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KIDS

TIPS FOR BAKING
With Diabetes

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HOW MUCH SUGAR
YOU ARE ACTUALLY
CONSUMING**

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& COFFEE

+

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inspiration, please visit us at
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All nutrition information has
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Zealand.

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How To Bake With natVia

Sweetness comparison

*Natvia can be almost as twice as sweet as sugar

1 SERVE OF NATVIA = 1 TSP OF SUGAR



SUGAR QTY	SUGAR (G) EQUIVALENT TO	NATVIA (G)	NATVIA QTY
1 tsp	4g	2.64g	2/3 tsp
1 tsp	12g	8g	2 tsp
1/4 tsp	55g	36g	3 tsp
1/3 tsp	75g	50g	1/4 cup
1/2 tsp	115g	76g	1/4 cup + 2 tbsps
2/3 cup	150g	99g	1/2 tsp
3/4 cup	170g	112g	1/2 tsp + 1 tbsps
1 cup	250g	149g	3/4 cup

ICING SUGAR

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

OPTIMUM RISE

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

LIGHT AND FLUFFY

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

MOISTURE CONTENT

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

MERINGUE-BASED DISHES

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

JAMS AND SAUCES

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



HOVER SMARTPHONE CAMERA FOR DELICIOUS MORE NATVIA RECIPES



SUGAR FREE LIVING
FOR THE WHOLE FAMILY
is *easier* WITH **natVia**

Baking *Diabetic*

Tips For Baking *With Diabetes*



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

1. Substitute Butter

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

2. Swap out sugar for Natvia!

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

3. Switch to low fat dairy or dairy alternatives

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

4. Experiment with alternative flours in place of white flour

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

5. Incorporate healthy carbohydrates

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



5,400
CALORIES
SAVED
*COMPARED TO SUGAR

Chocolate Cake

SERVES: 16

PREP: 1 HOUR

Cake

150g Almond Flour (1 ½ cups)

60g Cocoa Powder (½ cup)

2 ¼ tsp Baking Powder

½ tsp Salt

80g Almond Milk ⅓ cup

3 Eggs

60g Natvia (⅓ cup)

1 ½ tsp Vanilla Extract

Frosting

60g Cocoa Powder (½ cup)

225g Cream Cheese

60g Butter (¼ cup)

760g Natvia, blitzed (4 cups)

1 ½ tsp Vanilla Extract

2-4 tbsp Milk of choice

Cake

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

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

Frosting

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

5 Add toppings if desired

Sweet Tips

- To decrease calories, go without the frosting or use less.
- For a double layer cake, simply double the recipe and bake in two 8-inch pans.

Recipe by Amy Lee from

www.amyleeactive.com.

Follow her at @amyleeactive

NUTRITION INFORMATION (PER SERVING)

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



180
CALORIES
SAVED
*COMPARED TO SUGAR

Pear & Thyme Crumble

SERVES: 12

PREP: 15 MINUTES

COOK TIME: 35 MINUTES

INGREDIENTS

6 Medium Pears, cored and diced

2 sprigs thyme

1 tbs Natvia

1 orange, juice squeezed

½ tsp cinnamon

80g coconut oil, melted

⅓ cup coconut flakes

¼ cup hazelnut meal

2 tbs pepitas

½ cup coconut flour, sifted

¼ cup Natvia

Greek yoghurt

Natvia strawberry spread

Preheat the oven to 200°C

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

2 Combine the coconut flakes, hazelnut meal, coconut flour, Natvia

and remaining thyme in a bowl and stir through the coconut oil until combined. Sprinkle over the pear and thyme mixture to cover. Bake for 10-15 minutes until the topping is golden brown.

