'sugar hater'. Sugar does play an important role in brain function and may aid in muscle recovery.

'Sugar' has been implicated in the development of both adiposity (obesity) and type 2 diabetes. As a nutritionist, the upward trend of type 2 diabetics emerging does concern me. One of the best places to start is to reduce the amount of added

sugars being consumed. But a life devoid of cakes and other sweet treats seems unimaginable, so when I bake, I replace sugar, maple syrup, agave syrup and honey with Natvia.

By reducing overall sugars, we can:

- Reduce calories
- Reduce GI
- Reduce impact on dental health
- Create treats suitable for diabetics.

A recent study has found a proportion of Australian children aged 12-14 months consume more sugars than recommended. It stated that some of these unnecessary sugars were linked to the consumption of cakes, biscuits, fruit juices, cereals, and yoghurts.

The natural sweetness of Natvia makes it suitable for use in muffins, cakes, pancakes, brownies, frosting, cookies, yoghurt, ice-creams, sorbets, mousse, jam, protein bars... The possibilities are endless. While replacing sugars is an excellent way to improve the nutritional profile of the food you eat, it is also important to stick to the recommended portion size.



Stacey-Jane

@healthy.or.not.nutrition

## DOUBLE-CHOC MUDCAKES WITH CHOC-AVOCADO FROSTING

- » 1¼ cups canned black beans, drained, rinsed
- » ¼ cup cacao powder
- » ½ cup (75g) Natvia
- » 5 teaspoons egg replacer
- » ½ cup (75g) coconut oil, melted
- » ½ cup (80ml) olive oil
- » 100g dark (sugar-free) chocolate, chopped coarsely
- » raspberries, to decorate (optional)

### CHOC-AVOCADO FROSTING

- » 5 tablespoons Natvia
- » 1 ripe avocado
- » 2 tablespoons cacao powder

- 1 Preheat oven to 160°C.
- 2 Line a 6-hole (¾-cup/180ml) Texas muffin pan with paper cases.
- 3 Blend black beans, cacao, Natvia, egg replacer and oils with 120ml water in a high-speed blender until smooth. Fold in 60g of the chocolate.
- 4 Divide mixture among cases. Bake for 18 minutes or until a skewer inserted into centre comes out clean. Cool in pan for 15 minutes. Cover with a clean tea towel and refrigerate for 3 hours or overnight.
- 5 Make choc-avocado frosting (see below).
- 6 Spoon frosting into a large piping bag fitted with a large fluted nozzle. Pipe swirls onto cooled mudcakes, top with remaining chocolate and fresh raspberries, if you like.

**choc-avocado frosting** Blend Natvia in a high-speed blender until the consistency of icing sugar. Add avocado flesh and cacao, and blend until smooth.

**PREP + COOK TIME** 45 minutes  
(+ cooling & refrigeration) **MAKES** 6





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# POPPYSEED CUPCAKES WITH ORANGE FROSTING

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- » ½ cup (110g) Natvia
- » 125g butter, softened
- » 2 teaspoons vanilla extract
- » 3 eggs
- » ¾ cup (110g) plain flour
- » ¾ cup (110g) self-raising flour
- » 1 teaspoon bicarbonate of soda (baking soda)
- » ½ cup (125ml) milk
- » 1 tablespoon finely grated orange rind
- » ¼ cup (40g) poppy seeds
- » 1 orange (240g)
- » extra poppy seeds, to decorate (optional)

## ORANGE FROSTING

- » ½ cup (110g) Natvia
- » 150g cream cheese, softened
- » 75g butter, softened
- » 3 teaspoons finely grated orange rind

- 1 Preheat oven to 180°C. Line a 12-hole (⅓-cup/80ml) muffin pan with paper cases.
- 2 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 3 Beat powdered Natvia with the remaining ingredients, except the whole orange and extra poppy seeds, in a bowl on low speed with an electric mixer until just combined. Increase speed to medium and beat until mixture is smooth and pale. Divide mixture among cases.

4 Bake cakes for 25 minutes or until a skewer inserted into the centre comes out clean. Stand cakes in pan for 2 minutes before transferring to a wire rack to cool completely.

5 Meanwhile, make orange frosting (see below).

6 Peel large pieces of rind from orange and remove any white pith. Cut rind into long, thin strips (see Sweet Tips).

7 Spread frosting onto cooled cakes, top with strips of rind and sprinkle with extra poppy seeds, if you like.

**orange frosting** Blend Natvia in a high-speed blender until the consistency of icing sugar. Beat cream cheese and butter in a small bowl with an electric mixer until smooth. Gradually beat in powdered Natvia and stir in rind.

**PREP + COOK TIME** 1 hour **MAKES** 12

## Sweet Tips

You can use a zesting tool to make the thin strips of orange rind.

Cakes can be made 2 days ahead. Store, without the icing, in an airtight container at room temperature.

Cakes are best iced on the day of serving.

Not suitable to refrigerate.

# LEMON CAKES WITH ROASTED STRAWBERRIES

- » ½ cup (75g) Natvia
- » ⅔ cup (110g) natural almonds
- » ⅔ cup (100g) wholemeal plain spelt flour
- » 2 eggs
- » 3 teaspoons finely grated lemon rind
- » ¼ cup (60ml) extra virgin olive oil
- » ¼ cup (60ml) lemon juice
- » ½ teaspoon baking powder
- » 1 teaspoon bicarbonate of soda (baking soda)
- » Greek-style yoghurt, to serve (optional)

## ROASTED STRAWBERRIES

- » 500g strawberries
- » 2 tablespoons Natvia
- » 2 tablespoons lemon juice

1 Preheat oven to 180°C. Grease an 8-hole (½-cup/125ml) loaf pan tray. Line bases of pan holes with strips of baking paper, extending the paper 3cm over long sides.

2 Blend Natvia in a high-speed blender until the consistency of icing sugar.

3 Process almonds and 2 teaspoons of the flour until finely ground.

4 Beat eggs, powdered Natvia and rind in a bowl with an electric mixer on medium-high speed for 10 minutes or until thick and creamy. Reduce speed to low. Gradually beat in oil and juice until just combined. Stir in almond mixture, then sifted remaining flour, baking powder and soda. Return any husks to bowl. Divide mixture among lined pan holes.

