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SUGAR-FREE
FOR KIDS

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SUGAR-FREE
RECIPES FOR
KIDS

HOW TO BAKE YOUR
PERFECT CHOC CHIP
COOKIE

**YUMMY
LUNCHBOX**
Snacks

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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.

MOISTURE CONTENT

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

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.

MERINGUE-BASED DISHES

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

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.

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



Fibre contributes to health and wellness in many ways. It is good for the digestive system by fuelling healthy gut bacteria and can prevent constipation. It aids to provide fullness after meals for longer, improve cholesterol and blood sugar levels. It is linked to a lower risk of obesity, type 2 diabetes and health disease.

For diabetics, eating a diet high in fibre is very beneficial as it can slow the absorption of sugar and help to improve and stabilise blood sugar levels. It also aids in managing weight gain, by keeping you feeling fuller for longer.

When increasing fibre it is important to drink plenty of water. As the dietary fibre travels through the digestive tract it needs water to absorb to enable it to pass smoothly.

TIPS TO INCLUDE MORE FIBRE IN YOUR DIET:

- Switch to wholegrain, wholemeal or mixed grain toast
- Use wholegrain pasta
- Use brown rice or quinoa
- Choose vegetables, fruits and plant-based foods
- Eat whole fruits instead of drinking fruit juice
- Eat beans and lentils daily
- Sprinkle chia seeds on smoothies, cereal and salads

HERE ARE A FEW FOODS THAT ARE NATURALLY HIGH IN FIBRE:

- 1 cup kidney beans (6.5g of fibre)
- 1 cup carrot (6.9g of fibre)
- 1 cup wholemeal pasta (7.9g of fibre)
- 1 large pear with skin (7g of fibre)
- 1 cup fresh raspberries (8g of fibre)
- ½ medium avocado (5g of fibre)
- ½ cup cooked black beans (7.5g of fibre)
- 3 cups air-popped popcorn (3.6g of fibre)
- 1 cup cooked barley (6g of fibre)





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

LUNCHBOX

Snacks



364
CALORIES
SAVED
*COMPARED TO SUGAR

RAW PEANUT BUTTER SLICE

SERVES: 16
PREP: 15 MINUTES
CHILL: 1 HOUR

BASE

2 ½ Cups Almond Meal
1 tbs Cacao Powder
100g Coconut Oil, melted

FILLING

⅓ Cup smooth Peanut Butter
1 Cup raw Cashews, soaked for 1 hour, rinsed and drained
2 tbs Coconut Cream
80g Coconut Oil
½ Cup Natvia
½ Cup roasted Peanuts, roughly chopped

TOPPING

150g Sugar free Dark Chocolate
1 tbs Coconut oil
Sea Salt Flakes Topping
150g Sugar free Dark Chocolate
1 tbs Coconut Oil
Sea Salt Flakes

- 1 Combine the almond meal, cacao powder and coconut oil in a bowl. Stir to combine. Press into a lined 15x20cm brownie tin. Cover and place in the refrigerator.
- 2 Combine the filling ingredients, except the roasted peanuts, in a food processor or high powered

blender. Blitz until smooth. Stir through ¾ of the peanuts. Spoon over the top of the almond meal base and smooth the top. Cover and place in the refrigerator.

- 3 Melt the chocolate in the microwave in 30 second increments, stirring at the end of each 30 seconds. Stir in the coconut oil.
- 4 Pour evenly over the peanut butter filling. Smooth the top.
- 5 Sprinkle with sea salt and the remaining peanuts. Cover and refrigerate for at least 1 hour.
- 6 Using a sharp knife slice into 16 bars. Keep chilled.

Sweet Tips

- Make it vegan by swapping the butter for coconut oil or vegan margarine
- Store in the freezer for a frozen treat

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
3.6g	5.7g
Fats	Energy (KJ)
22.2g	1010



182
CALORIES
SAVED
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HEALTHY CHOCOLATE CRACKLES (WHITE)

SERVES: 12

PREP: 15 MINUTES

CHILL: 30 MINUTES

**3 Cups puffed brown rice / or
plain puffed rice**

¼ Cup sunflower seeds

1 Cup desiccated coconut

¼ Cup Natvia

½ Cup coconut oil, melted + 1 tbs

**½ Cup almond butter/sunflower
seed butter**

250g Sugar free chocolate

1 Combine the puffed rice, sunflower seeds, desiccated coconut and Natvia in a mixing bowl.

2 Combine the ½ cup of coconut oil and almond butter. Add to the rice mixture and stir to combine.

3 Melt 200g of the chocolate in the microwave in 30-second intervals, stirring between each 30 seconds. Once the chocolate is melted, stir in the coconut oil.