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
8.7g	4.4g
Fats	Energy (KJ)
19g	1071

SERVES: 12

PREP: 1.5 HOURS

COOK: 20 MINUTES

CHILL: 2 HOURS

INGREDIENTS

Pastry

165g Buckwheat Flour (1 cup + 1 tbsp)

2 ½ tbsp Natvia

Pinch of Salt

90g Unsalted Butter, chopped into cubes

1 Egg Yolk

1 tbsp of Cold Water

Curd Filling

6 Limes, juiced

2 Limes, zest only

2 tbsp Gin

140g Natvia (¾ cup)

4 Eggs

2 Egg Yolks

200g Unsalted Butter, softened and cubed

2 Gelatine leaves

4 Juniper Berries

Lime & Gin Curd Tart

Preheat oven to 170°C fan forced

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

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

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

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

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

6 Once the dough has rested, roll between two sheets of cling film and

line your 23cm tart tin, ensuring the pastry lines the sides. Cut off any excess and place back in the fridge for 30 minutes.

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

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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



270
CALORIES
SAVED

Carrot Cake

SERVES: 16

PREP: 10 MINUTES

COOK TIME: 45 MINUTES

INGREDIENTS

Cake

200g Almond Meal (2 cups)

1 ½ tsp Baking Powder

3 Eggs

2 tsp Vanilla Extract

1 ½ tsp Mixed Spice

185g Apple Puree, unsweetened
(¾ cup)

110g Carrot, grated (1 cup)

40g Desiccated Coconut (½ cup)

55g Pecans, chopped (½ cup)

3 tbsp Natvia

Frosting

250g Cream Cheese

115g Butter, softened

1 tbsp Natvia, blitzed

1 tbsp Vanilla Extract

120g Thickened Cream (½ cup)

Cake

Pre-heat oven to 180°C.

1 Place eggs, apple puree, vanilla and syrup into a large bowl and mix well.

2 Add the almond flour, baking power and mixed spice and

combine. Fold through the carrot, coconut and pecans.

3 Grease and line a 20cm square cake tin. Pour batter in and bake for 45 minutes. Remove from oven and let cool.

Frosting

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

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

NUTRITION INFORMATION (PER SERVING)

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

Recipe by Naomi Sherman

from naomishermanfoodcreative.com

Follow her at

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



288
CALORIES
SAVED
*COMPARED TO SUGAR

Light Cheesecake

SERVES: 12

PREP: 30 MINUTES

COOK: 45 MINUTES

INGREDIENTS

Pastry

8 sheets filo pastry

50g unsalted butter, melted

Cheesecake

500g cottage cheese

125g Greek yoghurt

50g Natvia

Zest of 1 orange

1 tbs lemon juice

2 large eggs

2 tbs coconut flour

½ teaspoon vanilla bean paste

Topping

Natvia Raspberry Spread

Handful of mixed berries

Preheat oven to 180°C.

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

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

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

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

5 Decorate with the Natvia spread and fresh berries.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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

1000
CALORIES
SAVED
*COMPARED TO SUGAR



Peanut Butter and Jelly Cheesecake

SERVES: 16

PREP: 40 MINUTES

COOK: 30 MINUTES

INGREDIENTS

Crust:

150g Almond Flour (1 ½ cups)

40g Cacao Powder (⅓ cup)

50g Natvia (¼ cup)

60g Coconut Oil, or butter (¼ cup)

Cheesecake Filling:

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

300g Yogurt of choice, coconut, almond milk, greek yoghurt all work (1 ¼)

195g Peanut Butter (¾ cup)

2 ½ tsp Vanilla Extract

125g Natvia (⅔ cup)

25g Almond Flour (¼ cup)

Topping :

125g Natvia Strawberry Spread (½ cup)

130g Peanut Butter (½ cup)

Crust

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

Cheesecake Filling

2 Preheat oven to 175°C. Fill any baking pan halfway up with water, and place it on the oven's lower rack.

3 Combine all ingredients except topping in a food processor until just smooth (overbeating can cause

cracking as it bakes).

4 Pour filling on top of crust. Dollop jam and peanut butter on top and swirl a pattern with a skewer if desired. Place on the middle rack (above the rack with the water pan). Bake 30 minutes and do not open the oven at all during this time.