5 Bake cakes for 25 minutes or until a skewer inserted into the centre comes out clean. Stand cakes in pan for 5 minutes before transferring to a wire rack over an oven tray.

6 Meanwhile, make roasted strawberries (see below).

7 Serve cakes warm with roasted strawberries, drizzled with any cooking syrup, and dollops of Greek-style yoghurt, if you like.

**roasted strawberries** Combine ingredients in a medium ovenproof dish. Roast, uncovered, for 10 minutes or until softened. Stir gently, then stand for 5 minutes.

**PREP + COOK TIME** 1 hour **MAKES** 8

## Sweet Tips

Cakes are best made on the day of serving. Store cakes in an airtight container at room temperature for up to 2 days. Reheat before serving.







**182**  
CALORIES  
SAVED  
\*compared to sugar



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# CHOCOLATE CRACKLES

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- » 3 cups puffed regular or brown rice
- » ¼ cup (35g) sunflower seeds
- » 1 cup (80g) desiccated coconut
- » ¼ cup (55g) Natvia
- » ½ cup (115g) coconut oil, melted
- » ½ cup almond butter (see Sweet Tips)
- » 250g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » 1 tablespoon coconut oil, extra, melted

1 Line a 12-hole (⅓-cup/80ml) muffin pan with paper cases.

2 Combine rice, sunflower seeds, coconut and Natvia in a large mixing bowl.

3 Combine coconut oil and almond butter in a small jug. Add to rice mixture and stir to combine.

4 Microwave 200g of the chocolate in a microwave-safe bowl, stirring every 30 seconds, until melted and smooth. Stir in extra coconut oil.

5 Divide melted chocolate among paper cases. Top with rice mixture, pressing down firmly to pack in.

6 Melt remaining chocolate in a microwave-safe bowl, stirring every 30 seconds, until melted and smooth. Drizzle over top of crackles. Refrigerate for 30 minutes to set before serving.

**PREP + COOK TIME** 15 minutes  
(+ refrigeration) **SERVES** 12

## Sweet Tips

Choose a sugar-free almond butter.

You can swap the almond butter for sunflower seed butter, found in the health-food section of your supermarket, if preferred.

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Store crackles in a lunch box with an ice pack or cold drink bottle to avoid the chocolate melting.

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# Beverages

Smoothies, cordials and cocktails are usually packed with added sugar. These simple recipes will help you cool down without drinking all your calories...

Enjoy our vibrant mocktails, summer cordials and delicious smoothies you can sip on all year round!



---

# SUNSHINE SMOOTHIE

---

- » 1 small banana, chopped coarsely, frozen
- » ¼ cup coarsely chopped ripe pineapple
- » ½ teaspoon ground turmeric
- » ½ teaspoon ground cinnamon
- » 6 walnuts
- » ½ cup (80ml) coconut milk
- » ½ cup (125ml) almond milk
- » 1 teaspoon Natvia
- » extra ground turmeric, ground cinnamon and walnuts, to serve
- » toasted coconut flakes, chia seeds and edible flowers, to decorate (optional)

1 Blend frozen banana, pineapple, spices, walnuts, milks and Natvia in a high-speed blender until smooth.

2 Serve smoothie topped with extra turmeric, cinnamon and walnuts. Decorate with coconut flakes, chia seeds and edible flowers, if you like.

**PREP TIME** 10 minutes **SERVES** 2



96% fewer calories  
than sugar!



**15**  
CALORIES  
SAVED

\*compared to sugar



sweet life

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beverages

afternoon snacks





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# CHERRY, LIME & CHIA FRESCA

---

- » 1 cup (150g) pitted fresh cherries  
(see Sweet Tips)
- » 2 tablespoons Natvia
- » 2 tablespoons lime juice
- » 1 tablespoon white chia seeds
- » sliced lime and crushed ice,  
to serve (optional)

1 Blend cherries, 3 cups (750ml) water and Natvia in a blender until smooth. Strain into a large jug. Add lime juice and chia seeds, and stir to combine. Refrigerate for 15 minutes or until chia seeds have swollen and softened.

2 Serve with sliced lime and crushed ice, if you like.

**PREP TIME** 10 minutes (+ refrigeration)

**MAKES** 1.25 litres (5 cups)

## *Sweet Tips*

You can also use thawed frozen cherries for this recipe.

This drink will keep in the fridge for 24 hours. Stir just before serving.

## SUMMER CORDIALS

These refreshing low- and no-sugar swaps for cordials and fizzy drinks are a healthier choice. Store in the refrigerator for up to 5 days.

### BLUEBERRY CORDIAL

- » ¼ cup frozen blueberries
- » 1 tablespoon Natvia
- » 1 litre (4 cups) water or soda water
- » extra blueberries and lemon slices, to serve

1 Combine blueberries and Natvia with 2 tablespoons water in a small saucepan. Stir over medium heat until berries are softened and Natvia dissolves. Remove from heat. Mash blueberries with the back of a fork.

2 Strain into a large jug. Discard blueberry skins and pulp.

3 Stir in the water or soda water. Serve with extra blueberries and lemon slices.

**PREP + COOK TIME** 10 minutes

**SERVES** 6

### LEMONADE

- » juice of 1 lemon
- » 2 tablespoons Natvia
- » 1 litre (4 cups) soda water
- » lemon and cucumber slices, to serve

1 Stir juice and Natvia in a small saucepan over medium heat until Natvia dissolves.

2 Fill a large jug with the soda water. Pour lemon mixture into jug and stir to combine.

3 Serve with slices of lemon and cucumber.

**PREP + COOK TIME** 10 minutes

**SERVES** 6

### STRAWBERRY & MINT WATER

- » 5 strawberries, hulled
- » 1 tablespoon Natvia
- » 1 litre (4 cups) water or soda water
- » extra sliced strawberries and mint leaves, to serve

1 Stir strawberries and Natvia with ¼ cup (60ml) water in a small saucepan until berries soften and Natvia dissolves. Remove from heat. Mash strawberries with the back of a fork.

