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RECIPES

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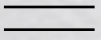
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# How To Bake With natVia



## Sweetness comparison

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

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



### ICING SUGAR

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

### OPTIMUM RISE

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

### LIGHT AND FLUFFY

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

### MOISTURE CONTENT

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

### MERINGUE-BASED DISHES

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

### JAMS AND SAUCES

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

## Sweetness chart

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



**CLICK HERE** for more **FREE** delicious Natvia recipes



**364**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Flourless Chocolate Cake

**SERVES:** 10

**PREP:** 20 MINUTES

**BAKE:** 30 MINS (PLUS COOLING)

## Cake

½ cup (110g) Natvia

½ cup (50g) cacao powder

1 teaspoon baking powder

1½ cups (180g) almond meal

¼ cup (20g) desiccated coconut

90ml extra light olive oil

1 cup (250ml) milk

2 eggs, beaten lightly

extra cacao powder, roughly  
chopped pistachios and  
dried rose petals, to decorate  
(optional)

## Ganache

100ml thickened cream

100g dark (sugar-free)  
chocolate, chopped coarsely  
(see Sweet Tips)

## Cake

- 1 Make ganache (see right).
- 2 Preheat oven to 180°C. Grease a 20cm round cake pan.
- 3 Combine Natvia, cacao powder, baking powder, almond meal and desiccated coconut in a large bowl.
- 4 Combine oil, milk and eggs in a large jug. Pour over dry ingredients and stir to combine.
- 5 Pour mixture into pan. Bake for

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

6 Top cake with cooled ganache. Dust with sifted extra cacao powder and decorate with pistachios and rose petals, if you like.

## Ganache

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

## Sweet Tips

- We used sugar-free dark (70% cocoa solids) chocolate. Sugar-free chocolate (sweetened naturally with stevia) is available in the health-food section of most supermarkets.
- Store, covered, for up to 3 days.



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**180**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Double Choc Mudcake with Choc Avocado Frosting

**SERVES:** 6

**COOK TIME:** 45 MINUTES PLUS  
COOLING

**6** 1/4 cups canned black beans,  
drained, rinsed  
1/4 cup cacao powder  
1/3 cup (75g) Natvia  
5 teaspoons egg replacer  
1/3 cup (75g) coconut oil, melted  
1/3 cup (80ml) olive oil  
100g dark (sugar-free)  
chocolate,  
chopped coarsely  
raspberries, to decorate  
(optional)

- 1** Preheat oven to 160°C.
- 2** Line a 6-hole (3/4-cup/180ml) Texas muffin pan with paper cases.
- 3** Blend black beans, cacao, Natvia, egg replacer and oils with 120ml water in a high-speed blender until smooth. Fold in 60g of the chocolate.
- 4** Divide mixture among cases. Bake for 18 minutes or until a skewer inserted into centre comes out clean. Cool in pan for 15 minutes. Cover

with a clean tea towel and refrigerate for 3 hours or overnight.

- 5** Make choc-avocado frosting (see below).
- 6** Spoon frosting into a large piping bag fitted with a large fluted nozzle. Pipe swirls onto cooled mudcakes, top with remaining chocolate and fresh raspberries, if you like.

## Choc-avocado frosting

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



# Mocha Mug Cake

**SERVES:** 4

**PREP:** 3 MINUTES

**COOK:** 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.

## Ricotta cream

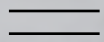
Whisk ingredients in a large bowl with an electric mixer until soft peaks form.

## Sweet Tips

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

### NUTRITION INFORMATION (PER SERVING)

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



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

# Chocolate Cake with Coffee Cream

**SERVES:** 10

**PREP:** 35 MINUTES

**COOK:** 1 HOUR (PLUS  
COOLING)

½ cup cacao powder, sifted  
2 ½ cups self raising cake flour  
½ cup Natvia  
2 eggs  
1 ½ cups milk  
115g unsalted butter

## Coffee Cream

300ml thickened cream

1 shot espresso

2 tbs Natvia

Coffee and cacao powder, for  
sprinkling

**1** Combine the cacao powder, flour and Natvia in a mixing bowl. Gradually beat in the egg, milk and butter until combined.

**2** Pour into a greased and lined 20cm cake tin. Bake in the oven for 25-30 minutes, until a skewer inserted comes out clean.

