

**SUGARFREE**  
*living*  natVia

# KETO

*Lovers*

**20+**

KETO-FRIENDLY  
RECIPES

What Is The  
*Ketogenic diet*

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changing what you eat

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inspiration, please visit us at  
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All nutrition information has  
been calculated using the most  
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Food Standards Australia New  
Zealand.

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# How To Bake With natVia

# Sweetness comparison

\*Natvia can be almost as twice as sweet as sugar

**1 SERVE OF NATVIA = 1 TSP OF SUGAR**



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

# Top 5 Nuts to Eat For Better Health

Nuts are seed kernels that are widely eaten as a snack or used in cooking. They're delicious, convenient and can be enjoyed by all diets – from vegan to keto. Nuts provide a range of beneficial nutrients including fibre, protein, healthy fats, vitamins, and minerals including magnesium and vitamin E.

**Fact:** A handful (30g) of nuts per day can reduce the risk of developing heart disease by 30-50% and reduce the risk of death from heart disease by 20%.

**Tip:** Nut flour is a little more delicate and heavier than wheat flour. Increase the amount of rising agent to compensate for the weight of the nut flour.



## MACADAMIA NUTS

Macadamias have the highest concentration of healthy fat compared to almonds, cashews and walnuts. Linked to weight loss, healthy skin and lessens the risk of cardiovascular disease. They contain fibre, protein, manganese, thiamine and copper.

**Tip:** If you like macadamia more than almonds, try macadamia flour. It works similar to almond flour and adds a mildly chewy, moist texture to baked goods. Use it for cookies or pie crusts.

## ALMONDS

Almonds are rich in nutrients. They contain protein, calcium, vitamin E, manganese and magnesium. Incorporating almonds in your diet can reduce "bad" LDL cholesterol and lower blood pressure.

**Tip:** On a low carb or keto diet? Substitute all-purpose flour with almond flour. One serving (1/4 cup or 28g) of almond flour has only 6 total carbs or 3 net carbs per serving.



## WALNUTS

Walnuts have a higher antioxidant level than most other common nuts. They're an excellent source of omega-3 fatty acid, vitamin E and melatonin. Health benefits include the reduction of inflammation and improved heart disease risk factors.

*Tip: Add walnut flour to your baked goods if you want a low-carb flour. Works best where coarse texture is an asset, such as pie crusts.*



## CASHEWS

Cashews have higher carbohydrates compared to other nuts but are packed with vitamins, minerals and antioxidants. Including vitamins E, K, and minerals like copper, zinc, iron and magnesium. Cashews have been linked to cancer prevention, heart health and weight maintenance.

*Tip: Don't have almond flour? Cashew flour is a great substitute to almond flour and won't change the flavour of your baked goods when used in place of almond flour.finely.*



## PISTACHIOS

Pistachios provide a good source of protein, fibre, antioxidants, and are gluten-free. They may help improve other heart disease risk factors, including blood pressure, weight and oxidative status.

*Tip: Add delicious flavour to your baked goods by incorporating pistachio flour into your recipes. Place the dry pistachios in a food processor, spice grinder or blender and grind them finely.*



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FOR THE WHOLE FAMILY  
is *easier* WITH **natVia**



# Easy *Keto Snacks*

Delicious and easy to whip up, these keto snacks are the perfect post-workout treat or serve as a healthy snack throughout the day. Get in the kitchen and bulk bake all of these goodies, that way it's always snack time!



The ketogenic diet, or 'keto' for short has been around for a while. Only in the past few years, however, has it really gained traction. You've probably heard the word 'keto' in conversation, seen it splashed across social media, or on the front cover of one of the many keto best-selling books. It's everywhere, and we're going to break it down for you!

# What Is The Ketogenic diet



## FIRST THINGS FIRST, WHAT IS KETO?

The ketogenic diet focuses on eating foods that are very low in carbohydrates and high in fats. The keto diet shifts your body's primary fuel source from carbohydrates to fats. This reduction in carbs puts your body into a metabolic state called ketosis. Because the body becomes so efficient at breaking down fat for energy, the keto diet is an effective weight loss tool, along with a number of other benefits that we will touch in below.

The keto diet requires you consume mostly fats, a moderate amount of protein, and very little carbohydrates. This is drastically different to most people's carb-loaded diets. Before any substantial diet changes, you should always consult an accredited practicing dietician or your healthcare professional.

## WHAT ARE THE BENEFITS?

### ☀️ WEIGHT LOSS:

It's important to acknowledge that the long-term benefits are still being researched and evaluated, however, this is what we know so far.

The ketogenic diet will result in short-term weight loss. There are a number of reasons for this, including the increased intake of protein, the elimination of certain foods, and the fact that keto diets help you feel fuller for longer.



### ☀️ PRE-DIABETES AND EPILEPSY:

The keto diet can be a great way to manage insulin levels as living keto means consuming little or less sugar and carbohydrates.

Additionally, there is supporting evidence that shows success in the ketogenic diet as a medical intervention for those with epilepsy, particularly in children, along with those who have suffered brain trauma or injury.

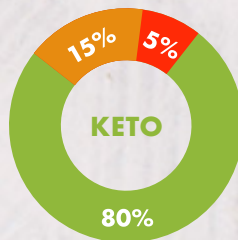
### *How do you Keto?*

**Living keto means planning ahead. Per day, 80% of your calories should come from fats, about 15% from protein, and 5% from carbohydrates.**

Carbohydrates should come from vegetables, nuts, and dairy. Refined carbohydrates like bread, pasta, cereals, as well as beans, and fruit should be reduced to fit into the 5% threshold.