2 Strain into a large jug. Stir in the water or soda water. Serve with extra strawberries and mint.

**PREP + COOK TIME** 10 minutes

**SERVES** 6

**90**  
CALORIES  
SAVED  
\*compared to sugar



**45**  
CALORIES  
SAVED  
\*compared to sugar





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# STRAWBERRY & BASIL SUNSHINE ICED TEA

---

- » 3 white tea bags (see Sweet Tip)
- » ½ cup fresh basil leaves
- » 250g strawberries, hulled
- » 1 tablespoon Natvia
- » 2 tablespoons lemon juice
- » 2 sprigs fresh basil, extra
- » 10 halved strawberries, extra

- 1 Bring 1 litre (4 cups) water to the boil in a saucepan. Remove from heat.
- 2 Add tea bags and basil leaves. Cover and steep for 5 minutes. Remove and discard basil and tea bags. Cool tea in refrigerator.
- 3 Blend strawberries, ¼ cup (60ml) cooled tea and Natvia in a blender until smooth. Strain through a fine sieve to remove seeds.
- 4 Stir strawberry puree into remaining cooled tea with lemon juice.
- 5 Half-fill a large jug with ice, top with basil and extra strawberries, and stir in tea mixture.

**PREP + COOK TIME** 10 minutes  
(+ refrigeration) **MAKES** 1.25 litres  
(5 cups)

## Sweet Tip

White tea is one of the least processed of all teas. Buds and leaves are allowed to dry naturally before being processed to produce their delicate taste.

# How a low-carb, sugar-free diet FIXED MY BODY-IMAGE ISSUES

You've heard it before: 'Nourish your body and it will thank you.'

by Sarah Rav



For too many years of my life, I thought 'nourishing my body' meant *restricting* and *cutting out* all *unhealthy foods*, so much so that I became severely underweight, miserable and trapped in a mindset that consumed me.

When I was held captive by an eating disorder, I was terrified to touch anything I deemed 'unhealthy'. I cut out all processed foods - goodbye white bread, white rice, cakes, burgers, pizza, ice-cream. I limited myself to salads, plain chicken and protein bars.

"WHEN I WAS HELD CAPTIVE BY AN EATING DISORDER, I WAS TERRIFIED TO TOUCH ANYTHING I DEEMED 'UNHEALTHY'. I LIMITED MYSELF TO SALADS, PLAIN CHICKEN AND PROTEIN BARS."

This took an incredible toll on my mental and physical health. As my weight dropped more and more, my brain wasn't receiving enough nourishment and energy for it to comprehend that what I was doing was probably the *worst thing* for my health.

Fast-forward to 2019 and I finally, truly understand the concept of using food to nourish your body, using food as fuel and using food to *thrive*. I choose foods that are not only good for me but that I also enjoy. I usually opt for a 'no sugar added' option or choose a natural sweetener, but if I'm out with friends, then you can bet we're going for ice-cream!

"FROM TIME TO TIME, I GIVE IN TO CRAVINGS,  
AND I'M OK WITH THAT. I THINK IT'S NORMAL  
AND HEALTHY TO INDULGE AT TIMES."

*So how did I achieve this balance?*

I generally follow a mostly low-carb, sugar-free diet, although I know carbs are not the enemy. I fill up on veggies and quality protein first. Then, if that's not enough, I'll have some complex carbs such as brown rice, wholemeal bread or sweet potato. I don't count calories or restrict anything, but I've found this approach (that is, veggies and protein first) means I'm always satisfied after every meal, and never feel the need to binge on carbs or sugary foods.

If I do feel like something sweet, I usually opt for homemade treats, such as raw cakes, protein pancakes or frozen yoghurt - usually high in protein, low in carbs but still sweet, because I use a sweetener like Natvia.

I believe this approach allows me to live life without worrying too much about food. Not only that, it helps to fuel my workouts, hit personal bests and, best of all, stops me from being irritable and anxious all the time.

From time to time, I give in to cravings, and I'm OK with that. I think it's normal and healthy to indulge at times; for example, going out for an Indian banquet with my family to celebrate my brother's

birthday. Yes, I might have overeaten, yes I might have had cake, but the effect of that on my health would be far outweighed by the benefit to my mental health from spending precious time with loved ones.

It's funny - having a more balanced approach to my diet and fuelling myself with enough food to thrive has improved my relationship with my body immensely. I used to nit-pick at all my flaws - my fat rolls, the shape of my nose, my flat butt. Now, I'm just impressed with what it can do - keep me going during a six-hour work shift on the wards, cope when I add more weights to my squats each session, and be full of energy every morning, ready to seize the day.



Instagram  
@sarahrav

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# SOY, LINSEED & RASPBERRY SMOOTHIE

---

- » 1 large banana (230g), chopped coarsely
- » 1 cup (150g) frozen raspberries
- » 2 cups (500ml) soy milk
- » 1 tablespoon tahini
- » 1 tablespoon LSA (see Sweet Tip)
- » 1 tablespoon Natvia
- » fresh raspberries and toasted sesame seeds, to serve (optional)

1 Blend ingredients, except fresh raspberries and sesame seeds, in a high-speed blender until smooth.

2 Serve smoothie topped with fresh raspberries and toasted sesame seeds, if you like.

**PREP TIME** 5 minutes **SERVES** 2

## Sweet Tip

LSA is a ground mixture of linseeds (L), sunflower seeds (S) and almonds (A). It is available from most supermarkets and health-food stores.





**45**  
CALORIES  
SAVED

\*compared to sugar



**15**  
CALORIES  
SAVED  
\*compared to sugar



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# CLASSIC GREEN SMOOTHIE

---

- » 1 kiwifruit (85g), peeled, chopped coarsely
- » 1 banana, chopped coarsely, frozen
- » ½ cup baby spinach
- » ¼ cup (70g) Greek-style yoghurt
- » 1 tablespoon chia seeds
- » ¾ cup (160ml) milk
- » 1 teaspoon Natvia
- » ½ teaspoon spirulina
- » extra chia seeds and blueberries, to serve (optional)

- 1 Blend ingredients, except extra chia seeds and blueberries, in a high-speed blender until smooth.
- 2 Serve smoothie topped with extra chia seeds and blueberries, if you like.

