

**SUGARFREE**  
*living* ® natVia

# HOT DRINKS

*For Winter*

INCLUDES  
SUGAR-FREE  
ALCOHOLIC  
*creations*

BEVERAGES  
THAT PACK A  
NUTRITIONAL  
PUNCH

**15**  
*Recipes*



Packed with **DELICIOUS DRINK RECIPES** from morning to evening!

# SUGAR FREE BAKING IS *easier* WITH natVia



crafted for  
**BAKING**  
 & COFFEE

+

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

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

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

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AVAILABLE AT : AUSTRALIA: IGA, WOOLWORTHS & COLES / NEW ZEALAND: PAKNSAVE, NEW WORLD & COUNTDOWN

natVia

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Published by Natvia

For more recipes and sugar-free  
inspiration, please visit us at  
[www.natvia.com](http://www.natvia.com)

All nutrition information has  
been calculated using the most  
up to date information from  
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 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	1/3 cup + 1 tbsp
2/3 cup	150g	99g	1/2 cup
3/4 cup	170g	112g	1/2 tsp + 1 tbsp
1 cup	220g	145g	3/4 cup

## ICING SUGAR

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

## OPTIMUM RISE

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

## LIGHT AND FLUFFY

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

## MOISTURE CONTENT

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

## MERINGUE-BASED DISHES

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

## JAMS AND SAUCES

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



HOVER SMARTPHONE  
CAMERA FOR DELICIOUS  
MORE NATVIA RECIPES

**NEW**



*crafted for*  
**BAKING**  
 & COFFEE

+

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

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

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

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**AVAILABLE AT WOOLWORTHS**



## *Morning boost*

Start your day right with these morning beverages. Have a sip of our Wattleseed Latte or get going with our Bulletproof Coffee. Whatever your day throws at you, start with a morning boost!





# MOCHA MACCHIATO

**SERVES:** 1

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

**30ml Espresso**

**80ml (1/3 cup) Milk or Milk of choice, warmed**

**1 tbsp Natvia Chocolate Topping Sugar Free Chocolate, shaved to serve**

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
110ml	4.0g	2.2g
Fats	Energy (KJ)	Calories
4.4g	281	67

- 1 Brew a shot of espresso.
- 2 Add the chocolate topping and stir to combine. Top up the espresso with the warmed milk. Serve with sugar free chocolate shavings.



**NATVIA**



**CHOC TOPPING**

Add some **extra flavour** to your breakfast with our Smooth Choc and Salty Caramel sauces!



# HAPPY HORMONES CACAO

**SERVES:** 2

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

500ml (2 cups) Almond Milk or  
milk of your choice

3 tbsp Cacao Powder

2 tsp Natvia

2 tsp Maca Powder

2 tsp Coconut Oil

¼ tsp Turmeric, ground

pinch of Sea Salt

pinch of Black Pepper, ground

pinch of Ginger, ground

- 1 Warm the almond milk with the spices (do not boil).
- 2 Add the remaining ingredients to the milk and whisk to combine.
- 3 Serve immediately .

## Nutrition Tips

☛ Maca root has been traditionally used for balancing hormones, improving

energy and increasing stamina.

☛ Please consult your health physician before consuming maca root as it may interfere with some medications.

☛ Maca root should not be consumed in large doses or for extended periods of time.

---

“Maca Root is great alternative to coffee when you need that extra boost in the morning”.

Rachel Knight, Natvia HQ Chef

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## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
275ml	8.2g	11.5g
Fats	Energy (KJ)	Calories
33g	1630	389



## COFFEE TIME!



Stay sweet wherever you go. Natvia sachets and tablets mean staying **sugar-free** is a whole lot easier!



# WATTLESEED LATTE

**SERVES:** 1

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

1 tsp Wattleseed

½ tsp Natvia

250ml (1 cup) Almond Milk,  
warmed

**1** Combine wattleseed and Natvia in a mug.

**2** Pour over warmed almond milk, stir to combine and serve.

## Nutrition Tips

• Wattleseed has a deliciously nutty, coffee like flavour. It pairs extremely well with either almond or coconut milk.