Instead, fill up on meats, eggs, leafy greens, high-fat dairy, nuts and seeds, avocados and berries, and above ground vegetables.

It can seem overwhelming initially, luckily, there are countless resources online to help with meal ideas. You can even find some delicious keto desserts at [www.natvia.com](http://www.natvia.com), just search for 'Keto'.



**FATS 80%**  
**PROTEIN 15%**  
**CARBS 5%**

### *The takeaway*

The keto diet has positively affected many people's lives and can aid in weight-loss and insulin control. The Keto diet will significantly increase your consumption of natural foods and will essentially eliminate store bought junk food from your diet. As Keto requires a drastic diet change you should always consult a doctor and dietitian to ensure keto is right for you and that you're still receiving all of your vitamins and minerals.



**288**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Lemon Bites

**SERVES:** 21

**PREP:** 15 MINUTES

**CHILL:** 21 MINUTES

**100g Almond meal**

**100g Desiccated coconut**

**100ml Coconut oil, melted**

**50g Natvia**

**Zest of 1 lemon**

**100g Sugar free dark chocolate,  
melted**

**1** Combine the almond meal, coconut, coconut oil, Natvia and zest in the bowl of a food processor and process until smooth.

**2** Pour into 2 regular 12 x cube ice cube trays, or a silicone mould. Place in the freezer for at least.

**3** Remove the tray from the freezer and dip the cubes in melted chocolate.

**4** Serve with lemon zest sprinkled over the top.

## Sweet Tips

» Stores well in the freezer for up to 6 months.

» Lemon is high in vitamin C which is essential for immune health and wound healing.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>20g</b>	<b>2.8g</b>	<b>1.5g</b>
Fats	Energy (KJ)	Calories
<b>11g</b>	<b>500</b>	<b>119</b>



**540**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Raw Lemon & Poppy Seed Slice

**SERVES:** 20

**PREP:** 15 MINUTES

**CHILL:** 2 HOURS

## BASE

**100g Coconut oil, melted**

**2 cups almond meal**

**1 cup Desiccated coconut**

**1 tbs Poppy seeds**

**zest of 1 lemon**

**2 tbs Natvia**

## LEMON ICING

**200ml Coconut cream, chilled solid part**

**100g Coconut oil, melted**

**1-2 Tbs lemon juice**

**¼ Cup Natvia**

**Zest of 1 lemon**

**1** Combine the butter, almond meal, desiccated coconut, lemon zest, poppy seeds and Natvia in a bowl and stir to combine.

**2** Press into a 15cm slice tin. Cover and refrigerate.

**3** Whisk together the coconut cream, coconut oil and add the lemon juice and Natvia. Pour

over the base, cover and place in the freezer overnight or for at least 2 hours.

**4** Move to the refrigerator 1 hour before slicing into squares. Top with lemon zest and a sprinkling of poppy seeds.

## Sweet Tips

- » High in fat and low in carbs
- » Lemons contain Vitamin C which is important for wound healing and supports immune health
- » High in fibre and fats which will help you feel full
- » Store in a container in the freezer for up to 3 months

## NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>4g</b>	<b>2g</b>
Fats	Energy (KJ)
<b>13g</b>	<b>553</b>





# Cookie Protein Balls

**SERVES:** 20 BALLS  
**PREP:** 10 MINUTES  
**CHILL:** 15 MINUTES

## COOKIE DOUGH

200g Natural Peanut Butter  
170g Unsalted Butter (¾ cup)  
150g Almond meal (1 ¼ cup)  
70g Coconut Cream (¼ cup)  
50 grams Natvia (¼ cup)  
20g Coconut Flour (2 heaped  
tbsp)  
20g No Added Sugar Chocolate,  
roughly chopped  
30g Vanilla Protein (optional)

## COATING

80g No Added Sugar Chocolate  
(¼ cup)  
20g Coconut Oil (2 tbsp)

- 1 Combine all cookie dough ingredients until a dough forms.
- 2 Roll dough into balls and freeze for 5 minutes.
- 3 For the coating, melt chocolate and coconut oil in the microwave in 30 second intervals, stirring in-between until completely melted.
- 4 Dip balls in melted chocolate

coating with a fork and place on grease proof paper on a tray. Freeze for 10 minutes or until firm.

## Sweet Tips

- » Protein powder is optional and can be replaced with more almond meal.
- » If replacing protein powder, add extra 10g Natvia to increase sweetness.
- » Peanut butter can be substituted for any nut or seed butter of choice.

Recipe by Sarah Ky from @Sarahfitfoodie

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>25g</b>	<b>3g</b>	<b>4g</b>
Fats	Energy (KJ)	Calories
<b>11g</b>	<b>542</b>	<b>129</b>

**240**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Cashew & Strawberry Low Carb Slice

**SERVES:** 12

**PREP:** 10 MINUTES

**CHILL:** 50-60 MINUTES

## BASE

150 g almonds

90 g Walnuts

Pinch Sea salt

1 tbsp Natvia

## FILLING

450 g Cashews

280 ml Coconut cream

Coconut oil

½ Whole lemon juice

250g Strawberries

1 tsp Vanilla extract

65g of Natvia

## BASE

**1** Place the almonds, walnuts, sea salt and Natvia into a food processor. Line a 7 X 11" slice tray with parchment paper, and press the base mixture into the bottom until it creates a flat surface. Refrigerate for 30 minutes.

