

# SUGARFREE

*living* BY natVia

PACKED WITH  
DIABETIC-FRIENDLY  
& KETO RECIPES

**CRAVINGS!**  
WE SHOW YOU HOW  
TO REDUCE THEM

**DIETING WITHOUT  
LASTING RESULTS?**

We ask a dietitian for  
their proven 4 steps to  
long-term weight-loss!

OVER  
**30**  
ZERO SUGAR  
RECIPES  
\*zero sugar added

INDULGENT, keto, diabetic-friendly treats, 5 ingredient desserts



**GET MORE SUGAR-FREE!**

**[WWW.NATVIA.COM/FREEMAGS](http://WWW.NATVIA.COM/FREEMAGS)**



# CONTENTS

<i>How to bake with Natvia</i>	04
<i>What's in season</i>	06
<i>Natvia community page</i>	08
<i>What makes the perfect breakfast</i>	10
<i>Keto creations</i>	12
<i>The simple science behind low carb</i>	20
<i>Diabetic Friendly</i>	32
<i>The low down on cravings</i>	44
<i>Indulgences</i>	46
<i>Ask a dietitian</i>	61
<i>Tops 5 nuts to eat for better health</i>	68
<i>Easy 5 ingredient treats</i>	70
<i>How much sugar are you actually consuming?</i>	84
<i>Desserts to share</i>	86
<i>Index</i>	100

# HOW TO BAKE WITH NATVIA

**OPTIMUM RISE** If you need your recipe to rise (even if the recipe does not include baking powder), 2–3 teaspoons of baking powder may be added to help give your baked dessert the best rise.

**LIGHT & FLUFFY** Normally when baking cakes, the chemical reaction of beating sugar and butter together creates a lot of air. As Natvia is different in chemical structure from sugar, your secret to success when baking with Natvia is to beat or cream your initial mixture really well.

**MOISTURE CONTENT** When baking moist cakes, replace the butter with oil for the ‘fats’ ingredient in the recipe. Also, use a touch more liquid in your recipe, but not too much! Adding 1–2 tablespoons of milk to a recipe that will make 12 cake portions is enough.

**MERINGUE-BASED DISHES** When making dishes such as pavlova, Natvia can be added at the start, prior to whisking the egg whites.

**JAMS & SAUCES** For jam or sauces, you can blitz Natvia in a food processor, blender or spice grinder until the desired consistency is achieved. You can also use a small amount of xanthan gum to prevent the Natvia from recrystallising in jam.



## BAKING ALTERNATIVES

### BUTTER

### VEGAN BUTTER

### VEGETABLE OIL

### COCONUT OIL APPLE SAUCE

### CHOCOLATE

### SUGAR-FREE CHOCOLATE DARK CHOCOLATE

### FLOUR

### RICE FLOUR ALMOND FLOUR

### MILK

### ALMOND MILK



# CONVERSION CHART

## SOLID MEASURES VOLUME MEASURES

Cup	Metric	Imperial
1/4 cup	60ml	2 fl oz
1/3 cup	80ml	2 1/2 fl oz
1/2 cup	125ml	4 fl oz
2/3 cup	160ml	5 fl oz
3/4 cup	180ml	6 fl oz
1 cup	250ml	8 fl oz
2 cups	500ml	16 fl oz (1 American pint)
2 1/2 cups	600ml	20 fl oz (1 imperial pint)
4 cups	1 litre	32 fl oz
1 tsp	5ml	
1 tbsp	20ml	

Metric	Imperial
20g	3/4 oz
60g	2 oz
125g	4 oz
180g	6 oz
250g	8 oz
500g	16 oz (1 lb)
1kg	32 oz (2 lb)

## SWEETNESS COMPARISON

\*Natvia can be twice as sweet as sugar

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



(2G TPS)



(4G TPS)



## ICING SUGAR:

Natvia can easily substitute icing sugar by blitzing regular Natvia or Natvia Baking Mix for 1 minute.



# *WHAT'S IN* SEASON

Nothing beats the flavour of local, seasonal produce. Choosing fruit and vegetables in season means you are eating food that has been grown and harvested in peak conditions!

## FRUITS

- » Apples
- » Grapefruit
- » Lemons
- » Lychee
- » Mandarin
- » Mango
- » Melons
- » Navel Oranges
- » Pineapple
- » Rockmelon

## HERBS

- » Basil
- » Chives
- » Coriander
- » Dill
- » Garlic
- » Mint
- » Oregano
- » Parsley
- » Rosemary

## VEGETABLES

- » Artichoke
- » Asparagus
- » Beans
- » Beetroot
- » Cauliflower
- » Mushrooms
- » Silverbeet
- » Snow Peas
- » Spinach
- » Sweetcorn
- » Tomatoes



# OUR SUGAR-FREE COMMUNITY

*TAG US IN YOUR SUGAR-FREE CREATIONS!*

 @natvialiving #natvia



**@ALL\_ABOUTHEALTH**  
KETO FRIENDLY HAZELNUT AND CACAO MUFFINS



**@CROSSCALORIES**  
LOW CALORIE COOKIES



**@EATNICKONLINE**  
MANDARIN CURD SLICE



**@HEALTHY.OR.NOT.NUTRITION**  
LOW CARB CARAMEL CHOC CHIP COOKIE FUDGE



**@JOANNALOWY**  
PROTEIN BANANA BREAD



**@KATIEROBYNMORGAN**  
PEANUT BUTTER AND BANANA MUFFINS



The Natvia Sugar-Free Community is always active and we love seeing your delicious recipes and hearing about your amazing health journeys. Always inspiring and a big source of motivation, this is what you're sharing now!