**3** Remove from the oven and stand in the tin for 10 minutes. Turn out onto a wire rack to cool.

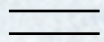
**4** Whip the cream with the coffee and vanilla until peaks form. Dollop over the top of the cooled cake. Sprinkle over the cacao.

## Sweet Tips

- Cacao powder can be found in health food stores or the health food section of the supermarket.
- Best eaten on the same day

### NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
<b>27.3g</b>	<b>6.6g</b>
Fats	Energy (KJ)
<b>11g</b>	<b>1060</b>



**577**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Blackberry Brownies

**SERVES:** 15

**PREP:** 15 MINUTES

**BAKE:** 20 MINUTES

**115g dark chocolate, melted**  
**115g unsalted butter, melted**  
**3 eggs**  
**100g Natvia**  
**½ tsp vanilla bean paste**  
**85g self raising flour**  
**35g cacao powder**  
**Pinch of salt**  
**100g blackberries**  
**75g sugar free dark chocolate, melted**

**Preheat the oven to 180°C**

- 1** Stir the melted butter into the chocolate until combined.
- 2** Whisk in the eggs, vanilla bean paste, Natvia, flour, cacao powder and salt.
- 3** Add in the blackberries and fold them into the batter.
- 4** Pour into a greased and lined 20x20cm brownie tin. Bake for 15-

18 minutes and then remove from the oven and stand to cool. Remove from the tin and drizzle over melted chocolate. Slice into 16 pieces.

## Sweet Tips

- Best eaten within 3 days. Store in an airtight container.
- Blackberries are high in fibre and antioxidants. If you cannot find them fresh you can usually find them in the frozen fruit section of your grocery store.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>35g</b>	<b>7.9g</b>	<b>2.2g</b>
Fats	Energy (KJ)	Calories
<b>7.9g</b>	<b>475</b>	<b>113</b>

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**433**  
CALORIES  
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# Peanut Butter Tart

**SERVES:** 12

**PREP:** 25 MINUTES

**CHILL:** 45 MINUTES

## Base

150g almond meal

100g desiccated coconut

150g unsalted butter, melted

## Filling

100g cream cheese

75g Natvia

75g smooth raw peanut butter

100ml thickened cream

100ml sugar free dark chocolate

Cacao powder, for sprinkling

Roasted peanuts, roughly chopped

**Preheat the oven to 170°C**

**1** Combine the base ingredients in a bowl and stir until thoroughly combined. Press into the base of a greased and lined 20cm loose-bottomed spring form tin. Cover and refrigerate for at least 20 minutes.

**2** Beat the cream cheese, peanut butter and Natvia in a bowl until smooth. Dollop and smooth on top of

the base. Chill for at least 30 minutes.

**3** Heat the cream in a saucepan until it just begins to bubble and then remove from heat. Melt the chocolate and then stir into the cream until smooth. Stand until thickened. Dollop in the middle of the tart and spread over the top. Garnish with shaved chocolate, cacao powder and chopped roasted peanuts.

## Sweet Tips

- Choose a raw peanut butter without added sugar for this delicious tart.
- High in fibre and protein, making this a filling treat perfect for afternoon tea.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>70g</b>	<b>8.6g</b>	<b>7.2g</b>
Fats	Energy (KJ)	Calories
<b>37.6g</b>	<b>1700</b>	<b>406</b>



**433**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Zucchini Chocolate Cake

**SERVES:** 12

**PREP:** 15 MINUTES

**COOK:** 35 MINUTES

260g self raising cake flour  
60g cacao powder  
75g Natvia  
100g sugar-free dark chocolate,  
roughly chopped  
300g grated zucchini, squeezed  
and excess juice discarded  
4 eggs  
125g greek yoghurt  
60ml extra virgin olive oil

## Chocolate drizzle icing

100g sugar free dark chocolate  
1 tbs coconut oil  
Cacao powder

**Preheat the oven to 180°C**

**1** Combine the flour, cacao powder, Natvia, chocolate and grated zucchini in a bowl.

**2** Add the remaining ingredients and stir to combine. Dollop into a well greased and lined large 20x10cm loaf tin. Bake for 30-35 minutes, until a skewer inserted

comes out clean.