## FILLING

**2** Place the cashews into a large mixing bowl, cover with water and soak for 4 hours (or overnight).

**3** Place the cashews, coconut cream,

coconut oil, lemon juice, vanilla extract and stevia into the food processor (keep the strawberries for later). Blend until smooth.

**4** Place half of the mixture on top of the base, and place in the fridge for at least 30 minutes.

**5** With the remaining half, place 2/3 of the strawberries and add them to the left over cashew filling inside the food processor. Blend until smooth. Layer on top of the existing slice, and with the remaining strawberries, slice them up into thin slices and use them to place on top of the filling.

**6** Place in the fridge for 2 hours until completely set. Slice and enjoy.

Recipe by Aaron from Fat For Weight Loss  
[@FatForWeightLoss](#)

[www.fatforweightloss.com.au](http://www.fatforweightloss.com.au)

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>65g</b>	<b>11g</b>	<b>7g</b>
Fats	Energy (KJ)	Calories
<b>24g</b>	<b>922</b>	<b>272</b>



**280**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

**SERVES:** 5 BALLS  
**PREP:** 10 MINUTES  
**CHILL:** 30 MINUTES

**225g Mixed Nuts, roasted and unsalted (1 ½ cups)**  
**2 tbsp Sesame Seeds**  
**2 tbsp Desiccated Coconut**  
**½ tsp Ground Cinnamon**  
**140g Peanut Butter (½ cup)**  
**44g Coconut Oil, melted ¼ cup)**  
**48g Natvia (¼ cup)**  
**1 tsp Vanilla Extract**  
**½ tsp Salt**

#### **KETO CHOCOLATE DRIZZLE**

**3 tbsp Cocoa Powder**  
**3 tbsp Coconut Oil, melted**  
**1 tbsp Natvia**

**1** Prepare a loaf tin with baking paper. In a bowl, combine nuts, sesame seeds, desiccated coconut and cinnamon.

**2** In a small bowl, stir together peanut butter, coconut oil, Natvia vanilla and salt. Microwave for 1 minute until smooth and silky.

**3** Pour wet ingredients into dry ingredients and stir together until well combined.

**4** Press mixture into prepared loaf tin and press down with the back of a spoon. Place into the freezer for at least 30 minutes.

**5** To make the keto chocolate drizzle, add all ingredients into a bowl and microwave for 30 seconds. Whisk to combine.

**6** Remove nut bar from freezer and slice into five bars. Drizzle with chocolate. Store in the freezer to keep firm.

Recipe by Sarah Ky from  
[www.eatnik.com.au](http://www.eatnik.com.au)

#### **NUTRITION INFORMATION (PER SERVING)**

Serving size	Carbs	Protein
<b>100g</b>	<b>4.8g</b>	<b>18.5g</b>
Fats	Energy (KJ)	Calories
<b>53g</b>	<b>2420</b>	<b>578</b>

**208**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Chocolate Pudding

**SERVES:** 6

**PREP:** 8 MINUTES

**CHILL:** 1 HOUR

- 1 Large ripe avocado
- ¼ Cup coconut cream, chilled, firm part
- ¼ Cup cacao powder, sifted
- ½ tsp Vanilla bean paste
- ½ Cup Natvia

## TOPPING

Shaved chocolate or cacao nibs  
Fresh mint

- 1 Scoop the avocado flesh into a food processor and process until smooth.
- 2 Add the coconut cream, cacao powder, vanilla and Natvia. Process until combined and smooth.
- 3 Dollop into 6 small ramekins, cover and place in the refrigerator for at least 1 hour to set.

- 4 Before serving sprinkle with garnishes and enjoy.

## Sweet Tips

- » Stores well chilled for up to 5 days
- » Avocado is high in good fats and helps you absorb fat soluble vitamins A,D,E & K
- » Swap the cacao for chocolate protein powder to boost the protein content

## NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>1.6g</b>	<b>1.5g</b>
Fats	Energy (KJ)
<b>7.4g</b>	<b>358</b>

**208**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR





# Matcha Popsicles

**SERVES:** 6

**PREP:** 10 MINUTES

**CHILL:** 3 HOURS

## POPSICLES

**400ml Coconut milk**

**2 tbs Matcha powder**

**3 tbs Natvia**

**1 Cup popcorn**

## GARNISH

**50g sugar free chocolate, melted**  
**Popcorn, for sprinkling**

**Puffed brown rice, for sprinkling**

**1** Combine the milk, matcha, Natvia and popcorn in a saucepan and bring to a gentle simmer over medium low heat for about 3-5 minutes.

**2** Strain the mixture through a sieve into 12 x popsicle moulds. Place the popsicle sticks in and fix in place. Place in the freezer for at least 3 hours.

**3** Use a little warm water to gently remove the popsicles from the moulds once set. Drizzle the

popsicles with chocolate and sprinkle with popcorn and puffed brown rice.

## Sweet Tips

» You can purchase matcha from the tea or health food section of supermarkets and health food stores or asian supermarkets. If you have not had matcha before you can halve the amount so the flavour is not so strong.