**@MAINLY MONICA**  
OATMEAL RAISIN SLICE



**@NOURISHFULSABRINA**  
STRAWBERRY JAM OATS



**@PHEEBSFOODS**  
NO BAKE LAMINGTONS



**@SARAHSHEALTHYBAKES**  
CARAMEL CASHEW BROWNIE



**@SLIMMINGWORLDJ\_**  
BANANA OAT COOKIES



**@VEESFITNESSFOOD**  
BOUNTY BARS

# WHAT MAKES THE PERFECT BREAKFAST

**You'll be surprised to know that contrary to popular belief that the jury is still out as to whether breakfast is the most important meal of the day. There is evidence that favours breakfast consumers and breakfast skippers but if there's one thing everyone can agree on, it's more often than not, it's what you eat, rather than when you eat.**

Although adults may not need breakfast, children require this start to the day as they require a lot of energy. This isn't to say breakfast is not an important meal, for those adults who wake up hungry it definitely can be, but ensuring you're making the most of breakfast is essential.

What constitutes a good breakfast can be a little confusing especially when supermarket breakfast foods are usually loaded with sugar and lack essential nutrients. Breakfasts should be packed with protein, complex carbohydrates, and micronutrients. Whole grains are also a great breakfast addition as they release energy slowly

Breakfast is also a great idea if followed up with some exercise. A study released found that eating breakfast may 'prime' the body to burn carbohydrates during exercise and more rapidly digest food after working out.

As long as you're eating the right healthy foods, breakfast is good for you. So what does a great breakfast look like? We've broken down some of our favourite, easy-to-make breakfast dishes that you can create at home!



## BACON AND EGGS

Protein: 19.5g

Fat: 10.5g

Carbohydrates: 2.2g

Energy: 772KJ

Calories 185



## PANCAKES WITH BERRIES AND WHIPPED CREAM

Protein: 6g

Fat: 8g

Carbohydrates: 45g

Energy: 1172KJ

Calories: 280



## OMELETTE WITH QUINOA AND SPINACH

Protein: 18.5g

Fat: 23.6g

Carbohydrates: 9.1g

Energy: 1350

Calories: 323



## GREEK YOGHURT WITH ALMONDS, RASPBERRIES,

Protein: 5.88g

Fat: 10.91g

Carbohydrates: 7.84g

Energy: 662KJ

Calories: 158

## AVOCADO AND RICOTTA ON TOAST

Protein: 13.7g

Fat: 41.6g

Carbohydrates: 34.9

Energy: 2180

Calories: 521





**VALUE PACK**  
*Perfect* **FOR BAKING!**

**AVAILABLE AT LEADING RETAILERS**

# *KETO CREATIONS*

**Packed with delicious dessert creations, these mouthwatering recipes will show you how you can still indulge while eating keto. We also speak with Dr Robert Szabo from the Low Carb Clinic on the health benefits of eating low-carb. So preheat your oven because we're about to get baking!**

# AFFOGATO WITH RICOTTA ALMOND ICE CREAM

GLUTEN-FREE • KETO • LOW CARB

**PREP:** 30 minutes

**CHILL TIME:** 1 ½ hours

**SERVES:** 8

## INGREDIENTS

- » 40g Natvia, blitzed until fine in a food processor
- » ¼ teaspoon salt
- » 30g raw almond butter
- » ½ tsp vanilla bean paste
- » 65g smooth ricotta
- » 60ml evaporated milk
- » 1 cup strong brewed espresso, to serve
- » Flaked almonds, for sprinkling

1. Combine the Natvia, salt, almond butter, vanilla, ricotta and evaporated milk in a food processor and process for about 5 minutes until smooth. Place in the freezer for 1-2 hours.
2. Pour the mixture into an ice cream machine and churn for 20 minutes – or follow the instructions of your ice cream machine.
3. Scoop ice cream into jars or small glasses. Pour over some coffee and sprinkle with flaked almonds to serve.

*Serving size: 45g*

*Carbs: 1.1g*

*Protein: 1.9g*

*Fats: 2.6g*

*Energy KJ: 155*

*Calories: 37*

## SWEET TIPS

- This low carb dessert is the perfect pick me up.
- Add some shaved dark chocolate or cacao powder.

## BAKING ESSENTIALS!



Natvia's unique blend has been carefully crafted for baking. **100% natural** and years of refinement have meant **baking** with Natvia turns out the best tasting sweet treats!