4 Line a 12x muffin tray with patty pans. Divide the melted chocolate between the patty pans. Add the puffed rice mixture to the patty pans, pressing down to pack the

mixture in.

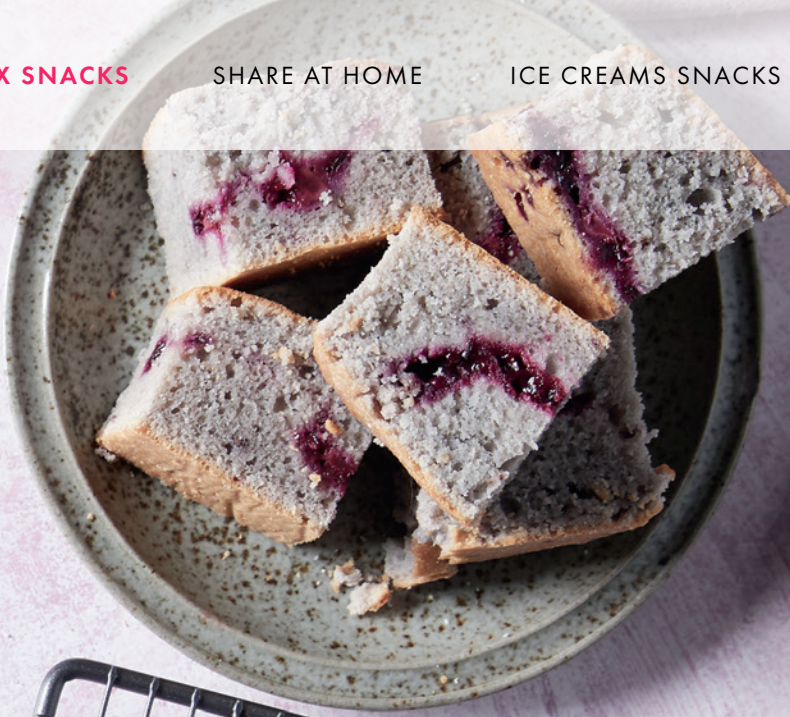
5 Melt the remaining chocolate and drizzle over the top of the uncovered puffed rice. Refrigerate for at least 30 minutes before serving.

Sweet Tips

- High in healthy monounsaturated fats
- Cacao is high in antioxidants
- Use sugar free chocolate
- Swap the almond butter for sunflower seed butter found in the health food section of your supermarket
- Choose a sugar free almond butter
- Store in a lunchbox with an ice pack or cold drink bottle

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
8.3g	2.7g
Fats	Energy (KJ)
21g	966



720
CALORIES
SAVED
*COMPARED TO SUGAR

BLACKBERRY LAMINGTONS

SERVES: 16

PREP: 25 MINUTES

COOK: 15 MINUTES

CAKE

125g Unsalted butter, softened

1 Cup Natvia

3 Eggs

¼ Cup blackberries, pureed

½ Cup blackberries

1 Cup self raising flour

1 Cup plain flour

½ Cup milk

CHOCOLATE ICING

1 Cup cacao powder

1 tbs Natvia

30g Butter, melted

1 Cup boiling water

1 Cup desiccated coconut

Preheat oven to 180°C fan forced

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

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

3 Spoon half the mixture into a greased and lined 15x20cm tin. Evenly scatter over the blackberries.

Cover with the remaining batter and smooth the top.

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

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

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

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

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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



243
CALORIES
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RASPBERRY & GINGER COCONUT BARS

SERVES: 16

PREP: 25 MINUTES

CHILL: 30 MINUTES

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

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

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

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

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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

290

**CALORIES
SAVED**

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CHOCOLATE CRACKLES (BROWN)

SERVES: 9

PREP: 10 MINUTES

CHILL: 30 MINUTES

80g Gluten Free Puffed Rice (2 cups)

80g Desiccated Coconut (1 cup)

120g Coconut Oil

50g Natvia (1/4 cup)

40g Cacao (1/3 cup)

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

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

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

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

NUTRITION INFORMATION (PER SERVING)