**3** . Remove from the oven and stand in the tin for 10-15 minutes before turning onto a wire rack to cool. Trim the base if necessary to make it flat.

**4** . Melt chocolate for the icing and stir through the coconut oil. Pour over the cake.

## Sweet Tips

- Zucchini adds fiber, vitamins and minerals while also helping to keep this cake fluffy and moist.
- Keeps well for up to 3 days in an airtight contain.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>100g</b>	<b>28g</b>	<b>7g</b>
Fats	Energy (KJ)	Calories
<b>14g</b>	<b>1150</b>	<b>274</b>



**173**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR

# Carrot & Raisin Brownies

**SERVES:** 9-12

**PREP:** 35 MINUTES

**COOK TIME:** 30 MINUTES

## INGREDIENTS

100g no added sugar dark chocolate, broken up into pieces

4 tablespoons coconut oil

100g brown rice flour

50g ground almonds

30g Natvia natural sweetener

1 teaspoon cinnamon

½ teaspoon baking powder

2 eggs, well beaten

100ml milk

1 teaspoon vanilla extract

2 carrots, grated

50g raisins

50g walnut pieces

Preheat the oven to 180°C

**1** Gently melt the dark chocolate and coconut oil then set aside to cool a little.

**2** . Preheat the oven to 170oC and grease and line a 9x9in baking tin.

**3** Mix together the flour, ground almonds, Natvia, cinnamon and baking powder in a bowl.

**4** Whisk the eggs well then pour in the melted chocolate. Add this to the bowl along with the milk and vanilla and combine to form a batter.

**5** Fold in the grated carrot, raisins and walnut pieces. Spoon into the prepared tin and smooth out evenly. Bake for 30 minutes until baked through.

**6** Leave to cool in the tin then cut into 9-12 squares.



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**560**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Black Bottom Pie

**SERVES:** 12

**PREP:** 35 MINUTES

**CHILL TIME:** 2 HOURS

## Chocolate Base

100g desiccated coconut

100g hazelnut meal

35g cacao powder

100g unsalted butter, melted

## Chocolate Custards

30g sugar free custard powder

60g Natvia

30g cacao powder

500ml milk

2 tsp gelatine

## Cream Topping

150ml thickened cream

½ tsp vanilla bean paste

Cacao powder, for sprinkling

Preheat the oven to 180°C

**1** Combine the chocolate base ingredients in a bowl and stir until thoroughly combined. Press into a greased and lined round 22cm tin.

**2** Mix the custard, Natvia and 2 tablespoons of the milk into a paste in a heat safe bowl. Place over a simmering saucepan of water and gradually add the remaining milk

as you whisk continuously until the custard thickens, approximately 15 minutes. Remove from heat.

**3** Sprinkle the gelatine over ¼ water in a heatproof jug and stand for 5 minutes. Heat in the saucepan over simmering water, whisking until the gelatine has dissolved. Whisk into the custard. Pour the mixture over the base and then cover and chill for at least 2 hours.

**4** Beat the cream with the vanilla and Natvia and then dollop or pipe over the set custard. Sprinkle with cacao powder.

## Sweet Tips

- Best eaten within 5 days, store in an airtight container in the refrigerator.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>85g</b>	<b>6g</b>	<b>4.4g</b>
Fats	Energy (KJ)	Calories
<b>22.5g</b>	<b>1040</b>	<b>208</b>



**231**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Chocolate Pots

**SERVES:** 4

**PREP:** 20 MINUTES

**CHILL TIME:** 4 HOURS

## Chocolate Base

**300g silken tofu, squeezed of excess juice**

**125ml coconut cream, solid part**

**40g Natvia**

**50g cacao powder**

**Pinch salt**

## Topping

**Fresh orange or orange zest**

**1** Place the tofu in cheesecloth or a chux cloth and squeeze of excess liquid. Discard the liquid and place the tofu in a blender or food processor.

**2** Add the remaining ingredients and process until completely smooth. Divide evenly between four little glasses or ramekins. Chill for at least 45 minutes before serving with fresh orange or orange zest.