**PREP TIME** 10 minutes **SERVES** 1



←  
*Our unique blends use the sweetest and purest parts of the stevia leaf.*

## VIBRANT MOCKTAILS

Deliciously refreshing, these colourful drinks are the perfect thing to sip on all season long!

### GINGER & GRAPEFRUIT MOCKTAIL

- » 1 ruby red grapefruit (350g), peeled, quartered
- » 1 teaspoon grated ginger
- » ½ cup coarsely chopped ripe pineapple
- » 1 cup (250ml) coconut water
- » 2 tablespoons Natvia
- » 1 litre (4 cups) soda water

1 Blend grapefruit, ginger, pineapple, coconut water and Natvia in a high-speed blender until smooth.

2 Strain evenly among eight glasses. Top with soda water and stir to combine.

**PREP TIME** 15 minutes **SERVES** 8

### VIRGIN PASSIONFRUIT MOJITO

- » 2 limes, sliced
- » 1 tablespoon Natvia
- » 1 cup ice cubes
- » 8 passionfruit, halved
- » juice of 2 limes
- » 4 sprigs of mint
- » 500ml sparkling mineral water

1 Use one slice of lime to wet the rim of the glasses. Dip rims in 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.

**PREP TIME** 15 minutes **MAKES** 4

### HEALTHY SANGRIA

- » 1 large orange (300g), sliced
- » 150g strawberries, halved
- » 2 apples, sliced
- » ¼ cup raspberries
- » 2 tablespoons lime juice
- » 2 tablespoons Natvia
- » 500ml plain kombucha
- » 3 sprigs of mint
- » ice cubes and lime slices, to serve (optional)

1 Place orange, strawberries and apple in a large jug.

2 Blend raspberries, juice, Natvia and 1 cup (250ml) water in a high-speed blender until smooth. Pour into jug.

3 Stir in kombucha. Top with mint. Serve with ice cubes and lime slices, if you like.

**PREP TIME** 15 minutes **SERVES** 6

**45**  
CALORIES  
SAVED  
\*compared to sugar

**90**  
CALORIES  
SAVED  
\*compared to sugar

**45**  
CALORIES  
SAVED  
\*compared to sugar



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# Afternoon snacks

Delicious treats for when you're feeling peckish! Easy, tasty and with no added sugars, they're sure to make you feel better about snacking. With cookies, slices and muffins to enjoy as soon as you get home, the hardest thing is choosing which to make!



# RASPBERRY TRES LECHES CAKE

*You will need to start this recipe a day ahead.*

- » 400ml can coconut cream, unopened
- » 180g unsalted butter
- » ½ cup (110g) Natvia
- » 1 teaspoon vanilla extract
- » 5 eggs
- » 1½ cups (225g) self-raising flour
- » 1½ teaspoons baking powder
- » ½ cup raspberries (see Sweet Tips)
- » 1 cup (250ml) buttermilk
- » 1 cup (250ml) milk
- » 1 cup (250ml) almond milk
- » 2 tablespoons Natvia, extra
- » 150g raspberries, extra, and edible flowers, to decorate (optional)

1 Chill coconut cream can overnight in the refrigerator, so the cream separates and sets on top.

2 Preheat oven to 180°C. Grease and line a 20cm square cake pan.

3 Beat butter, Natvia and vanilla in a bowl with an electric mixer until light and creamy. Beat in eggs, one at a time. Beat in sifted flour and baking powder in two batches. Gently fold in raspberries.

4 Pour mixture into prepared pan. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Cool cake in pan.

5 Using a skewer, poke holes evenly in cooled cake. Combine milks and pour over cake. Cover and refrigerate for 4 hours or overnight.

6 Blend extra Natvia in a spice grinder until the consistency of icing sugar.

7 Without shaking or tipping the coconut cream can, carefully spoon out thick cream on top. Discard liquid. Beat cream and powdered Natvia in a bowl with an electric mixer until combined. Smooth over cake and top with extra raspberries and edible flowers, if you like.

**PREP + COOK TIME** 45 minutes  
(+ cooling & refrigeration)

**SERVES** 12

## Sweet Tips

Try swapping raspberries for strawberries.

Store in the refrigerator for up to 5 days.





**364**  
CALORIES  
SAVED

\*compared to sugar



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# LEMON BUTTER ALMOND SLICE

---

- » ½ cup (110g) Natvia
- » 250g butter, chopped, softened
- » 2 teaspoons vanilla extract
- » ⅓ cup (80g) almond meal
- » 2 cups (300g) plain flour
- » ¾ cup (65g) flaked almonds
- » 1 tablespoon Natvia, extra, to serve (optional)

## LEMON BUTTER

- » 1 teaspoon finely grated lemon rind
- » ⅓ cup (160ml) strained lemon juice
- » ¾ cup (165g) Natvia
- » 250g unsalted butter, chopped
- » 4 eggs, beaten lightly, strained

- 1 Make lemon butter (see right).
- 2 Preheat oven to 200°C. Grease a 26cm x 32cm swiss roll pan. Line base and long sides with baking paper, extending paper 5cm over sides.
- 3 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 4 Beat butter, vanilla and powdered Natvia in a small bowl with an electric mixer until light and fluffy. Transfer to a large bowl. Add almond meal and sifted flour. Using clean hands, mix well.
- 5 Press two-thirds of the pastry evenly over base of pan. Wrap remaining pastry in plastic wrap and refrigerate.
- 6 Bake base for 12 minutes or until browned lightly. Cool for 10 minutes.
- 7 Spread lemon butter over base. Crumble remaining pastry over lemon butter and top with flaked almonds.

- 8 Bake slice for 25 minutes or until lightly browned. Cool in pan. Refrigerate until cold.
- 9 Remove from pan and cut into 16 pieces. Blend extra Natvia in a spice grinder until the consistency of icing sugar. Dust slice with extra sifted powdered Natvia before serving, if you like.

**lemon butter** Combine ingredients in a heavy-based saucepan and stir over very low heat for 10 minutes or until thickened (do not allow to boil or the mixture will curdle). Pour mixture into a heatproof bowl and cover surface with plastic wrap. Refrigerate for several hours or overnight until thickened and cold.