---

“This is a great alternative to drinking coffee in the morning. Wattleseed is Low GI and is packed with calcium, iron and zinc.”

Rachel Knight, Natvia HQ Chef

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## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
250ml	3.3g	9.8g
Fats	Energy (KJ)	Calories
26.7g	1280	305



## NEW NATVIA GOLD

Try this with the best brown sugar alternative. Great in your coffee, drinks and baking!



# BULLETPROOF COFFEE

**SERVES:** 1

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

200ml Black Coffee, freshly brewed, hot

1 tbsp Organic Unsalted Grass-fed Butter or Ghee

1 tsp Coconut Oil

½ tsp Natvia

1 Combine all of the ingredients in a mug. Serve immediately.


## Nutrition Tips

• Bulletproof coffee can be beneficial for curbing cravings and boosting cognitive function.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
225ml	0.2g	0.4g
Fats	Energy (KJ)	Calories
20.6g	775	185



**NUTT VIA IS**   
**NOW VEGAN**

Nuttvia has ZERO added SUGAR and ZERO palm-oil and is now VEGAN.





# SPIRULINA COLLAGEN LATTE

**SERVES:** 1

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

500ml (2 cups) Almond Milk

1 tsp Spirulina Powder

¼ tsp Ginger, ground

¼ tsp Cinnamon, ground

10ml Liquid Collagen

½ tsp Natvia

- 1 Heat the milk in a small saucepan until warmed.
- 2 Add Spirulina, ginger, cinnamon, Natvia and collagen. Stir to combine.
- 3 Divide the mixture into 2 mugs. Enjoy!

☛ Collagen promotes gut health and gives your hair, skin and nails a beauty boost.

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“Spirulina is a nutrient dense food, this recipe is packed with vitamins and minerals to boost our immune system.”

Rachel Knight, Natvia HQ Chef

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## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
255ml	3.5g	12.8g
Fats	Energy (KJ)	Calories
26.1g	1280	305

## Nutrition Tips

☛ The amount of Collagen used will vary depending on the product.



## LOVE JAM?

Our healthy strawberry and raspberry spreads cut the sugar without compromising on flavour.



# LEMON MYRTLE AND EARL GREY TEA

**SERVES:** 2

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

2 tsp Lemon Myrtle

2 tsp Earl Grey

500ml (2 cups) Water, heated to 95°C

½ tsp Natvia

Lemon, sliced to serve

**1** In a small teapot combine the lemon myrtle, Earl Grey, Natvia and hot water.

**2** Leave to brew for 5 minutes. Serve hot with sliced lemon.

---

“Traditionally lemon myrtle has been used to ease a sore throat and reduce symptoms of viral infections. It’s the perfect Australian Native to have in the pantry for Winter.”

Rachel Knight, Natvia HQ Chef

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## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
250ml	0.0g	0.2g
Fats	Energy (KJ)	Calories
0.1g	18	4

## Nutrition Tips

• Lemon Myrtle is rich in antioxidant and is antibacterial and anti-inflammatory.



## LOVE VEGAN RECIPES?



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PANTRY RANGE

# HEALTHY TASTES GOOD FOR THE WHOLE FAMILY



## FROZEN YUMMY FLIPO'S ZERO SUGAR & 100% DELICIOUS!

In store now at: Woolworths 



## Afternoon Break

Enjoy a warm drink that soothes you into the afternoon. Sip on a Pumpkin Latte or indulge in our Nuttvia Hot Chocolate. Whichever you choose, you won't be disappointed.