## Sweet Tips

- Store chilled and consume within 5 days.
- High in plant-based protein.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>130g</b>	<b>6g</b>	<b>8.6g</b>
Fats	Energy (KJ)	Calories
<b>9g</b>	<b>638</b>	<b>152</b>



**433**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Raw Cherry Ripe Slice

**SERVES:** 16

**PREP:** 25 MINUTES

**CHILL:** 45 MINUTES

## Base

50g almond meal

180g pecans

25g cacao powder

100ml coconut oil

## Cherry Ripe Layer

150g pitted frozen cherries

60g frozen raspberries

75g Natvia

½ tsp vanilla bean paste

150g desiccated coconut

100ml coconut oil

## Topping

100g dark chocolate, melted

15g coconut oil

**1** Combine the base ingredients in the bowl of a food processor and process to combine. Press into a lined 20x20cm slice tin and smooth the top. Refrigerate.

**2** Wipe out the processor and add all the cherry ripe ingredients. Process until combined. Pour over the base

and smooth the top. Place in the freezer to chill.

**3** Melt the chocolate and then stir in 1 tablespoon coconut oil. Drizzle over the top of the slice. Refrigerate for at least 4 hours or overnight. Stand on the benchtop for 30 minutes before slicing into 16 squares.

## Sweet Tips

- This raw slice is high in fibre, vitamins and minerals from nuts and berries.
- Stores well in the freezer for up to 6 months.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>57g</b>	<b>6.9g</b>	<b>3g</b>
Fats	Energy (KJ)	Calories
<b>28g</b>	<b>1250</b>	<b>298</b>



**360**  
CALORIES  
SAVED

\*COMPARED TO SUGAR



# Vegan Nuttvia Stuffed Banana Bread

**SERVES:** 12

**PREP:** 10 MINUTES

**COOK:** 50 MINUTES

**2 tbsp ground flaxseed**  
**5 tbsp water**  
**2 large ripe bananas, mashed -**  
**(around 1**  
**cup full)**  
**1/3 cup melted vegan butter OR**  
**coconut**  
**oil (70g) OR apple puree for low**  
**fat**  
**1/4 cup almond milk (30g)**  
**1 1/2 cup spelt flour (180g)**  
**96g Nuttvia**  
**1/2 cup vegan protein of choice**  
**(45g)**  
**1 tsp baking soda**  
**1/4 tsp cinnamon**  
**1/2 tsp salt**  
**2 Cups Nuttvia**

Preheat the oven to 170°C

- 1** In a small bowl, combine the ground flaxseed and water and set aside to thicken into a flax 'egg'.
- 2** . In a food processor mash the bananas, butter/oil/ apple puree, almond milk and flax eggs. Blend in

the flour, sweetener, baking soda, cinnamon and salt. Stir gently until just combined, making sure you don't overmix.

**3** . Roll out the dough between 2 sheets of parchment paper or press it directly into a well-greased pie dish.

**4** . Pour half the batter into the prepared pan, then add a layer of the Nuttvia into the middle of the loaf. Pour over the rest of the batter and bake for about 50-60 minutes, or until a toothpick inserted in the centre comes out clean.

**5** . Leave to cool in the pan for a few minutes, then transfer the loaf to a cooling rack and leave to cool. Drizzle extra Nuttvia on top. Slice into 8-10 slices.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>100g</b>	<b>38.4g</b>	<b>7.2g</b>
Fats	Energy (KJ)	Calories
<b>20.6g</b>	<b>1570</b>	<b>375</b>



# Chocolate Custard Macadamia Tart

**SERVES:** 12 SLICES  
**PREP:** 10 MINUTES  
**COOK:** 50 MINUTES

## Pastry

**275g Almond Flour (2 ½ cups)**  
**1 Egg + 1 Egg Yolk**  
**3 tbsp Natvia**  
**Pinch of Salt**  
**1 tbsp Coconut Oil**

## Filling

**400ml Coconut Cream (1 ¾ cups)**  
**3-3.5 tbsp Natvia**  
**4 tbsp Cacao Powder**  
**3 tbsp Cacao Butter**  
**4 Egg Yolks**  
**Seeds of 1 vanilla bean**

## Topping

**120g toasted macadamias (1 cup)**

- 1 Preheat the oven to 170°C. Grease and line a tart or pie tin with baking paper.
- 2 Add all the pastry ingredients into a food processor and blend into a dough.
- 3 Press the pastry dough into the lined tin as evenly as you can. Use a fork to poke some holes into the base of the pastry.
- 4 Place into the oven and bake for roughly 22 minutes, or until golden brown.