**PREP + COOK TIME** 1 hour (+ cooling & refrigeration) **MAKES** 16

## Sweet Tips

Refrigerate slice for at least 2 hours before cutting into pieces.

Slice can be made 4 days ahead. Store in an airtight container in the refrigerator.



←  
Natvia has  
**ZERO** carbs!

# TIRAMISU CUPS

- » ½ cup (110g) Natvia
- » 2 cups (300g) self-raising flour
- » 1 cup (250ml) milk
- » 75g unsalted butter, melted
- » 2 tablespoons instant coffee
- » 1½ cups (375ml) hot water
- » 150g mascarpone
- » 1 cup (250ml) thickened cream
- » 2 tablespoons Natvia, extra
- » 200g strawberries, sliced
- » ¼ cup (25g) cacao powder
- » cacao nibs and edible flowers, to decorate (optional)

1 Preheat oven to 180°C. Grease and line a 15cm x 20cm cake pan.

2 Whisk Natvia, flour, milk and butter in a large mixing bowl. Pour mixture into lined pan. Bake for 15 minutes or until a skewer inserted into the centre comes out clean. Stand cake in pan for 10 minutes before transferring to a wire rack to cool completely.

3 Meanwhile, combine coffee with the water in a heatproof jug. Set aside.

4 Beat mascarpone, cream and extra Natvia in a small bowl with an electric mixer until soft peaks form.

5 Crumble cooled cake into small pieces. Divide half the crumbled cake among eight 1-cup (250ml) jars, pressing cake down to create a flat base.

6 Pour half the coffee over cake bases. Top each cake layer with slices of strawberry. Spoon half the mascarpone mixture on top of strawberries and smooth top. Add remaining cake, pressing down to create a flat layer. Pour remaining coffee over cake. Top with remaining mascarpone mixture and smooth top.

7 Cover and refrigerate for at least 1 hour or overnight. Before serving, dust with sifted cacao powder. Top with any remaining strawberries, cacao nibs and edible flowers, if you like.

**PREP + COOK TIME** 25 minutes  
(+ refrigeration)

**SERVES** 8

*Sweet Tips*

Store in the refrigerator.

Best eaten within 3 days.

Tiramisu cups can be made a day ahead and stored overnight in the refrigerator. Dust with cacao powder and top with strawberries, cacao nibs and flowers (if using) just before serving.

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CALORIES  
SAVED

\*compared to sugar





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# LAMINGTON POPS

---

- » 300ml pouring cream
- » 2 cups (500ml) milk
- » 1 vanilla bean, split lengthways, seeds scraped
- » ½ cup (110g) Natvia
- » 4 egg yolks
- » 1½ teaspoons vanilla extract
- » 1 tablespoon Natvia, extra
- » 125g fresh raspberries
- » 1 teaspoon lemon juice
- » 90g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » 25g cocoa butter, chopped (see Sweet Tips)
- » ½ teaspoon vanilla extract, extra
- » ¼ cup (20g) shredded coconut

1 To make custard, stir cream, milk, vanilla bean and seeds in a saucepan over medium heat until almost boiling. Whisk Natvia, egg yolks and 1 teaspoon of the vanilla in a heatproof bowl for 3 minutes or until thick and creamy. Transfer hot cream mixture to a large heatproof jug. Whisking continuously, gradually add hot cream mixture to egg-yolk mixture until combined. Return mixture to clean pan and stir over low heat, without boiling, for 10 minutes or until mixture thickens slightly and coats the back of a wooden spoon. Pour into a large bowl placed over a large bowl of iced water. Stir occasionally for 45 minutes or until cool. Refrigerate for 1 hour or until cold. Remove and discard vanilla bean (or rinse and save for another use).

2 Meanwhile, blend extra Natvia in a spice grinder until the consistency of

icing sugar. Combine raspberries, powdered Natvia and juice in a small bowl and crush coarsely with a fork.

3 Pour custard into 10 x ⅓-cup (80ml) popsicle moulds, layering with small amounts of the raspberry mixture. Freeze for 1 hour or until starting to set. Insert sticks and freeze pops for 8 hours or overnight until set.

4 Dip moulds in a bowl of room-temperature water and pull sticks quickly to remove pops from moulds. Transfer pops to a baking-paper-lined tray. Return to freezer for 2 hours or until very firm.

5 Place chocolate, cocoa butter and extra vanilla in a small heatproof bowl over a small saucepan of simmering water (don't let water touch base of bowl) and stir until melted and smooth. Cool for 5 minutes. Transfer to a small jug or jar.

6 Dip tips of pops, one at a time, in chocolate mixture. Gently shake off excess chocolate. Return to lined tray. Sprinkle coconut over chocolate. Freeze for 30 minutes or until chocolate is set.

**PREP + COOK TIME** 1 hour 30 minutes  
(+ refrigeration & freezing) **MAKES** 10

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Cocoa butter is sold in solid blocks at health-food stores.

# GLUTEN-FREE CINNAMON SPONGE WITH RASPBERRIES & LAVENDER

- » 6 eggs
- » 3 teaspoons vanilla extract
- » ½ cup (110g) Natvia
- » ½ cup (115g) coconut oil, melted
- » 1½ cups (180g) almond meal
- » ¾ cup (100g) gluten-free plain flour
- » 3 teaspoons ground cinnamon
- » 1 teaspoon gluten-free baking powder
- » ¾ teaspoon bicarbonate of soda (baking soda)
- » 1½ cups (375ml) thickened cream
- » ½ cup (160g) raspberry jam
- » 250g raspberries
- » 6 fresh lavender flowers, to decorate (optional)

## LAVENDER SUGAR

- » ½ cup (110g) Natvia
- » 1 teaspoon dried lavender (see Sweet Tips)

- 1 Make lavender sugar (see right).
- 2 Preheat oven to 180°C. Grease two 20cm round cake pans and line bases with baking paper.
- 3 Beat eggs, vanilla and Natvia in a small bowl with an electric mixer for 10 minutes or until thick and creamy. Gradually add coconut oil and beat for a further 3 minutes or until combined.
- 4 Transfer mixture to a large bowl. Gently fold in almond meal, sifted flour, cinnamon, baking powder and soda. Spoon mixture evenly between pans.