5 Once time is up, still do not open the oven, and turn off the heat and let the cheesecake sit in the oven an additional 5 minutes. Remove from the oven, it will still look underdone. Let cool for 20 minutes, then refrigerate overnight, during which time it will firm up considerably. It is important the cake cools gradually so it does not crack. Store leftovers covered in the refrigerator 3-4 days, or slice and freeze if desired.

Sweet Tips

- To decrease calories, reduce the topping.

Recipe by Amy Lee from

www.amyleeactive.com.

Follow her at @amyleeactive

NUTRITION INFORMATION (PER SERVING)

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

How Much Sugar *You're Actually Consuming?*

It's easy to forget how much sugar we're eating and drinking. Everyday foods like your go-to snacks can contain more than the recommended daily amount in just one serving! The World Health Organisation recommends eating **NO MORE THAN 6.5 TEASPOONS OF ADDED SUGAR PER DAY.**

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

We compared the sugar content of 6 popular food and drinks to see how they stand up against our daily-recommended sugar intake.

Yogurt

YOUR DAILY SUGAR LIMIT INTAKE 6.5 TSP



150g OF LOW-FAT YOGHURT: 22g/4.4 tsp



Pasta Sauce

YOUR DAILY SUGAR LIMIT INTAKE 6.5 TSP



½ CUP OF ITALIAN MARINARA SAUCE: 10G/2 TSP



Bottled Smoothies

YOUR DAILY
SUGAR LIMIT
INTAKE 6.5 TSP



450ML BOTTLED
SMOOTHIE:
54G/10.8 TSP



Instant Oatmeal

YOUR DAILY
SUGAR LIMIT
INTAKE 6.5 TSP



1 PACKET INSTANT
OATMEAL (43G):
12G/2.4 TSP



Breakfast Cereals

YOUR DAILY
SUGAR LIMIT
INTAKE 6.5 TSP



100G OF CEREAL: 55
G/ 11 TSP



Flavoured Coffee Milk

YOUR DAILY
SUGAR LIMIT
INTAKE 6.5 TSP



500ML OF FLAVOURED
COFFEE MILK:
47.6G/9.5 TSP



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Tea Time *Snacks*



Rhubarb Ginger Biscuits

SERVES: 10

PREP: 5 MINUTES

BAKE: 15-17 MINUTES

170g Butter

150g Natvia (¾ cup)

2 Eggs

120g Coconut Flour (1 cup)

1 tsp Gluten Free Baking Powder

¼ tsp Sea Salt

1 ½ cups Rhubarb, diced

60g Shredded Coconut (¾ cup)

Pinch of Ground Ginger

Preheat Oven to 180°(fan-forced)

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

salt and ginger and mix well.

2 Stir in the diced rhubarb and coconut.

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

4 Leave on the tray to cool.

NUTRITION INFORMATION (PER SERVING)

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



Orange Marmalade

SERVES: 15

PREP: 15 MINUTES

COOK: 50 MINUTES

CHILL: 1 HOUR

875ml Orange Juice, freshly squeezed with pulp (3 ½ cups)

2 tbsp of Pectin, dissolved in some of the orange juice

95g Natvia (½ cup)

1 Pink Grapefruit, juiced

1 Lemon, rind only, finely sliced

1 Orange, rind only, finely sliced

60g Lemon Juice (½ cup)

1 In a heavy-based stainless steel pot, bring the Natvia, orange and grapefruit juice to a boil.

2 Whisk in the pectin, ensuring no lumps.

3 Once it comes to a second boil add the lemon and orange rind. Reduce the flame to medium to low heat and cook uncovered for about 30-40minutes, stirring often to prevent burning (the mixture will start to thicken).

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

5 Leave to cool before storing it in glass jars. Makes around 1 ½ cups depending on thickness.

Sweet Tips

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

Recipe by Amy Lee from

www.amyleeactive.com.