**5** Meanwhile, add the coconut cream, Natvia, cacao powder, cacao butter and vanilla into a small saucepan. Melt on a low-medium heat until all the ingredients are evenly combined.

**6** Remove the filling from the heat and stir through the egg yolks and stir continually with a spatula for a few minutes.

**7** Add the filling mixture back onto a low heat on the stove top and continue to mix for a further 2-3 minutes. Once it has thickened nicely, remove it from the heat.

**8** Remove the pastry from the oven and allow to cool.

**9** Once cooled, pour the chocolate filling mixture into the tart shell. Place into the fridge to set.

**10** Once it has set, garnish with toasted macadamias, slice and serve

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>90g</b>	<b>3.6g</b>	<b>7.9g</b>
Fats	Energy (KJ)	Calories
<b>34.6g</b>	<b>1500</b>	<b>359</b>



**750**  
CALORIES  
SAVED

\*COMPARED TO SUGAR

# Skillet Choc Chip Cookie

**SERVES:** 12

**PREP:** 10 MINUTES

**COOK:** 30 MINUTES

**170g Almond Flour (2 cups)**

**130g Natvia (3/4 cup)**

**1/2 tsp Baking Powder**

**1/4 tsp Salt**

**100g Salted Butter (1/2 cup)**

**1 tsp Vanilla Extract**

**1 Large Egg**

**90g No Added Sugar Dark  
Chocolate (3/4  
cup)**

**1** Preheat your oven to 180°C. Microwave the butter for 30 seconds to melt, but it shouldn't be hot.

**2** Place the butter into a mixing bowl and beat with the Natvia. Add the vanilla and egg, mix on low for another 15 seconds exactly.

**3** Add the almond flour, xanthan gum, baking powder and salt. Mix until well combined.

**4** Press the dough together and remove from the bowl. Combine the chopped dark chocolate into the dough with your hands.

**5** Press the dough into a 20cm buttered cast iron skillet, making sure it is as level as possible

**6** Place the skillet in the oven for 30 minutes, or until golden brown on top.

**7** Remove from the oven and let it cool. Serve with keto ice cream or a basic dark chocolate ganache. Keep in an airtight container for up to 7 days.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>45g</b>	<b>1.1g</b>	<b>4g</b>
Fats	Energy (KJ)	Calories
<b>18.2g</b>	<b>795</b>	<b>190</b>



# Brownie Batter Thickshake

**SERVES:** 1

**PREP:** 5 MINUTES

**250g Peanut Butter - or nut/  
seed 125g**

**Vanilla Coconut or Greek style  
yogurt (½ cup)**

**125ml cup Vanilla almond milk  
(½ cup)**

**1 tsp Vanilla**

**½-1 tsp of Instant Espresso -  
optional to help enhance the  
richness of cacao**

**1-2 tbsp Cacao**

**1 tsp Natvia**

**Pinch of Cinnamon**

**1 tbsp Almond Butter \***

**Pinch of Pink Salt**

**¼-½ cup Ice - more or less to  
desired consistency**

**20g Chocolate, melted, to swirl  
your glass**

**1** Place all smoothie ingredients into your blender and process until

smooth, creamy and well combined.

**2** Pour into a chilled glass or mason jar then top with toppings of choice

## Sweet Tips

- Garnish with raspberries fresh mint and cacao.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>423g</b>	<b>14.5g</b>	<b>15.6g</b>
Fats	Energy (KJ)	Calories
<b>39.5g</b>	<b>2080</b>	<b>497</b>



**210**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR





# Chocolate Cherry Parfait

**SERVES:** 12 SLICES

**PREP:** 40 MINUTES

**CHILL:** 4 HOURS

**400g Cherries fresh or frozen (pitted)**

**80 grams Natvia (1/3 cup + 2 tbsps)**

**1 tbsps Water**

**50g Natvia Chocolate topping**

**125g No Added Sugar Dark Chocolate**

**350ml Thickened Cream**

**250g Milk (1 cup)**

**1 Vanilla Pod, scraped**

**6 Egg Yolks**

**1** Combine the cherries, 20g of Natvia Baking and a tablespoon of water in a saucepan.

**2** Cook over a medium heat stirring regularly. After 5 minutes puree the cherry mix with a stick blender. Return back to the heat for a further 10 minutes on a medium heat until thick and coating the back of a spoon. Strain through a fine strainer and leave to cool.