5 Bake cakes for 30 minutes, rotating pans on shelves halfway through cooking, or until cakes spring back when lightly pressed with a finger. Turn out cakes immediately onto wire racks to cool.

6 Meanwhile, whisk cream in a small bowl with an electric mixer until soft peaks form. Place one cake on a plate. Spread with jam, then half the cream. Top with second cake and spread with remaining cream. Decorate with three-quarters of the raspberries and sprinkle with lavender sugar. Serve cake with remaining raspberries and decorate with lavender flowers, if you like.

**lavender sugar** Place Natvia and dried lavender in a jar. Stand for at least 4 hours or overnight to infuse.

**PREP + COOK TIME** 1 hour (+ standing)

**SERVES** 6

## Sweet Tips

Dried lavender is available from selected delis and spice shops. The lavender sugar can be made up to 6 weeks ahead.

Sponge is best made on the day of serving. Store any leftover cake in the refrigerator for up to 2 days.







**364**  
CALORIES  
SAVED

\*compared to sugar



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# ORANGE & ALMOND BISCOTTI

---

- » 1 egg
- » 1 teaspoon vanilla bean paste
- » finely grated rind of 1 orange
- » ½ cup (110g) Natvia
- » ¼ cup (30g) almond meal
- » ½ cup (75g) plain flour
- » ½ teaspoon baking powder
- » ¼ cup roasted almonds, chopped coarsely

1 Preheat oven to 180°C. Line an oven tray with baking paper.

2 Whisk egg, vanilla and rind in a small bowl. Stir in Natvia.

3 Stir in almond meal, sifted flour and baking powder, then stir in almonds until just combined.

4 Form into a log and place on lined tray. Bake for 30 minutes. Cool on tray.

5 Reduce oven to 120°C.

6 Using a sharp knife, slice log on chopping board into 18 slices. Return slices to lined tray. Bake for a further 20 minutes or until edges begin to brown and a slice can be pushed gently without breaking. Transfer to a wire rack. Cool completely before serving.

**PREP + COOK TIME** 1 hour 5 minutes  
(+ cooling) **SERVES** 18

## Sweet Tip

Serve biscotti with coffee or tea for dipping.



←  
*ZERO nasty chemicals and  
ZERO bitter aftertaste!*

# ALMOND BERRY CAKES

- » 185g (6oz) butter, softened
- » 2 teaspoons vanilla extract
- » ½ cup (110g) Natvia
- » 3 eggs
- » ½ cup (60g) almond meal
- » 1 cup (150g) self-raising flour
- » ½ cup (75g) plain flour
- » ½ cup (125ml) milk
- » 1 cup (150g) frozen raspberries
- » ½ cup (25g) flaked almonds
- » ½ tablespoon Natvia, extra

1 Preheat oven to 180°C. Line eight of the holes from two 6-hole (¾-cup/180ml) Texas muffin pans with paper cases.

2 Beat butter, vanilla and Natvia in a small bowl with an electric mixer until light and fluffy. Beat in eggs, one at a time. Fold in almond meal, combined sifted flours and milk, in two batches. Gently fold in half the raspberries.

3 Divide mixture among paper cases.

Top with remaining raspberries, then flaked almonds and extra Natvia.

4 Bake cakes for 40 minutes or until a skewer inserted into the centre comes out clean. Stand cakes in pans for 2 minutes before transferring to a wire rack to cool.

**PREP + COOK TIME** 1 hour (+ cooling)

**MAKES** 8

## Sweet Tips

Cakes can be made 3 days ahead. Store in an airtight container at room temperature.

Not suitable to refrigerate.



Swap sugar for Natvia and cut the calories from your favourite treats!





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CALORIES  
SAVED  
\*compared to sugar

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# BUTTER CAKE WITH RICOTTA CREAM

---

- » ½ cup (110g) Natvia
- » 185g unsalted butter
- » 1 teaspoon vanilla bean paste
- » 1 tablespoon extra light olive oil
- » 4 eggs
- » 1½ cups (225g) self-raising cake flour
- » pinch of salt
- » 2 tablespoons boiling water
- » 1 mango, sliced thinly
- » 6 passionfruit, halved (see Sweet Tips)
- » edible flowers, to decorate (optional)

## RICOTTA CREAM

- » 100g ricotta
- » ½ cup (125ml) thickened cream
- » 1 tablespoon lemon juice
- » 1 tablespoon Natvia

- 1 Preheat oven to 180°C. Grease and line a 20cm round cake pan.
- 2 Blend Natvia in a high-speed blender until the consistency of icing sugar.
- 3 Beat butter, powdered Natvia and vanilla in a large bowl with an electric mixer until light and creamy. Beat in oil. Beat in eggs, one at a time, until just combined.
- 4 Stir in sifted flour and salt. Fold in the boiling water.

5 Pour mixture into prepared pan. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Stand cake in pan for 10 minutes before transferring to a wire rack to cool.

6 Meanwhile, make ricotta cream (see below).

7 Top cake with ricotta cream, mango slices and passionfruit pulp. Decorate with edible flowers, if you like.

**ricotta cream** Whisk ingredients in a large bowl with an electric mixer until soft peaks form.

**PREP + COOK TIME** 45 minutes  
(+ cooling) **SERVES** 10

## Sweet Tips

You can swap the passionfruit for fresh berries, if you like.

Cake is best served within 2 days of baking.

# The sweet success of THE HEALTHY MUMMY

Saying goodbye to the sweet stuff is no easy task...

Battling sugar cravings can leave us feeling more tired than sugar highs and lows. But it is possible to please your sweet tooth and live more healthily, lose weight and feel fab. How? By learning how to limit the sugars you consume in both food and drinks. But don't listen to us - here are some real mums who are kicking their sugar habits!