» Matcha is high in Vitamin C, a powerful antioxidant which is important for wound healing and immune health.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>50g</b>	<b>1.8 g</b>	<b>5.8g</b>
Fats	Energy (KJ)	Calories
<b>22.6g</b>	<b>1000</b>	<b>239</b>

natVia

PANTRY RANGE

# HEALTHY TASTES GOOD FOR THE WHOLE FAMILY



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# Baking *Keto*

Mouthwatering cookies, cakes to share, and pies to sink your teeth into, indulge in all of our low carb and high fat desserts. You deserve a treat and this chapter is packed with them, the only problem you'll have to deciding what you want to start with!

**860**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Keto Orange Choc Chunk Biscuits

**SERVES:** 16

**PREP:** 10 MINUTES

**COOK:** 20 MINUTES

**140g Unsalted Butter, melted**  
**360g Almond Meal (3 cups)**  
**149g Natvia (¾ cup)**  
**60g Sugar Free Dark Chocolate, roughly chopped**  
**2 Eggs, whisked**  
**1 tbsp Orange Zest**  
**1 tbsp Orange Juice, freshly squeezed**  
**¾ tsp Baking Powder**  
**½ tsp Bicarb Soda**  
**½ tsp Salt**

**1** Preheat the oven to 175°C (fan forced). Line a tray with baking paper.

**2** In a small mixing bowl, combine the almond meal, bicarb soda, baking powder, salt, and Natvia.

**3** In a separate bowl mix together the butter, orange juice and zest. Pour into the dry ingredients and stir until combined.

**4** Add the eggs and stir. Finally fold through the chocolate.

**5** Spoon tablespoon amounts onto the baking tray, allowing for room between the biscuits as they will spread.

**6** Bake for 18-20 minutes. Once they are out of the oven leave on the tray for 5 minutes before transferring to a wire rack.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>50g</b>	<b>1.8 g</b>	<b>5.8g</b>
Fats	Energy (KJ)	Calories
<b>22.6g</b>	<b>1000</b>	<b>239</b>

**540**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Kiwi & Avocado Cheesecake

**PREP:** 20 MINUTES

**CHILL TIME:** 8 HOURS

## BASE

1 Cup LSA

1 Cup desiccated coconut

85g Unsalted butter, melted

## FILLING

3 tsp Gelatine powder

½ Ripe avocado

400g Cream cheese

Zest of 1 lemon

¾ Cup Natvia

1 Kiwi fruit, skinned and finely diced

## GARNISH

2-3 Kiwi fruit, sliced

2-3 Passion fruits

**1** Combine the base ingredients in a bowl. Stir well to combine. Press into the base of a greased and lined 20cm spring-form tin.

**2** In a heat-proof jug or bowl, sprinkle the gelatine over ¼ cup water and whisk to combine. Place inside a saucepan of lightly simmering water and whisk until the gelatin has completely dissolved. Remove and stand on the bench for 5-10 minutes to cool.

**3** In the bowl of a food processor combine the avocado, cream cheese, lemon zest and Natvia.

Process for about 2 minutes until completely smooth. Continue to process while slowly pouring in the gelatine mixture.

**4** Pour half of the filling over the base and then scatter over the diced kiwi fruit. Pour over the remaining kiwi and smooth the top. Tap firmly on the bench to remove any air bubbles. Cover and place in the refrigerator for at least 8 hours, or overnight.

**5** Decorate the cheesecake with the kiwi and passionfruit.

## Sweet Tips

» Avocado replaced some of the cream cheese we would usually add. This reduced the total saturated fat and increased the amount of “good” monounsaturated fats in each slice

» LSA: Linseed, sunflower and almond meal

## NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>3g</b>	<b>6g</b>
Fats	Energy (KJ)
<b>21g</b>	<b>968</b>



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REAL FRUIT, OUR  
SPREADS ARE  
FRESH WITH  
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NATVIA'S PANTRY  
RANGE**





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Yummy Fruit spread with ZERO Added Sugar

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- LOW CARB
- NO SUGAR ADDED
- 55% FRUIT



## Sweet Tips

- » The edges of the pie crust will be slightly darker than a traditional pie, this is due to the almond and coconut flour
- » The butter can burn easily; make sure you have all of the ingredients weighed for the filling

# Keto Pecan Pie

**SERVES:** 12

**PREP:** 1 HOUR

**COOK:** 45 MINUTES

**CHILL :** MINIMUM 2 HOURS

## FOR THE CRUST

**210g Almond Meal (1 ¾ cups)**

**3 tbsp Coconut Flour**

**2 tsp Natvia**

**½ tsp Sea Salt**

**85g Unsalted Butter, chilled (⅓ cup)**

**2 tbsp Coconut Oil**

**1 Egg**

## FOR THE FILLING

**110g Unsalted Butter**

**190g Natvia (1 cup)**

**2 tbsp Smooth Peanut Butter**

**230g Coconut Milk, full fat (1 cup)**

**1 Vanilla Pod, split and the seeds scraped from the pod**

**3 Eggs, room temperature**

**120g Pecans, roughly chopped (1 cup)**

**60g Pecans, for the top of the pie (1/2 cup)**

**½ tsp Sea Salt**

Preheat the oven to 180° (fan-forced).

**1** Combine the almond meal, coconut flour, Natvia, sea salt, butter and coconut oil in a food processor and pulse until it resembles wet breadcrumbs. Add the egg, and then pulse again until the dough comes together. If it seems too wet add a little more almond meal.

**2** Shape the dough into a disk, wrap in plastic wrap and chill in the refrigerator for at least 15-20 minutes.

**3** Once the dough is ready, roll between two sheets of cling wrap

into a large circle big enough to cover a 23cm quiche tin. Lay the rolled pastry over the tin and press it into the bottom and the sides.