Follow her at @amyleeactive

NUTRITION INFORMATION (PER SERVING)

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



Walnut & Orange Cookies

SERVES: 12-14

PREP: 10 MINUTES

COOK TIME: 15 MINUTES

125g unsalted butter, softened

Zest of 1 orange

1 egg yolk

2 tbs Natvia

1 cup plain wholemeal flour

¼ tsp baking powder

**¼ cup walnuts, finely chopped
or blitzed in the food
processor**

**¼ cup Natvia, blitzed in the food
processor**

1 tbs cornflour

Preheat the oven to 180°C

1 Beat butter, Natvia and orange zest until light and creamy.

2 Add the egg yolk and slowly beat until combined.

3 Sift over the flour and baking powder and fold in with the walnuts.

4 Roll into heaped tablespoon sized balls and shape into crescents or semi circles. Place on a baking paper lined cookie tray. Bake for 12-15 minutes.

5 Remove from the oven and stand for 3 minutes. Place on a wire rack until cooled completely.

6 Combine the Natvia and cornflour in a food processor and blitz for 5 minutes until it becomes a powder.

7 Roll the biscuits in the Natvia and serve.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
7.8g	2.7g
Fats	Energy (KJ)
13.8g	697



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- NO SUGAR ADDED
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Pop Tarts

SERVES: 4

PREP: 1 HOUR

COOK: 15 MINUTES

Filling

120g Natvia Strawberry Spread

1 tbsp Chia Seeds

Pop Tart Crust

100g Almond Flour (1 cup)

40g Coconut Flour $\frac{1}{3}$ cup

2 tsp Corn Starch

$\frac{1}{4}$ tsp salt

100g Butter, cold

55g Cream Cheese, cold

1 Egg, lightly beaten

2 tsp Apple Cider Vinegar

1 Egg, beaten, for egg wash shine (optional)

Decoration (optional)

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

1 Add almond flour, coconut flour, corn starch, and salt to food processor and pulse until evenly combined.

2 Add butter and cream cheese and pulse for just a few seconds until crumbly. Add in egg and vinegar and pulse until the dough begins to just come together (but stop before it forms into a ball). Like with any pastry dough, make sure not to

over-process the dough. It should resemble rough breadcrumbs rather than cookie dough.

3 Form dough into a ball and chill in fridge for an hour.

4 Roll out dough until $\frac{1}{2}$ cm thick between baking paper. Cut out 8 rectangles and place a tablespoon of jam on top of 4 of the rectangles. Seal each with a rectangle dough. Press a fork imprint along the border for decoration. Place in the freezer for 15 minutes prior to baking (as it will help to keep its shape better).

5 Brush with egg for a glossy finish (optional, but highly suggested).

6 Bake at 200°C for 12 - 15 minutes until golden brown on top. Remove and let cool for 10 minutes before enjoying!

Recipe by Amy Lee from

www.amyleeactive.com.

Follow her at @amyleeactive

NUTRITION INFORMATION (PER SERVING)

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



360
CALORIES
SAVED
*COMPARED TO SUGAR

Mini Mocha Mousse Tarts

SERVES: 12

PREP: 45 MINUTES

COOK: 25 MINUTES

Pastry

1 cup plain flour, plus extra

¼ cup cacao powder

¼ cup Natvia

100g unsalted butter, chilled and cubed

½ tsp vanilla bean paste

2 tbs thickened cream

Filling

100g sugar free dark chocolate, plus extra

1 egg

1 egg white

¼ cup Natvia

1 shot espresso, cooled

150ml thickened cream

Preheat the oven to 170°C.

1 Combine the flour, cacao, Natvia and butter in a food processor and pulse until it resembles breadcrumbs.

2 Add the vanilla and cream then pulse until it just looks like it will come together. Pour onto the bench top and bring together quickly with your hands.

3 Form into a disk and then wrap tightly in plastic before refrigerating for 1 hour.

4 Make the mousse by melting the dark chocolate in the microwave. Stand to cool. Whisk eggs in a stand mixer for 5 minutes, until thick and creamy. Fold in the Natvia, coffee and the melted cooled chocolate.