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



540

CALORIES
SAVED

*COMPARED TO SUGAR

PEANUT BUTTER, WALNUT & CHOC COOKIES

SERVES: 12

PREP: 10 MINUTES

CHILL: 12 MINUTES

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

Preheat the oven to 160°C

- 1** Combine the flour, baking powder and salt.
- 2** In a separate bowl beat together the peanut butter, butter and Natvia.
- 3** Beat in the egg until combined.
- 4** Using a spatula fold the flour into the peanut butter mixture until combined. Fold in ¾ of the walnuts until combined.
- 5** Line a baking tray with baking paper. Roll tablespoon sized balls and place onto the baking tray. Press down firmly with your middle

three fingers to flatten the cookies.

- 6** Bake in the oven for 10-12 minutes, until the edges begin to become golden.
- 7** Bake in the oven for 10-12 minutes, until the edges begin to become golden.
- 8** Dip the cooled cookies in melted chocolate and sprinkle with the remaining nuts. Set aside on a piece of baking paper to set.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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

HOW TO BAKE YOUR *Perfect* CHOC CHIP COOKIE



We can all agree that chocolate chip cookies are one of the best treats ever created. It's no surprise then that choc chip cookies are a guaranteed crowd-pleaser. They're golden, mouthwatering, and above all delicious, they're perfect in every way.

Everyone has their favourite variation on the choc chip cookie whether it's more gooey than cakey, more chewy than crisp, more thick than thin, or more moist than crumbly. There are so many ways to make a choc chip cookie uniquely yours and this guide will show you how!

THE BASICS

All good choc chip cookies begin with five core ingredients - a sweetener, flour, fat, eggs (or vegan equivalent), and a leavener. From this, you can add delicious extras to take your choc chip cookie to the next level! (Macadamia nuts anyone?)

SWEETENER

Sweetening cookies is what makes them so delicious. When working with Natvia it's extra important to beat or cream your initial sweetener + fat mixture really well.

FLOUR

The type of flour you use will provide the bulk of the structure in your cookie. The two biggest things to consider are the amount of flour you use and the protein level of your flour, this will be the difference between a soft, delicate cookie and a deliciously chewy cookie.

Bread flour has a higher protein content than all-purpose flour resulting in a chewier



cookie whereas using a lower protein cake flour will leave you with a softer cookie.

Additionally, adding extra flour will result in cookies that don't spread too much with centres that remain gooey in the middle. Yum! The choice is yours!

FAT

Although butter and margarine are what you'll see used in most recipes, there are also other fat alternatives, like coconut oil, that are perfect for baking. The main role of fat in a cookie is to add flavour and control shape. The more fat you add to your recipe the more your cookies will spread. Add a little more fat for thin, crisper cookies.

If you want your cookies to more closely remain in their unbaked shape you can use less butter or use shortening instead.

EGGS (OR VEGAN EQUIVALENT)

Eggs are a binding agent and add moisture and water to your cookie. These will evaporate and in doing so will impact the rise of your cookies. If you like fluffier cookies, add more egg whites. Love fudgey cookies? Add more egg yolks.



LEAVENER

Ensuring your cookies perk up, a leavener is added. Popular leaveners include baking soda and baking powder. Baking powder is a combination of baking soda and cream of tartar and will result in cookies that will be lighter in colour and a more fluffy.

TIME TO BUILD YOUR COOKIE

Now that you know how each element contributes to the finished flavour, texture, and size, you can now adjust any cookie recipe to make it just the way you like. Save the below hacks and never be disappointed by another cookie again!



Prefer chewier cookies?

Use a high protein flour and consider an extra egg yolk.

Prefer thinner cookies?

Use plain-flour and add some extra fat your mix.

Prefer crispier cookies?

Use more fat and swap in egg yolks for whole eggs to avoid fluffy cookies.

Prefer fluffier cookies?

Use a low protein flour and add an extra egg yolk. Use baking powder.

376

CALORIES
SAVED

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BLUEBERRY CHEESECAKE SLICE

SERVES: 12

PREP: 10 MINUTES

CHILL: 4 HOURS

1 x Sheet puff pastry, trimmed
350g Cream cheese
200g Ricotta
1 tsp Vanilla bean paste
1 tbs Lemon juice
¼ Cup Natvia, blitzed in a food processor until fine
1 Cup blueberries, pureed

Preheat oven to 210°C

1 Place the pastry in the oven and bake for 8-10 minutes. Carefully remove and place brown side up, in a greased and lined brownie tin. Press down to flatten.