**4** Trim the edges then refrigerate the pastry case for 15 minutes. Once rested, line with baking paper and fill with baking beads or rice. Bake for 15 minutes. Take out of the oven and remove the paper and baking beads. Allow to cool.

**5** Heat the butter in a large heavy bottomed saucepan over a medium heat, whisking constantly. Once the butter starts boiling, continue whisking until you see brown particles starting to form at the bottom of the pan.

**6** Remove the pan immediately from the heat and add Natvia, peanut butter, coconut milk, sea salt and vanilla, whisk until smooth.

**7** Allow the sauce to cool slightly. Once cooled, slowly whisk in the eggs until combined.

**8** Stir in the chopped pecans and pour into the par-baked crust. Arrange pecan halves on top to the design of your liking.

**9** Bake for 25-30 minutes or until centre is nearly set and crust is a deep golden brown.

**10** Allow to cool and then refrigerate to set completely before serving.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>105g</b>	<b>2.7g</b>	<b>8.6g</b>
Fats	Energy (KJ)	Calories
<b>43.3g</b>	<b>1850</b>	<b>442</b>

# New York

**SERVES:** 12  
**PREP:** 20 MINUTES  
**COOK:** 50 MINUTES

## BASE

200g Almond Flour (2 cups)  
40g Coconut Flour (½ cup)  
180g Unsalted Butter, cold (¾ cup)  
1 tsp Baking Powder  
½ tsp Salt  
2 tbsp Natvia

## FILLING

500g Cream Cheese, full fat (2 cups)  
180g Sour Cream, full fat (¾ cup)  
120g Natvia (⅔ cup)  
3 large Eggs  
1 tsp Vanilla Extract  
1 tsp Lemon Zest

## BASE

- 1** In a large glass bowl, mix the almond flour, coconut flour, baking powder, Natvia and salt together until each of the ingredients are combined.
- 2** This process has to be done quickly otherwise it will not work! - Cut the cold butter up into small chunks, and add it to the dry ingredients. Press the butter into the dry ingredients by using two forks. This can also be done in a food processor by pulsing the chunks of butter and dry ingredients for 20 to 30 seconds on high.
- 3** In a 22cm (8.5") springform cake tin, line the bottom insert with baking paper, grease the inside with butter and press the base mixture into the bottom of the tin and halfway up the sides.
- 4** Place the tin in the fridge to allow the base to set. Preheat your oven to 140° if fan forced, otherwise 160°.

## FILLING

- 5** In a mixing bowl, add the cream cheese, sour cream, vanilla extract, lemon zest and Natvia. Mix until well combined.
- 6** As the mixture begins to thicken slightly, add the first egg and continue to mix. Add in the rest of the eggs one at a time, and continue to mix.
- 7** Take the base out of the fridge, poke holes in the bottom of the

base with a fork, and bake in the oven for 15 minutes until slightly golden. Remove and let cool slightly. Wrap the bottom of the tin in aluminium foil.

- 8** Using a sieve, pour the cream cheese filling through onto the base (this helps remove any large clumps that might spoil the cheesecake).
- 9** In a springform cake tin, sit the cheesecake inside a larger baking tray with raised sides. Fill the larger baking tray with 2 cups water. Alternatively, you can place 2 ramekins filled with water right next to the cheesecake. Bake for 50 minutes.
- 10** Check the cheesecake by pushing a spike into the middle. If it comes out clean then the cake is ready.
- 11** Turn the oven off, and leave the oven slight open for another 30 mins to cool the cheesecake slowly (this stops the top from cracking). Remove from the oven and let it come to room temperature before placing in the fridge for 4 hours to set. Keeps up to 5 days in and airtight container in the fridge.

Recipe by Aaron Day from  
[www.fatforweightloss.com](http://www.fatforweightloss.com)

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>114g</b>	<b>2.7g</b>	<b>10.2g</b>
Fats	Energy (KJ)	Calories
<b>42.2g</b>	<b>1820</b>	<b>435</b>



# Intermittent Fasting

Intermittent fasting has become widely popular, especially with those looking for a lifestyle change that encourages weight loss. A diet that doesn't tell you what to eat, intermittent fasting is different from most weight loss diets. Get started with this go-to guide for beginners!

## WHAT IS INTERMITTENT FASTING?

Intermittent fasting is a pattern of eating that allows you to eat between certain hours of the day whilst fasting during the remaining hours. Because intermittent fasting focuses on cycles of eating rather than nutrition, it doesn't necessarily dictate what you should eat but when you should eat.

Fasting might seem like a foreign idea but actually, we all fast for 10 to 12 hours between dinner and breakfast. Many people already fast for religious reasons and our ancient ancestors would fast when they didn't find food that day. It's a practice as old as time and as such, our bodies have evolved to function without food for extended periods.

## HEALTH BENEFITS

Studies show the intermittent fasting can be a great tool for weight loss. Eating fewer meals can lead to a reduction in calories facilitating weight loss. Intermittent fasting also lowers insulin, increases growth hormones, and the release of norepinephrine, the fat-burning hormone. Also, short-term fasts boost your metabolism.