5 Whisk the cream until thick and creamy and then fold the chocolate

mixture through until combined and smooth. Cover and refrigerate.

6 Roll out the pastry, sprinkling over a little flour if too sticky and cut into rounds that fit over a ⅓ cup capacity cupcake tray. Place the pastry in the greased and lined cupcake tray, pressing up the edges so that the pastry dough reaches up the sides of the mould. Prick a few holes in the bottom with a skewer or fork. Place in the freezer for 30 minutes.

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

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

Sweet Tips

- Stores well for up to 5 days covered in the refrigerator
- Chocolate is high in antioxidants

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
6g	3.3g
Fats	Energy (KJ)
16g	878

SERVES: 16**PREP:** 1 HOURS**COOK:** 15 MINUTES**INGREDIENTS****Brownie Layer**

1 tbsp Flaxseed, ground

125g water (½ cup)

125g Olive or Coconut oil (½ cup)

90g Yogurt (coconut or almond milk yoghurt) (¼ cup)

1 tsp Vanilla Extract

60g Coconut Flour (½ cup)

40g Cocoa Powder (½ cup)

90g Natvia (½ cup)

¼ tsp Baking Soda

¼ tsp Salt

Cream Layer

900g Silken Tofu

90g Natvia (½ cup)

40g Coconut Oil or vegan butter, melted (¼ cup)

2 tsp Vanilla Extract

Choc Mousse Layer

400ml Coconut Cream, full fat, only scoop out the cream

2-4 tbsp Natvia, blitzed, to taste

3 tbsp Cocoa Powder

¼ tsp Salt

⅔ cup Heavy Whipping Cream, or coconut cream*

1,200
CALORIES
SAVED

*COMPARED TO SUGAR

No Bake Chocolate Lasagna

Brownie Layer

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

Cream Layer

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

Choc Mousse Layer

- 5 Heat up coconut cream and sweetener of choice in a pan until it begins to simmer. Turn off the heat and thoroughly stir in the cocoa and salt. Allow to cool completely (you can do a water bath to speed up the process).
- 6 Smooth on top of the baking dish.

- 7 Finally, top off the choc mousse layer with the other half the cream layer. Top with zero added sugar choc chips or chocolate shavings if desired. Store leftovers in the fridge for up to 4 days. Enjoy!

Sweet Tips

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

Recipe by Amy Lee from

www.amyleeactive.com.

Follow her at @amyleeactive

NUTRITION INFORMATION (PER SERVING)

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

NOW

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#VEGANGOALS

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Quick *Diabetic Bites*



Mocha Mug Cake

SERVES: 4

PREP: 3 MINUTES

MICROWAVE: 1 MINUTE 20 SECONDS

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

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

ramekins or large mugs.

- 4 Microwave for 1 minute 20 seconds and enjoy.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
5.7g	6.4g
Fats	Energy (KJ)
10.3g	658



45
CALORIES
SAVED
*COMPARED TO SUGAR

90
CALORIES
SAVED
*COMPARED TO SUGAR

45
CALORIES
SAVED
*COMPARED TO SUGAR

Vibrant Mocktails

Healthy Sangria

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

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

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

Ginger, Grapefruit Mocktail

SERVES: 8 | **PREP:** 15

1 ruby red grapefruit
1-2 tsp grated ginger
½ cup pineapple chopped

1 cup coconut water
2 tbs Natvia
1 litre soda water
8 sprigs rosemary

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

Virgin Passionfruit Mojito

SERVES: 4 | **PREP:** 15

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

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



190
CALORIES
SAVED
*COMPARED TO SUGAR

Pumpkin Pie Slice

SERVES: 20 SLICES

PREP: 45 MINUTES

COOK: 40 MINUTES

CHILL: 30 MINUTES

Base

160g Almond Meal (1 1/3 cup)

40g Protein Powder (optional)