## NO NEED TO TOSS THE TREATS

Sam Geeves tried to cut out sugar on many occasions, but couldn't go cold turkey because she suffered from withdrawal symptoms, including horrendous headaches. The Healthy Mummy helped her realise she didn't have to miss out on treats; she just needed to find healthy alternatives, and cook nutritious meals that didn't leave her feeling hungry, or dealing with sugar

cravings. By living a healthier lifestyle that includes exercise, Sam is stoked to be 20 kilos lighter - while still eating treats, but dramatically reducing sugar and calories.

## SAY GOODBYE TO MOOD SWINGS

Before Tegan Liston lost 25 kilos, sugar was her undoing...

"I'd often skip breakfast and end up eating sugary snacks to boost my energy. I'd get huge crashes," she says, "so after I eventually ate lunch, I'd need a quick pick-me-up. I would drink up to four cans of sugary drinks a day, and eat chocolate and whole bags of lollies, and dessert, too. For me, it wasn't whether it was good for me or not - it was a vicious cycle of feeling tired, then needing a sugar high before a crash."

## Amazing TRANSFORMATIONS



Before

After

Before

After

Before

After

SAM GEEVES

TEGAN LISTON

HAYLEY CAMPBELL



CHECK OUT SOME OF THE DELICIOUS SNACK RECIPES FROM  
THE HEALTHY MUMMY'S 28-DAY WEIGHT LOSS CHALLENGE. THEY HAVE  
NO REFINED SUGAR, SO CAN HELP YOU LEARN TO CONTROL CRAVINGS!

Tegan lost 25 kilos in five months with The Healthy Mummy, and has maintained her amazing loss!

### KEEP AN EYE ON CAFFEINE

If you drink too much coffee - especially if it contains added sugar - it can contribute to weight gain and your chances of developing diabetes.

Hayley Campbell has lost 46 kilos. Before she did, she would drink a litre of iced coffee every day. She never thought she could be fit and healthy.

"Being overweight meant the pain was crippling when I exercised, so it was a vicious cycle - I stopped exercising, and the weight gain increased. An active and healthy lifestyle seemed unreachable. I was so anxious all the time, I felt everyone looked at me in disgust when I entered a room."

Hayley came across The Healthy Mummy on a Facebook ad. "I've cut out iced coffee and now I just drink water or The Healthy Mummy smoothies. I feel less anxious and happier. There's a spring in my step and a smile on my face because I'm the best I've ever been."

### GOODBYE REFINED SUGAR, NOT SWEETS!

It can be simple to make the move to a healthier, happier lifestyle with less refined sugar. The Healthy Mummy has more than 4500 family- and budget-friendly recipes, from breakfast to dinner, and savoury and sweet snacks. Be part of our supportive community and join tens of thousands of other mums in our Healthy Mummy Private Support Group on Facebook.

Find out more at [www.healthymummy.com](http://www.healthymummy.com)

## Chocolate mousse



- » ½ ripe avocado (125g), chopped coarsely
- » ¼ teaspoon vanilla extract
- » ¼ teaspoon cinnamon
- » 1 teaspoon Natvia
- » 1½ tablespoons cacao powder
- » 20g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tip)

- 1 Blend avocado, vanilla and cinnamon in a high-speed blender until smooth.
- 2 Stir Natvia, cacao and chocolate in a small saucepan over medium heat until chocolate is melted. Remove from heat. Cool for 5 minutes.
- 3 Add chocolate mixture to avocado mixture in blender. Pulse until combined. Serve immediately.

PREP + COOK TIME 15 minutes SERVES 1

## Sweet Tip

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

For BONUS exclusive recipes, please go to [www.healthymummy.com/exclusive-recipes](http://www.healthymummy.com/exclusive-recipes)

# RICOTTA ORANGE POPPYSEED CAKE

- » ½ cup (80ml) milk
- » 2 tablespoons poppy seeds
- » 125g ricotta
- » ½ cup (110g) Natvia
- » finely grated rind of 1 orange
- » 2 eggs
- » ¼ cup (60ml) orange juice
- » 2 cups (300g) self-raising flour
- » dried orange slices and edible flowers, to decorate (optional)

## YOGHURT ICING

- » ¼ cup (70g) Greek-style yoghurt
- » 1 tablespoon Natvia
- » finely grated rind of 1 orange

1 Preheat oven to 160°C. Grease a 22cm bundt pan and dust with flour, shaking out excess.

2 Combine milk and poppy seeds in a small bowl. Set aside

3 Beat ricotta, Natvia and rind in a bowl with an electric mixer until combined. Beat in eggs, one at a time. Beat in poppy seed mixture. Beat in juice and flour in two batches until combined.

4 Pour into pan. Bake for 25 minutes or until a skewer inserted into the centre comes out clean. Stand cake in pan for 10 minutes before transferring, top side down, to a wire rack over an oven tray to cool.

5 Meanwhile, make yoghurt icing (see below).

6 Drizzle cake with yoghurt icing. Decorate with dried orange slices and edible flowers, if you like.

**yoghurt icing** Whisk ingredients together until smooth.

**PREP + COOK TIME** 1 hour (+ cooling)

**SERVES** 10

## Sweet Tips

You can swap the yoghurt icing for a cream-cheese icing, if you like.

Cake is best made on the day of serving.

Store in an airtight container.



←  
Tooth-friendly  
and ZERO GI!

**364**  
CALORIES  
SAVED

\*compared to sugar





sweet life

kid's treats

beverages

afternoon snacks



---

# RICH CHOCOLATE ALMOND SLICE

---

- » 150g dark (sugar-free) chocolate, chopped coarsely (see Sweet Tips)
- » 1 teaspoon vanilla extract
- » ½ cup (75g) Natvia
- » 3 eggs, separated
- » 1 cup (120g) almond meal
- » 2 tablespoons plain flour
- » ¼ cup (55g) Natvia, extra
- » 200g dark (sugar-free) chocolate, extra, chopped coarsely
- » 125g butter, chopped
- » 2 teaspoons vanilla extract, extra
- » cacao powder, to serve (optional)

1 Preheat oven to 180°C.

2 Grease a 20cm x 30cm slice pan. Line base and long sides with baking paper, extending the paper 5cm over the edges.

3 To make base, stir chocolate in a small heatproof bowl over a small saucepan of simmering water (don't let water touch base of bowl) until melted and smooth. Stir in half the vanilla. Spread chocolate mixture over the base of the pan. Refrigerate for 10 minutes or until set.