Intermittent fasting not only helps with weight loss but is in the very early stages of being studied for its other potential health benefits including;

As a tool to fight insulin resistance. Studies show that when fasting, insulin levels can drop by 20 - 30%, helping to protect against Type 2 Diabetes;

Heart health, as intermittent fasting may reduce bad cholesterol, inflammation, blood sugar, and insulin resistance - all risk factors for heart disease; and

Brain health, intermittent fasting increases the brain hormone BDNF and may help to

aid the growth of new nerve cells. *How*

## TYPES OF INTERMITTENT *Fasting*

There is more than just one way to practice intermittent fasting. Three of the most popular methods include:

### THE 16/8 METHOD:



This method is the most popular and involves eating for 8 hours of the day while fasting for 16 hours. For example, eating from noon to 8 pm means skipping breakfast and restricting your eating to that 8-hour cycle.

### EAT-STOP-EAT:



This method involves fasting for 24 hours, once or twice a week. It's best to ease into this method. You could fast from lunch one day to lunch on the next day ensuring you're still eating on both days just with a 24 hour fast in between. Don't do this two days in a row.

### THE 5:2 DIET:



This method involves eating normally for 5 days of the week while restricting your calorie consumption to around 500 calories on the 2 other non-consecutive days.

While fasting you're still able to consume water, coffee, tea, and non-caloric beverages.

Choose a method that is most sustainable for you. Although you're able to eat what you want during your eating cycles, sticking to a healthy diet full of produce and unprocessed foods will see you get the best results.

### WHO SHOULD BE CAREFUL?

As with all diets and lifestyle changes, intermittent fasting is not for everyone. If you are underweight or have a history with eating disorders you should consult a healthcare professional first.

Those having issues with fertility or who are trying to conceive should also consider holding off for the time being.



### IS INTERMITTENT FASTING FOR YOU?

Intermittent fasting is not for everyone and is just one tool to lose weight in addition to maintaining a healthy diet full of real food, sleep, and exercise. While early research continues to study intermittent fasting, consult a health care professional before making any drastic changes to your diet.

**208**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR





# Spiced Pumpkin Carrot Cake

**SERVES:** 12

**PREP:** 10 MINUTES

**CHILL:** 50-60 MINUTES

## CAKE

150g Roasted Pumpkin, mashed until smooth (1 cup)

80g Butter ( $\frac{1}{3}$  cup)

4 Large Eggs

1 Cup Shredded Carrots

130g Natvia, finely blended into a powder ( $\frac{2}{3}$  cup)

150g Almond flour (1  $\frac{1}{2}$  cups)

160g Coconut flour (1  $\frac{1}{2}$  cups)

4 tsp Baking powder

1 tsp Cinnamon

## ICING

100g light Cream Cheese at room temperature ( $\frac{1}{2}$  cup)

50g Coconut Cream, chilled, white part only ( $\frac{1}{3}$  cup)

1 tsp Lemon juice

50g Natvia, finely blended into a powder ( $\frac{1}{4}$  cup)

Preheat oven to 170°.

**1** Mix all cake ingredients together until well combined.

**2** Pour mixture into a pan lined with baking paper. Process until

combined and smooth.

**3** Cover tin with foil and bake for 50-60 minutes. Remove foil and bake for another 5-10min.

**4** Allow cake to cool completely before icing.

**5** To make icing, mix all icing ingredients in a bowl until smooth.

**6** Spread icing over cake and chill in the refrigerator for 30 minutes before serving.

## Sweet Tips

» To store, keep in an airtight container in the fridge.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>60g</b>	<b>4g</b>	<b>6g</b>
Fats	Energy (KJ)	Calories
<b>14g</b>	<b>697</b>	<b>166</b>

**1234**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Gluten-Free Coconut Cake

**PREP:** 20 MINUTES

**COOK TIME:** 35 MINUTES

**SERVES:** 12

## CAKE

170g Coconut flour

2 ½ tsp Baking powder

Pinch of salt

190g of Natvia

250ml Vegetable oil

250ml Skim milk

2 Eggs

6 Egg whites

## ICING

150ml Thickened cream

125ml Coconut cream, firm part

2 tbs Natvia

Desiccated coconut

Toasted coconut chips

Raspberry Natvia Spread

Preheat the oven to 170°

**1** Whisk together the coconut flour, baking powder, salt and Natvia.

**2** In a separate bowl, beat the egg whites until stiff peaks form.

**3** Whisk the oil, whole eggs and milk into the coconut flour mixture. Fold in the egg whites.

**4** Divide the mixture evenly between 2 x greased and lined 20cm cake tins. Cover loosely with aluminium foil.

**5** Bake for 25-28 minutes each, remove from the oven and stand in the tin to cool for about 10 minutes. Remove carefully from the tin and place on a wire rack to cool completely.

**6** Beat the cream and Natvia together until thick and creamy. Spread one of the cakes with half the icing, add some of the Natvia spread and then place the other cake on top. Slather the top with the remaining icing and then decorate with coconut chips and desiccated coconut.

## Sweet Tips

» Best eaten within 3 days, store in an airtight container.

» Coconut flour is a low carb-grain free alternative to wheat.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>95g</b>	<b>3.3g</b>	<b>5g</b>
Fats	Energy (KJ)	Calories
<b>28g</b>	<b>1260</b>	<b>301</b>

**240**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Baked Chestnut Doughnuts with Salted Caramel Sauce

**SERVES:** 8

**PREP:** 10 MINUTES

**CHILL:** 10-12 MINUTES

**1 Tin Chestnut Puree, 435g tin**  
**2 Eggs**  
**100g Canola Oil (1/2 cup)**  
**90g Natvia (1/2 cup)**  
**1 Vanilla pod, seeds only**  
**scraped from the pod**  
**135g Gluten Free Flour (1 cup)**  
**1 tbsp Baking Powder**  
**Pinch of Salt**  
**Natvia Salted Caramel Topping,**  
**to serve**

Preheat the oven to 180°  
(fan-forced)

**1** In a large bowl mix together eggs, canola oil, Natvia, and vanilla essence using a hand held mixer.

**2** Add the chestnut purée and mix until well combined and there are no lumps.

**3** In a separate bowl combine flour,

baking powder, and a pinch of salt.