**3** Melt chocolate and leave aside. In a saucepan heat milk and vanilla over a low heat. Whisk the egg yolks and the remaining 60g of Natvia Baking Natural Sweetener together until creamy. Slowly pour the heated milk mixture onto the eggs while whisking (if you pour the hot milk on too fast it will cook and curdle the eggs).

**4** Return the mix back to the saucepan over a low heat stirring

constantly for around 5 minutes until thickened and coats the back of a spoon.

**5** In one bowl combine ½ cup of the cherry jam and ½ of the custard mix. In a second bowl combine the melted chocolate, Natvia chocolate topping and the remaining custard.

**6** Whip the cream to soft peaks, fold a half of the cream into the chocolate custard and a half through the cherry custard, ensuring not to overmix.

**7** Place the chocolate mix into your prepared tin, filling half way and let set in the freezer for 30 minutes. Pour the cherry custard over the top and freeze until set.

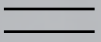
**8** Serve with fresh cherries, sugar free chocolate shavings and toasted hazelnuts for a decadent Christmas dessert.

## Sweet Tips

- The pictured recipe has been set into silicon muffin trays for individual parfaits.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>110g</b>	<b>7.4g</b>	<b>3.5g</b>
Fats	Energy (KJ)	Calories
<b>19.9g</b>	<b>980</b>	<b>234</b>



# Choc Self

## Saucing Puddings

**SERVES:** 4

**PREP:** 10 MINUTES

**COOK:** 25 MINUTES

**110g Coconut Oil (1/2 cup)**  
**4 Eggs, large**  
**75g Almond Flour (1/2 cup)**  
**30g Cocoa Powder (1/4 cup)**  
**30g Coconut Flour (1/4 cup)**  
**150g Almond milk (1/2 cup)**  
**2 tbsp Natvia**  
**2 tsp Vanilla Extract**  
**1 tsp Apple Cider Vinegar**  
**1 tsp Baking Powder.**  
**225g of Natvia Chocolate Topping Sauce (1 cup)**

- 1** Pre-heat oven to 180° (fan-forced).
- 2** Melt the coconut oil in a jug in the microwave.
- 3** Combine all of the pudding ingredients in a mixing bowl and beat well.
- 4** Grease four ramekins, (approx. 4 inches/10 cm across) with coconut oil.

**5** Pour ¼ cup of Natvia Chocolate Sauce into the bottom of each ramekin.

**6** Spoon equal amounts of the pudding batter into each ramekin and smooth down.

**7** Bake for 25 minutes.

**8** Serve hot with cream or low carb ice cream.

*Sweet Tips*

- Serve warm, sliced with butter or cold, drizzled with Natvia Salted Caramel Sauce.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>220g</b>	<b>6.3g</b>	<b>13.3g</b>
Fats	Energy (KJ)	Calories
<b>44.5g</b>	<b>2059</b>	<b>492</b>



# Flourless Chocolate, Orange & Hazelnut Cake

**SERVES:** 8

**PREP:** 15 MINUTES

**COOK:** 1 HOUR

**415ml freshly squeezed Orange Juice with pulp (1 1/2 cup)**

**1 Orange, rind only grated**

**6 Eggs, large**

**1 tsp Baking Powder**

**1/2 tsp Bicarb Soda**

**65g Natvia (1/3 cup)**

**300g Hazelnut Meal (2 1/2 cups)**

**100g Cacao Powder, unsweetened (1 cup)**

**1/2 tsp ground Cinnamon**

**Pinch of salt**

**100g Nuttvia Hazelnut Spread**

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

**2** Combine the orange juice, Natvia and eggs in a large mixing bowl and whisk.

**3** Add the hazelnut meal, cacao, cinnamon, Nuttvia and orange rind to the bowl and mix well.

**4** Lastly add the baking powder, bi-carb soda and salt (the mix will be quite wet).

**5** Grease an 8-inch cake tin with olive oil. Pour the cake batter into the tin and bake for 35-40 minutes or until a skewer is inserted in the centre comes out clean.