2 Beat the cream cheese, ricotta, vanilla, lemon juice and half of the Natvia until light and smooth. Halve mixture and spread one half

over the pastry. Stir the pureed blueberries through other half mixture and repeat. Smooth the top.

3 Cover and place in the refrigerator for 4 hours or overnight.

4 With a sharp knife, slice into 12 pieces.

Sweet Tips

- Keep chilled.
- Swap the puff pastry for filo pastry for a lighter version.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
5.9g	4.4g
Fats	Energy (KJ)
12g	658



SHARE
at home

240
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CHOCOLATE RICOTTA PANCAKES

SERVES: 2-3 (SERVES)
PREP: 35 MINUTES
COOK TIME: 10 MINUTES
MAKES: 6 PANCAKES

PANCAKES

2 Eggs
40g Smooth ricotta
20g Coconut flour
60g Tapioca flour
1 tsp Baking powder
30g Cacao powder
60ml Milk
4 tbs Natvia
Extra virgin olive oil, for greasing

CHOCOLATE SAUCE

20ml Coconut oil
1-2 tbs Cacao powder
1 tsp Natvia
Berries, for garnishing
Fresh mint, for garnishing

- 1 Whisk together the eggs, ricotta, flours, baking powder, cacao powder, milk and Natvia until smooth.
- 2 Heat a non-stick frying pan to medium high and grease with a little

olive oil. Fry about 1/4 cup batter until bubbles start to dot the surface and then gently flip and cook on the other side for about 30 seconds. Continue with the remaining batter.

- 3 Mix together the melted coconut oil, cacao and Natvia. Drizzle over the top to serve.

Sweet Tips

- Cacao is high in magnesium which is important for nerve function and immune health.
- Choose a good quality extra virgin olive oil for cooking, olive oil is high in fatty acids linked to good health and wellbeing.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
140g	13.6g	7.5g
Fats	Energy (KJ)	Calories
19.5g	1250	294



115
CALORIES
SAVED
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CHOCOLATE SAUCE EASY DONUTS

SERVES: 16-18 (35G - 40G
BATTER)

PREP: 1 HOUR

COOK TIME: 25 MINUTES

INGREDIENTS

Donuts

40g Unsalted butter

150g Self raising flour

1 Teaspoon vanilla extract

20g Natvia

3 Eggs

2lt Canola oil

CHOCOLATE SAUCE

100g Sugar free dark chocolate

150ml Thickened cream

Sea salt flakes

Natvia, for sprinkling

- 1** Melt the butter in a saucepan over medium-low heat with 250ml of water. Bring to boil and then remove from heat.
- 2** Sift in the flour and vanilla, put back on-heat and whisk until it starts to clump together into a ball. Add the Natvia and whisk until combined. Remove from heat and once it has cooled, whisk in the eggs, one at a time making sure each is incorporated before adding the next.
- 3** Heat the oil in a very large heavy-

based saucepan to between 190-200C. Using two spoons carefully drop in about 4-5 balls of the batter, about 1 tablespoons worth, deep frying for 5 minutes, turning those that are not turning themselves, to ensure they brown evenly.

4 Remove with a slotted spoon and shake off excess oil before placing on paper towel to cool.

5 Melt the chocolate and gradually whisk through the cream until smooth. Serve the donuts with the chocolate sauce drizzled over the top and a sprinkling of Natvia.

Sweet Tips

- You can also serve with cinnamon and chopped nuts sprinkled on top.
- Best eaten straight away.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
19g	8g	2g
Fats	Energy (KJ)	Calories
4g	254	58



MINI VEGAN ROSE MERINGUES

SERVES: 12

PREP: 25 MINUTES

CHILL: 2 ½ HOURS

MERINGUE

¾ Cup aquafaba (water from tinned chickpeas)

⅛ tsp Xanthan gum

1 tsp White vinegar

1-2 Drops pink food dye

½ tsp Rose water

1 Cup Natvia, blitzed in a food processor until fine

COCONUT CREAM

200g coconut cream, firm

1 tbs Natvia

½ tsp vanilla bean paste

GARNISHES

Pistachios, chopped

Slivered almonds

Rose petals

Lemon rind

Preheat oven to 110°C

1 Place the aquafaba in the bowl of a stand mixer and whip for about 5-8 minutes. Continue to whip, adding the xanthum gum, vinegar, food dye and rose water. Whip for a further 5 minutes or so,

until stiff peaks form.