# GOLDEN MILK WITH BLACK PEPPER

**SERVES:** 2

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

750ml Coconut Milk, light (3 cups)

1 ½ tsp Turmeric, ground

¼ tsp Ginger, ground

1 Cinnamon Stick

½ tsp Black Pepper, ground

1 tsp Natvia

**1** Combine all of the ingredients in a saucepan. Over a low heat whisk the milk mixture until well combined.

**2** Once warmed discard the cinnamon and divide between 2 glasses. Serve hot.

## Nutrition Tips

☛ The lower the heat the longer the spices will have to infuse, making it a stronger beverage.

☛ Turmeric is well known for its anti-inflammatory properties

“This golden milk recipe is not only anti-inflammatory it also contains aromatic digestives, which promote healthy digestion”

Rachel Knight, Natvia HQ Chef

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
380ml	4.3g	1.8g
Fats	Energy (KJ)	Calories
18g	780	186



## LOVE KETO RECIPES?



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# NUTTVIA HOT CHOCOLATE

**SERVES:** 2

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

500ml Almond Milk (2 cups)

100g Nuttvia (1/3 cup)

1 tbsp Cacao Powder, optional for a stronger chocolate flavour

Sugar free Marshmallows (optional)

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

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“A deliciously quick recipe for you to warm up with and all with no added sugars! Yum”


Rachel Knight, Natvia HQ Chef

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## NUTRITION INFORMATION (PER SERVING)

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



**NUTTVIA IS NOW VEGAN** 

Nuttvia has ZERO added SUGAR and ZERO palm-oil and is now VEGAN.



# BEETROOT LATTE

**SERVES:** 4

**PREP:** 8 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

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.

## 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>



## BAKING ESSENTIALS!

Natvia's unique blend has been carefully crafted for baking. **100% natural** Natvia turns out the best tasting sweet treats!



# VEGAN HOT COCONUT CACAO

**SERVES:** 2

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

220ml Coconut Milk, full fat

220ml Almond Milk

2 tbsp Cacao

2 tsp Natvia

Coconut Flakes, toasted, to serve

**1** Place all of the ingredients into a small saucepan over a medium heat and simmer for 1 minute. Whisk to ensure there are no lumps.

**2** Once the cacao has dissolved. Divide between 2 mugs and serve with toasted coconut flakes

## Nutrition Tips

☛ Cacao is high in antioxidants and nutrients such as magnesium, potassium and iron

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
200ml	5.3g	6.6g
Fats	Energy (KJ)	Calories
27.6g	1260	301



## COFFEE TIME!



Stay sweet wherever you go. Natvia sachets and tablets mean staying sugar-free is a whole lot easier!



# CARAMEL GINGERBREAD LATTE

**SERVES:** 1

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

500ml Almond Milk or milk of your choice (2 cups)

½ tsp Cinnamon

½ tsp Ginger, ground

2 tbsp Salty Caramel Sauce

1 tsp Vanilla

60ml Espresso, hot

Nutmeg to serve

- 1 Place all of the ingredients except the coffee in a small saucepan and bring to a simmer.
- 2 Remove from the heat and whisk in the coffee.
- 3 Divide between 2 glasses and top with grated nutmeg.

## Nutrition Tips

• Ginger is a circulatory stimulant, it improves blood flow through the tissues.

---

“The combination of warming spices and coffee make it a perfect drink for those wintry days”

Rachel Knight, Natvia HQ Chef

---

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
300ml	4.2g	8.7g
Fats	Energy (KJ)	Calories
27.2g	1260	301



**NATVIA**

**CHOC TOPPING**

Add some extra flavour to your breakfast with our Smooth Choc and Salty Caramel sauces!





# PUMPKIN SPICED LATTE

**SERVES:** 2

**PREP:** 15 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

500ml Almond Milk (2 cups)

200g Butternut Pumpkin, skin removed and boiled until soft and cooled

2 tsp Natvia

1 Vanilla Pod, split and scraped

½ tsp Nutmeg

1 tsp Cinnamon + Cinnamon to serve

¼ tsp Powdered Ginger

**1** Combine the cooled pumpkin with the almond milk in a blender

and blend until smooth.