2 tbsp Flax Meal

1 tbsp Natural Smooth Peanut Butter

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

1 tsp Vanilla Extract

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

10g Natvia (1 heaped tbsp)

Pumpkin layer

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

2 tbsp Nativa

35g Custard Powder

1 heaped tsp Ground Cinnamon

1 tsp Ground Nutmeg

1 Dice pumpkin and cook in boiling water for 30 minutes or until tender.

2 Make base by combining all base ingredients in a bowl and mixing until a dough forms.

3 Press dough into a lined baking tin and freeze whilst making pumpkin layer.

4 Drain boiled pumpkin of excess water and blend with remaining pumpkin layer ingredients until smooth.

5 Transfer pumpkin into a pot and bring to a boil whilst stirring constantly (2-3 minutes). Continue to cook on medium-high heat 2-3 minutes and stirring until mixture thickens.

6 Spread pumpkin over base and allow to cool before freezing for 30min or until firm.

Recipe by Sarah Ky
from @Sarahfitfoodie

NUTRITION INFORMATION (PER SERVING)

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



531
CALORIES
SAVED
*COMPARED TO SUGAR

Matcha Panna Cotta

Tiramisu

SERVES: 8

PREP: 45 MINUTES

CHILL: 1 ½ HOURS

200g shredded desiccated coconut

Ricotta Cream

250g ricotta

1 tbs Natvia

Panna Cotta

2 ½ tsp gelatine

500ml coconut milk

1 tsp vanilla bean paste

3 tsp matcha

80g Natvia

Garnish

Matcha

Toasted chopped nuts

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

5 Empty the saucepan and pour in the coconut, vanilla, matcha and Natvia. Heat over low heat, whisking thoroughly until the Natvia is dissolved. Pour in the gelatine mixture and whisk until combined. Remove from heat and stand to cool for 10 minutes.

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

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

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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

360
CALORIES
SAVED

*COMPARED TO SUGAR



Chocolate Panna Cotta

SERVES: 6

PREP: 20 MINUTES

CHILL: 4 HOURS

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

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

4 Pour the mixture into 6 small ramekins or glasses and chill for 3-4 hours.

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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



750
CALORIES
SAVED
*COMPARED TO SUGAR

Vanilla Lemon Slice

SERVES: 20 SLICES

PREP: 1 HOUR

CHILL: 2 HOURS

Base

130g Almond Meal (1 cup + 2
tbsp)

2 tbsp Flax Meal

2 tbsp Coconut Flour

30g Vegan Protein Powder
(optional)

50g Unsweetened Coconut,
shredded (½ cup)

100g Natvia (½ cup)

120g Coconut Butter* (½ cup +
1 tbsp)

2 tbsp lemon juice

Cream layer

70g Cashews, soaked in hot
water for at least 45 min and
then drained (½ cup)

70g Coconut Cream, chilled,
white part only (¼ cup)

50g Tahini (¼ cup)

2 tbsp Coconut Oil, melted

30g Natvia

1 tsp Vanilla Extract

2 tbsp Lemon Juice

1 Combine all base ingredients
until a dough forms.

2 Press dough into a tin lined with
greaseproof paper and freeze whilst
making cream layer.

3 In a high-speed blender,

blend all cream layer ingredients
until smooth.

4 Spread cream layer over base
and freeze for at least 1 hour or
until solid.

5 Store in an airtight container in
the fridge.

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

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

Sweet Tips

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

Recipe by Sarah Ky
from @Sarahfitfoodie

NUTRITION INFORMATION (PER SERVING)

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

728
CALORIES
SAVED

*COMPARED TO SUGAR



Strawberry, Rosewater & Thyme Sorbet

SERVES: 8

PREP: 15 MINUTES (+ FREEZING)

1 kg strawberries, hulled

1 cup Natvia, blitzed in a food processor until fine

1 tsp rosewater

Juice from ¼ Lemon

2 sprigs thyme, for sprinkling

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

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

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
2.6g	0.5g
Fats	Energy (KJ)
0.1g	73



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