**6** Allow to cool for 5 minutes in the tin before placing it on a wire rack to cool completely. Once cooled dust with Natvia or cacao to serve.

## Sweet Tips

- This recipe uses cacao for a cake richer in flavour and nutrients.

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>65g</b>	<b>8.2g</b>	<b>5.7g</b>
Fats	Energy (KJ)	Calories
<b>11.9g</b>	<b>694</b>	<b>166</b>



# Nuttvia Hot Chocolate

**SERVES:** 2

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

**500ml Almond Milk (2 cups)**

**100g Nuttvia (1/3 cup)**

**1 tbsp Cacao Powder, optional  
for a stronger chocolate  
flavour**

**Sugar free Marshmallows  
(optional)**

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>295g</b>	<b>30.9g</b>	<b>10.8g</b>
Fats	Energy (KJ)	Calories
<b>42.6g</b>	<b>2340</b>	<b>559</b>

**1** Place all ingredients in a small saucepan. Bring to a simmer, whisking until combined. Serve warm, topped with sugar free marshmallows.

## Sweet Tips

- Nuttvia has ZERO added SUGAR and ZERO palm-oil



**290**  
CALORIES  
SAVED  
\*COMPARED TO SUGAR



# Chocolate Beetroot Brownie

**SERVES:** 12

**PREP:** 10 MINUTES

**COOK:** 30 MINUTES

**160g Coconut Oil (2/3 cup)**  
**50g Natvia (1/4 cup)**  
**3 Eggs**  
**50g Raw Cacao, sifted (3/4 cup)**  
**1 tsp Baking Powder**  
**Salt, pinch**  
**55g All Purpose Gluten Free  
Flour,**  
**sifted (1/2 cup)**  
**2 large Beetroots, peeled and  
grated**  
**2 tbsp Nuttvia**  
**50g Walnuts, roughly chopped  
(1/2 cup)**

**1** Preheat oven to 180°C, line a square brownie tin with baking paper.

**2** Whisk melted coconut oil, Natvia and eggs until combined. Add sifted cacao, gluten free flour, baking powder and a pinch of salt.

**3** Add the grated beetroot, walnuts and Nuttvia, mix until combined.

**4** Pour the brownie mix into the tin and bake for 25-30 minutes or until a skewer comes out clean when inserted.

## Sweet Tips

- Mixing in Nuttvia hazelnut spread means these brownies are extra chocolaty and addictive!

### NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>63g</b>	<b>8.8g</b>	<b>3.8g</b>
Fats	Energy (KJ)	Calories
<b>18.1g</b>	<b>906</b>	<b>216</b>



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

# Chocolate Fondue

**SERVES:** 8

**PREP:** 20 MINUTES

**COOK:** 10 MINUTES

**250ml Whipping Cream (1 cup)**

**50ml Milk**

**1 large piece of Orange Rind,  
pith removed**

**1 Cinnamon Stick**

**1 Vanilla Pod, cut lengthways  
and seeds removed**

**Cayenne Pepper, pinch**

**4 Cloves**

**Allspice, pinch**

**½ tsp Pepper, ground**

**1 tsp Ginger, ground**

**200g Sugar Free Dark Chocolate**

**Salt, pinch**

**2 tbsp Nutvia**

## To serve

**Cubes of the mandarin  
macadamia cake, beetroot  
brownie**

**Fresh fruit such as mandarin,  
pears or strawberries**

**1** Place the whipping cream and milk into a saucepan along with the orange zest, cinnamon stick, vanilla pod, cayenne, cloves, allspice, pepper and ginger.

**2** Slowly bring to the boil, remove from the heat and leave to infuse until the cream returns to room temperature. Strain through a sieve into a clean saucepan.

**3** Break up the chocolate and it add to the cream mixture. Melt the chocolate into the cream over a gentle heat until the chocolate has melted. Whisk regularly until you have a smooth creamy sauce.

**4** Pour into desired dish and serve with a selection of fresh fruit sugar free cakes and biscuits.

**5** If the chocolate firms up too much it can be reheated back to desired consistency.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>110g</b>	<b>14g</b>	<b>4g</b>
Fats	Energy (KJ)	Calories
<b>46g</b>	<b>2190</b>	<b>523</b>



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