**4** Add the dry ingredients to the chestnut mixture and mix to combine. Make sure not to overwork the batter

**5** Spray a doughnut-baking tray with a little oil. Fill a piping bag with chestnut doughnut batter. Pipe the batter into a prepared baking tin.

**6** Place in the oven and bake for 10-12 minutes. Serve warm with Natvia Salted Caramel Topping.

Recipe by Aaron from Fat For Weight Loss  
[@FatForWeightLoss](#)

[www.fatforweightloss.com.au](http://www.fatforweightloss.com.au)

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>110g</b>	<b>24.9g</b>	<b>3.4g</b>
Fats	Energy (KJ)	Calories
<b>14.6g</b>	<b>1050</b>	<b>251</b>

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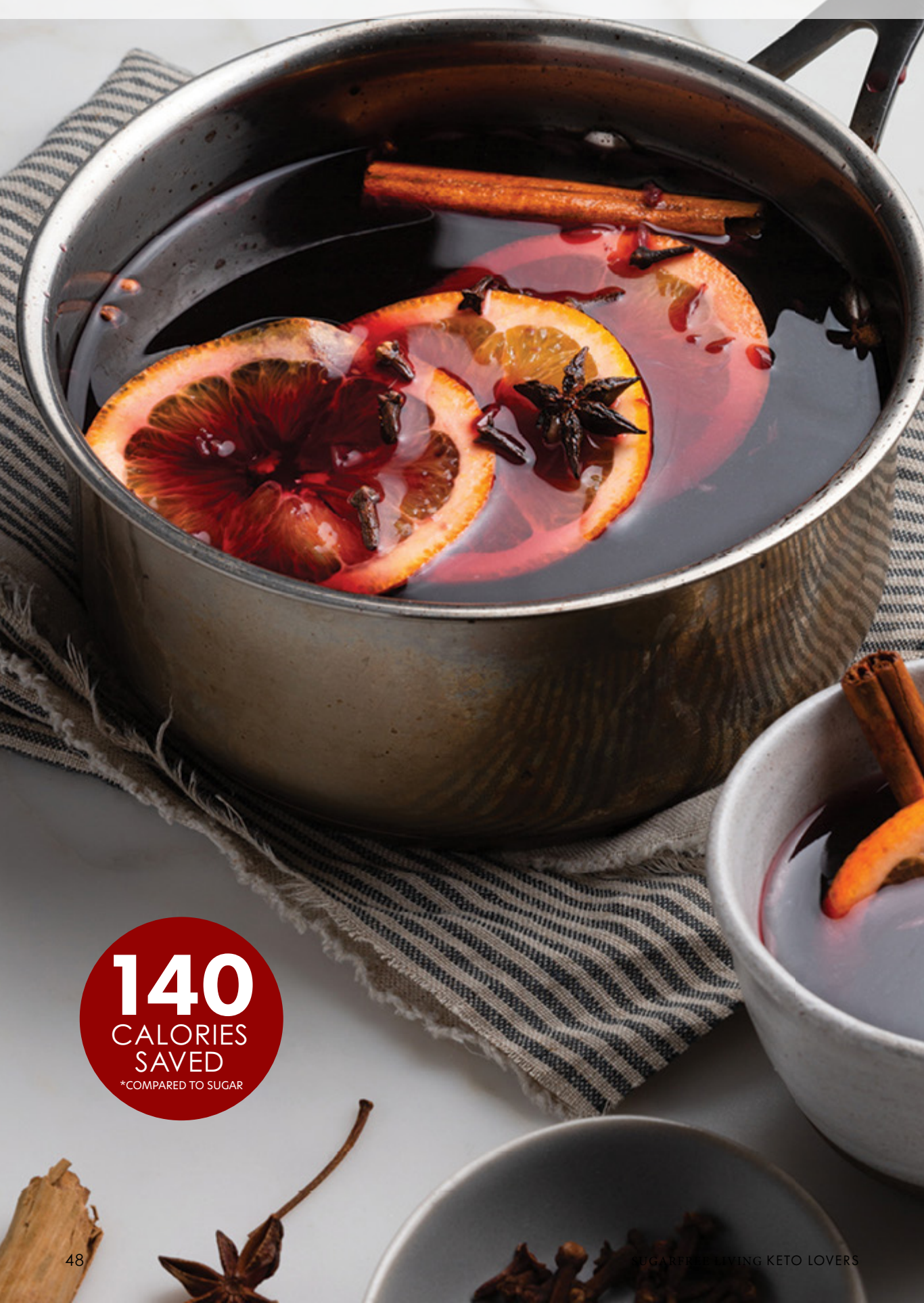
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# Drink *Time*

Whether you're looking for the perfect morning cuppa, an afternoon refreshment, or a delicious something to prepare you for bed, our keto-friendly drinks will no doubt hit the spot.