**2** Pour the blended mixture into a pot and add the rest of the ingredients. Place on a medium heat and stir to ensure it does not boil.

**3** Pour the pumpkin latte into a mug. Serve with ground cinnamon.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
355ml	365g	10.6g
Fats	Energy (KJ)	Calories
27.2g	1480	346



## LOVING THESE RECIPES?



We've got lots of **FREE** sugar-free e-mags with more mouth watering recipes. Check them out at [www.natvia.com/freemags](http://www.natvia.com/freemags)

**NOW**

**VEGAN**

**GO NUTS**

**#VEGANGOALS**

**HAZELNUT SPREAD  
WITH 97% LESS SUGAR\*  
AND ZERO PALM OIL**

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

**AVAILABLE AT : ALL LEADING SUPERMARKETS**





# *Alcoholic Beverages*

Looking for something with a little more spice? Our hot alcoholic beverages are just the thing. Try our Hot White Russian, or ever our morrish Salted caramel Hot Toddy.



# HOT WHITE RUSSIAN

**SERVES:** 1

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

**625ml (2 ½ cups) Coffee, freshly brewed**

**125ml (½ cup) Cream, heavy**

**125ml (½ cup) Rum**

**60ml (¼ cup) Vodka**

**2 tsp Natvia**

**Coffee Beans optional to serve**

**1** In a small saucepan combine the coffee, Natvia and cream. Heat over a medium heat until warm, do not boil.

**2** Remove from the heat and add the Rum and Vodka.

**3** Divide between the cups and garnish with coffee beans.

## Nutrition Tips

• Top with whipped cream for an extra tasty treat.

---

“This adults-only drink is perfect for entertaining in the winter months”.

Rachel Knight, Natvia HQ Chef

---

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
<b>235ml</b>	<b>12.9g</b>	<b>0.9g</b>
Fats	Energy (KJ)	Calories
<b>11.6g</b>	<b>945</b>	<b>225</b>



**NATVIA**

**CHOC TOPPING**

Add some **extra flavour** to your breakfast with our Smooth Choc and Salty Caramel sauces!



**PACKED WITH REAL FRUIT, OUR SPREADS ARE FRESH WITH FLAVOUR.**

**ENJOY REAL FRUIT SPREAD WITH ZERO NASTY SUGARS!**



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# HEALTHY TASTES GOOD FOR THE WHOLE FAMILY

Yummy Fruit spread with ZERO Added Sugar

Available at Woolworths 



- LOW CARB
- NO SUGAR ADDED
- 55% FRUIT





# MULLED WINE

**SERVES:** 2

**PREP:** 5 MINUTES

**COOK:** 25 MINUTES

## INGREDIENTS

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>



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and save your favourite  
sugar-free recipes to your  
**My Natvia** account.



\*COMPARED TO SUGAR

# SALTED CARAMEL HOT TODDY

**SERVES:** 1

**PREP:** 5 MINUTES

**COOK:** 5 MINUTES

## INGREDIENTS

230ml Sugar Free Apple Cider

40ml Whiskey

5ml Lemon Juice

½ tsp Natvia

2 tsp Natvia Salty Caramel Sauce

1 Cinnamon Stick

1 Star Anise

To Serve Apple Slices, Star Anise  
and extra Cinnamon Stick

**1** Place all of the ingredients into a saucepan. Heat over a low flame, do not boil.

**2** Pour into your desired mug and garnish with apple slices, star anise and/or cinnamon sticks.

## NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
285ml	7.8g	0.1g
Fats	Energy (KJ)	Calories
0.1g	742kj	177

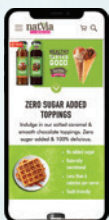


**NUTTVIA IS**   
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Nuttvia has ZERO added SUGAR and ZERO palm-oil and is now VEGAN.



JUST 6 CALORIES PER SERVE



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**RANGE**