4 To make filling, blend Natvia in a high-speed blender until the consistency of icing sugar. Beat egg whites in a small bowl with an electric mixer until soft peaks form. Gradually add powdered Natvia, beating until dissolved between additions. Beat in the remaining vanilla. Fold in almond meal and flour. Spread mixture over chocolate base.

5 Bake for 20 minutes or until firm. Cool for 20 minutes.

6 To make topping, blend extra Natvia in a high-speed blender until the consistency of icing sugar. Stir extra chocolate in a small heatproof bowl over a small saucepan of simmering water (don't let water touch base of bowl) until melted and smooth. Beat butter, powdered Natvia, egg yolks and extra vanilla in a small bowl with an electric mixer until Natvia dissolves. Add chocolate and stir until smooth. Spread over slice.

7 Bake for 15 minutes or until set. Cool. Refrigerate until firm.

8 Before serving, dust with cacao powder, if you like. Cut into 24 squares.

**PREP + COOK TIME** 1 hour

(+ refrigeration & cooling) **MAKES** 24

## Sweet Tips

We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.

Slice can be made 3 days ahead. Store in an airtight container in the refrigerator.

# MILKY TEA COOKIE SANDWICHES

- » 2¼ cups (200g) traditional rolled oats
- » ½ cup (40g) desiccated coconut
- » ½ cup (40g) coarsely chopped pecans
- » ¼ cup (55g) Natvia
- » 1½ teaspoons ground ginger
- » ½ cup (115g) coconut oil, melted
- » 1 tablespoon almond spread
- » ½ teaspoon sea salt flakes

## MILKY TEA CREAM

- » 4 English Breakfast tea bags
- » 1 cup (150g) raw cashews
- » 2 cups (500ml) boiling water
- » 1 tablespoon Natvia

1 Preheat oven to 180°C. Grease two large oven trays and line with baking paper.

2 Make milky tea cream (see right).

3 Process oats, coconut, pecans, Natvia, ginger, coconut oil, almond spread and salt for 45 seconds or until thoroughly combined and mixture starts to come together. Working in two batches, roll out mixture between two sheets of baking paper until 5mm thick. (The mixture will be moist and sticky but will dry during cooking. If it's too moist to roll out, chill in freezer for 15 minutes or until firm.) Using a 5cm round cutter, cut out 40 rounds, re-rolling as necessary. Using a palette knife, carefully transfer cookies to trays, 1cm apart.

4 Bake cookies for 15 minutes or until lightly browned and a cookie can be pushed gently without breaking. Stand on trays for 10 minutes before transferring to a wire rack to cool.

5 Pipe approximately 2 teaspoons of milky tea cream onto half of the cooled cookies. Sandwich with remaining cookies.

**milky tea cream** Place 3 of the tea bags and cashews in a medium bowl. Cover with the boiling water. Stand for 20 minutes. Strain over a bowl. Reserve ½ cup (80ml) of the tea liquid. Discard soaked tea bags. Open remaining tea bag and measure ½ teaspoon tea leaves. Discard remainder. In a small food processor, blend tea leaves, soaked cashews, ¼ cup (60ml) reserved tea liquid and Natvia until a smooth icing consistency. If too thick, blend with remaining 1 tablespoon reserved tea liquid. Spoon mixture into a piping bag fitted with a 1cm straight nozzle. Refrigerate for 1 hour.

**PREP + COOK TIME** 50 minutes  
(+ standing, cooling & refrigeration)

**MAKES** 20

## Sweet Tip

Store filled cookies in an airtight container in the refrigerator for up to 1 week.





**182**  
CALORIES  
SAVED  
\*compared to sugar



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# TAHINI PISTACHIO COOKIES

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- » 1 tablespoon linseed meal
- » 180g unsalted butter (see Sweet Tips)
- » ¼ cup (55g) Natvia
- » ½ cup unhulled tahini
- » 1½ cups plain wholemeal flour
- » ½ teaspoon baking powder
- » pinch of salt
- » 2 tablespoons coarsely chopped pistachios (see Sweet Tips)

- 1 Preheat oven to 180°C. Line an oven tray with baking paper.
- 2 Combine linseed with ¼ cup (60ml) water. Stand for 10 minutes.
- 3 Beat butter, Natvia and tahini in a large bowl with an electric mixer until pale and creamy. Beat in linseed mixture, flour, baking powder and salt on low speed until combined.
- 4 Roll tablespoonfuls of dough into balls. Dip one side in pistachios. Place, pistachio-side up, on lined tray.
- 5 Bake for 15 minutes or until a cookie can be pushed gently without breaking. Stand on tray for 10 minutes before transferring to a wire rack to cool completely.

**PREP + COOK TIME** 35 minutes  
(+ cooling) **MAKES** 16

## Sweet Tips

Swap the butter with vegan margarine to make this a vegan recipe.

Swap the pistachios for any other type of nut you like.



Perfect for baking and tastes great in your cooking, teas and coffee too!



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Published by Bauer Media

Pty Limited (ACN 053 273 546)

54–58 Park St, Sydney, NSW,

2000; GPO Box 4088, Sydney,

NSW 2001.

© 2019 All Rights Reserved.

Printed in Australia by

PMP Moorebank, 35–37 Heathcote

Road, Morebank.

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# OUR SUGAR-FREE *community*

The Natvia Sugar-Free Community is always active and we love seeing your delicious recipes and hearing about your amazing health journeys. Always inspiring and a big source of motivation, this is what you're sharing now!



**@jencclarkefitness**

"It's such an amazing opportunity to help people become more aware of how to reduce their sugar intake! So, don't mind me over here with my **@NatviaNaturalSweetener**"



**@Liiivhall**

"Thursday afternoon making some delicious chocolate coconut fudge. **@NatviaNaturalSweetener** making my meal just that little bit sweeter & healthier"

 **@NatviaNaturalSweetener**



**@keikeicakesyip**

*Vegan vanilla chestnut cake*



**@sarahfitfoodie**

*Protein caramel slice*



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*Good old-fashioned pancakes*

*Tag us in your Sugar Free creations!*

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