2 Beat in the Natvia.

3 Place into a piping bag and pipe small rounds in any shape you choose onto baking paper lined trays. Alternatively dollop spoonfuls onto a baking paper lined tray.

4 Bake on the bottom shelves for 2 ½ hours. Turn off the heat and leave in the oven with the door closed, overnight.

5 Whip the coconut cream with the Natvia and vanilla.

6 Serve sprinkled with rose petals, pistachios and fresh berries and coconut cream.

Sweet Tips

- This high fat vegan dessert will help you feel fuller for longer .

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
2g	0.2g
Fats	Energy (KJ)
5g	85



115
CALORIES
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BANANA CHOC CHIP

MUFFINS

SERVES: 12

PREP: 40 MINUTES + COOLING

COOK: 20 MINUTES

½ Cup milk

2 Regular ripe bananas, mashed

1 tsp Vanilla bean paste

1 tbs Light tasting olive oil

1 cup Wholemeal self raising flour

⅓ Cup Natvia

Pinch of salt

½ Cup roughly chopped sugar free chocolate

Preheat oven to 200°C

1 Combine the milk, banana, vanilla and olive oil in a bowl and whisk to combine.

2 Sift over the flour. Add the Natvia, salt and chocolate. Stir with a spatula until just combined.

3 Divide the mixture evenly between a lightly greased and lined ½ cup capacity muffin tray. Bake for 5

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

Sweet Tips

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

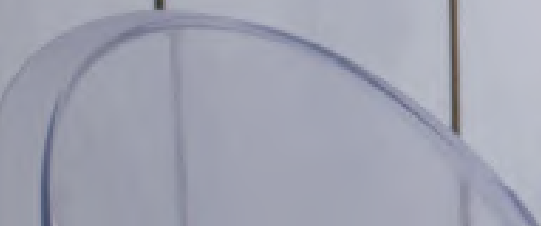
NUTRITION INFORMATION (PER SERVING)

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

WINTER
SUGAR FREE
BAKING

IS *easier*
WITH
natVia

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COUNTDOWN, NEW WORLD
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720
CALORIES
SAVED
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JAM SANDWICH CAKE

SERVES: 14

PREP: 20 MINUTES

COOK: 30 MINUTES

BASE

4 cups self raising flour

1 cup Natvia

2 eggs

2 cups milk

150g unsalted butter, melted

1 tsp vanilla bean paste

TOPPING

200g Natvia Strawberry Spread

150ml thickened cream

Strawberries

Preheat oven to 170°C

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

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

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

cool completely.

4 Beat the cream until thick and creamy.

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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



STRAWBERRY EMPANADAS

SERVES: 8

PREP: 15 MINUTES

COOK: 50 MINUTES

400g Gluten Free Flour (3 cups)

2 ½ tbsp Natvia

Pinch of salt

225g Butter, cut into pieces

2 Eggs

2 tbsp of Cold Water

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

- 1** Preheat fan forced oven to 180° (fan-forced).
- 2** Mix the flour, Natvia and salt in a food processor.
- 3** Add the butter, eggs and water until a clumpy dough forms. Take the dough out of the processor and knead for a few minutes.
- 4** Form the dough into 2 balls, flatten into thick discs, and chill in the refrigerator for at least 30 minutes.
- 5** Once chilled, roll out the dough into a thin sheet and cut out round discs. You can use a cutter, a small plate or a cup depending on the size you would like your empanada.
- 6** Use the empanada discs immediately or store in the

refrigerator or freezer to use later.

7 To assemble, place the Natvia Strawberry Spread in the centre of each empanada disc. Don't add too much filling, as it will make it harder to close. Seal the empanadas by folding the disc and pressing the dough together with your fingers. Press the edges together with a fork.

8 Refrigerate the empanadas for at least 30 minutes before baking, this will prevent the filling from leaking.

9 Before baking, brush them with egg wash (a whole egg whisked)

10 Bake for 15-25 minutes, or until golden brown. The baking time will vary, based on the size of empanada.

11 Dust with Natvia for extra decadence.

NUTRITION INFORMATION (PER SERVING)

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

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***COMPARED TO OTHER LEADING HAZELNUT SPREAD BRANDS**

ICE CREAM
Snacks

4 POPSICLES!

1 COCONUT BANANA POPSICLES

SERVES: 6 | **PREP:** 15 | **FREEZE:** 4 HOURS

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.