**140**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Mulled Wine

**SERVES:** 3

**PREP:** 5 MINUTES

**COOK:** 25 MINUTES

**750ml Bottle of no added sugar  
dry red wine (3 cups)**

**1 Orange, sliced into rounds**

**8 Cloves**

**2 Cinnamon Quills**

**2 Star Anise**

**2 tbsp Natvia**

**1 Bay Leaf**

**Optional garnishes: Extra slices  
of orange, lemon or lime, star  
anise**

**1** Combine the ingredients in a saucepan over a medium heat until just before it reaches a simmer (avoid letting it bubble as you will burn off the alcohol).

**2** Reduce heat to low, cover and let the wine simmer for at least 15 minutes. Turn the heat off but keep the lid on to let the flavours develop (around 10 minutes)

**3** Remove and discard the orange slices, cloves, cinnamon sticks bay leaf and star anise.

**4** Serve warm in mugs topped with fresh garnishes.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>266g</b>	<b>3.9g</b>	<b>1.6g</b>
Fats	Energy (KJ)	Calories
<b>0.3g</b>	<b>599</b>	<b>143</b>



**69**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Chocolate Protein Thick Shake

**SERVES:** 2

**PREP:** 5 MINUTES

**½ tbs Natvia**

**60g Chocolate WPI protein powder or pea protein powder**

**200ml Coconut milk**

**Pinch of salt**

**1 tsp Flaxseed meal**

**½ Cup ice blocks**

**20g Dark chocolate, melted**

**1** Combine all the ingredients, except the chocolate, in a blender and blitz until creamy.

**2** Dip the rim of 2 chilled glasses in the melted chocolate. Pour in the thickshake and then drizzle with remaining melted chocolate.

## Sweet Tips

» To loosen it up, stir through the extra milk.

» Use a WPI protein without added sugars.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>250ml</b>	<b>3g</b>	<b>5.8g</b>
Fats	Energy (KJ)	Calories
<b>2.6g</b>	<b>257</b>	<b>61</b>



# Beetroot Latte

**SERVES:** 4

**PREP:** 8 MINUTES

**COOK:** 2 MINUTES

**½ Small beetroot, peeled & diced**

**2 ½ Cups coconut milk**

**¼ tsp Vanilla bean paste**

**½ tsp Cinnamon**

**¼ tsp Ground ginger**

**1 tbs Natvia**

**¼ Cup coconut cream, for topping**

**1** Combine the beetroot, coconut milk, vanilla and spices in a blender and blitz until smooth.

**2** Strain through a sieve into a saucepan. Gently heat for 2-3 minutes, stirring through the Natvia until dissolved.

**3** Pour into small cups and top with coconut cream and a sprinkle of cinnamon.

## Sweet Tips

- » Beetroot contains nitric oxide which is a vasodilator, helping to lower blood pressure.
- » Beetroots are also very high in antioxidants.
- » Blend extra beetroot with coconut milk and freeze in ice block trays for an easy addition to smoothies or even soups and curries.
- » Use gloves when peeling the beetroot if you are worried about staining your hands.

### NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>3g</b>	<b>12.5g</b>
Fats	Energy (KJ)
<b>22g</b>	<b>932</b>



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## Sweet Tips

- » These low/no sugar swaps for cordials and fizzy drinks are a healthier choice
- » Store for up to 5 days
- » Keep chilled





# 3 Cordials

## Strawberry & Mint Water

**SERVES:** 6

**5 Strawberries, plus extra**

**1 tbs Natvia**

**2-3 Sprigs of mint**

**1 litre Water or soda water**

**1** Combine the strawberries and Natvia with  $\frac{1}{4}$  cup of water in a saucepan. Bring to medium high heat and cook until the berries are softened and Natvia dissolved. Mash the strawberries. Remove from heat.

**2** Pass through a sieve into a bottle or glass. Add extra strawberries and mint to each glass. Top with water or soda water.

### NUTRITION INFORMATION (PER SERVING)

Carbs	Fats
<b>0.4g</b>	<b>0g</b>
Protein	Energy (KJ)
<b>0g</b>	<b>0.6</b>

## Blueberry Cordial

**SERVES:** 8

**$\frac{1}{4}$  Cup frozen blueberries**

**1 tbs Natvia**

**1 litre Water or soda water**

**Extra blueberries & lemon slices, for serving**

**1** Combine the blueberries and Natvia with 2 tablespoons of water in a saucepan. Mash the blueberries. Bring to medium high heat and cook until

the berries are softened and Natvia dissolved. Remove from heat.

**2** Pass the mixture through a sieve into a large jug or bottles. Discard the skins and pulp.

**3** Top up with water or soda water and add the berries and slices of lemon just before serving.

### NUTRITION INFORMATION (PER SERVING)

Carbs	Fats
<b>0.4g</b>	<b>0g</b>
Protein	Energy (KJ)
<b>0g</b>	<b>0.6</b>

## Lemonade

**SERVES:** 4

**Juice of 1 lemon**

**2 tbs Natvia**

**1 litre Water or soda water**

**Lemon slices**

**Cucumber slices**

**1** Combine the lemon juice and Natvia in a saucepan over medium low heat. Whisk until the Natvia dissolved before removing from the heat.

**2** Top with water or soda water and stir to combine. Add slices of lemon and ice blocks to serve.

### NUTRITION INFORMATION (PER SERVING)

Carbs	Fats
<b>0.3g</b>	<b>0g</b>
Protein	Energy (KJ)
<b>0g</b>	<b>0.4</b>