NUTRITION INFORMATION (PER SERVING)

Carbs	Fats
2.1g	3.4g
Protein	Energy (KJ)
0.5g	168

2 WATERMELON POPSICLES

SERVES: 6 | **PREP:** 15 | **FREEZE:** 4 HOURS

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.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)	
Carbs	Fats
3.2g	1.2g
Protein	Energy (KJ)
0.5g	102

3 PINEAPPLE & MANGO POPSICLES

SERVES: 6 | PREP: 15 | FREEZE: 4 HOURS

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 1/3-cup (80ml) popsicle moulds. Freeze for 30 minutes or until starting to set. Insert sticks. Freeze for 4 hours or until set.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Carbs	Fats
2.1g	3.4g
Protein	Energy (KJ)
0.5g	168

4 STRAWBERRIES & CREAM POPSICLES

SERVES: 6 | PREP: 15 | FREEZE: 4 HOURS

½ cup (140g) Greek-style yoghurt
1 ½ 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 1/3-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.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)	
Carbs	Fats
2.4g	2.6g
Protein	Energy (KJ)
1.2g	163

600
CALORIES
SAVED

*COMPARED TO SUGAR



ICE CREAM SANDWICH

SERVES: 8

PREP: 2 HOUR

CHILL: 1 HOUR

VANILLA CHOC CHIP ICE CREAM

85g Natvia, blitzed until fine in a food processor

½ teaspoon salt

125g cream cheese

120ml evaporated milk

75g sugar free dark chocolate, roughly chopped

½ cup frozen raspberries, crushed

COOKIES

250g unsalted butter

½ tsp vanilla bean paste

85g Natvia

200g plain flour

50g cacao powder

1 tbs cornflour

Preheat oven to 180°C

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

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

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

4 Flour a rolling pin and roll out the dough.

5 Cut into 16 circles with a 6cm

diameter cookie cutter place each cookie on a baking paper lined oven tray. Chill.

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

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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

577

**CALORIES
SAVED**

*COMPARED TO SUGAR



CHOCOLATE BANANA SPLIT

SERVES: 12

PREP: 30 MINUTES

CHILL: 2 HOURS

100g Natvia, blitzed until fine in a food processor

1 teaspoon salt

½ tsp cinnamon

250g coconut cream, solid part

240ml evaporated milk

90g cacao powder

100g sugar free dark chocolate, roughly chopped

100ml thickened cream, whipped

Roasted nuts, chopped, for sprinkling

12 bananas, halved lengthways

12 cherries

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

2 Take the ice cream and pour into

an ice cream machine and churn for about 20 minutes – or follow the instructions of your ice cream machine. Add the chocolate chips churning for another minute or so.

3 Scoop out and serve straight away, in between the halved banana, sprinkled with chopped roasted nuts, a dollop of cream and top with a cherry.

Sweet Tips

- Place your tins of coconut cream in the refrigerator to chill the day before in order to easily scoop out the solid part for this recipe.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
40g	6.8g	1.8g
Fats	Energy (KJ)	Calories
4.8g	340	81

490
CALORIES
SAVED
*COMPARED TO SUGAR



BERRY CHEESECAKE ICE CREAM

SERVES: 12

PREP: 45 MINUTES

CHILL: 2 HOURS

85g Natvia, blitzed until fine in a food processor

½ teaspoon salt

125g cream cheese

1 tsp vanilla bean paste

120ml evaporated milk

150g Natvia Strawberry spread

150g mixed frozen berries

100g sugar-free cookies, crumbled

1 Combine the Natvia, salt, cream cheese, vanilla bean paste and evaporated milk in a food processor and process for about 5 minutes until smooth. Place in the freezer for 1 hour.

2 Take the ice cream and pour into an ice cream machine and churn for 20 minutes – or follow

the instructions of your ice cream machine. Add the jam and mixed berries and churn for 30 seconds. Sprinkle with the crumbled cookies and extra berries. Serve straight away.

Sweet Tips

- Fresh berries add antioxidants and fibre.
- You may need to adjust the recipe according to instructions of your ice cream maker.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
40g	4.5g	2g
Fats	Energy (KJ)	Calories
4.5g	265	63