**231**  
**CALORIES**  
**SAVED**  
\*compared to sugar

# RASPBERRY PANNA COTTA

DAIRY-FREE • GLUTEN-FREE • KETO • LOW CARB • DIABETIC-FRIENDLY

**PREP:** 20 minutes

**CHILL TIME:** 2-4 hours

**SERVES:** 6

## INGREDIENTS

- » 3 tbs Natvia strawberry spread
- » 2 tsp gelatine powder
- » 400ml coconut cream
- » 80g Natvia
- » 100g raspberries

1. Sprinkle the gelatine over  $\frac{1}{4}$  cup cold water in a heat-proof jug and stand for 5 minutes. Heat over a saucepan of simmering water, whisking until the gelatine has dissolved. Remove from the heat and stand for 10 minutes to cool slightly.
2. Mix 2 tablespoon of the gelatine mixture with the strawberry spread and then dollop into the bottom of the panna cotta moulds.
3. Combine the coconut cream and Natvia in a blender and blitz until combined. Strain through a sieve into a pouring jug and whisk in the remaining gelatine.
4. Pour the panna cotta mix over the spread, cover and chill for at least 2 hours, or until set.

*Serving size: 115g*

*Carbs: 5g*

*Protein: 2.7g*

*Fats: 12g*

*Energy KJ: 628*

*Calories: 150*

## SWEET TIPS

- Use agar agar powder which can be found in health food stores for a vegan version.
- You can also make the panna cotta in jars as an easy grab and go dessert for picnics or dinner parties.

## LOVE JAM?



Our **healthy** strawberry and raspberry spreads **cut the sugar** without compromising on flavour. Experiment with these two flavours to enhance any dessert!



**461**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# LEMON & COCONUT CURD WITH RICOTTA CREAM

GLUTEN-FREE • KETO • LOW CARB • DIABETIC-FRIENDLY

**PREP:** 30 minutes

**CHILL TIME:** 45 minutes

**SERVES:** 8

## INGREDIENTS

### Lemon & coconut curd

- » 2 egg yolk
- » 2 eggs
- » 65ml lemon juice
- » 40ml coconut milk
- » 40g Natvia
- » 50g unsalted butter, melted and cooled slightly

### Ricotta cream

- » 150g smooth ricotta
- » ¼ tsp vanilla bean paste
- » 15g Natvia
- » Flaked almonds, for sprinkling
- » Fig or berries, for sprinkling

1. Whisk together the curd ingredients in a heat-safe bowl. Place over a saucepan filled with simmering water and heat gently, whisking occasionally for about 15-20 minutes until it has thickened considerably. Remove from heat and stand to cool slightly.

2. Beat the ricotta, vanilla and Natvia until smooth. Dollop some of the ricotta cream into the bottom of 8 glass jars or ramekins. Continue to layer the curd and ricotta over each other in the jars. Place in the refrigerator for at least 45 minutes. Garnish with a fresh fig or berries and flaked almonds.

*Serving size: 60g*

*Carbs: 1.5g*

*Protein: 4.4g*

*Fats: 10.6g*

*Energy KJ: 493*

*Calories: 117*

## SWEET TIPS

- A simple curd is a low carb high fat treat, you can use any citrus fruit you like for this recipe.
- Keeps well for up to 5 days in the refrigerator.



**231**  
**CALORIES**  
**SAVED**

\*compared to sugar

# THE SIMPLE SCIENCE BEHIND LOW CARB

## DR ROBERT SZABO ON WHY A LOW CARBOHYDRATE APPROACH TO NUTRITION IS HERE TO STAY

Today we live in an epidemic of chronic disease. Since 1975, global obesity rates have tripled, diabetes rates have nearly quadrupled and almost everybody in Australia today would know somebody who is affected by heart disease, high blood pressure, or stroke. In my work as a GP over the past 19 years, these troubling statistics have certainly been reflected in the chronic health conditions suffered by my patients.

Six years ago, at the age of 37, I was diagnosed with type 2 diabetes. I was shocked – I was not overweight and had been following what I thought was a very healthy lifestyle: exercising six times a week and following the same diet that I prescribed my patients – low in fat and high in wholegrains, with lean meats and vegetables. After my diagnosis, I was told by my endocrinologist and a dietitian to stick to my 'healthy' diet, and to take medication to manage my diabetes. I thought this was odd, since how could I have a lifestyle disease if at the same time, the experts had told me I was already following a healthy lifestyle? Something didn't add up.

Soon after a friend pointed me to research showing that in fact diabetes is not due to dietary fat or a lack of exercise, but rather due to an excess of sugar and carbohydrates in the diet. The research showed that these foods had an impact on a hormone called insulin, and it was a disease called insulin resistance which was wreaking havoc on my glucose control.



Insulin's primary job is energy storage. Insulin moves glucose out of our blood stream and into our cells. Once the cells are full, insulin stores the excess glucose as fat. Yes – fat! This fat ends up hidden in places like our liver and our pancreas – or, more visibly, in our stomach, legs and arms.

As well as promoting fat formation – insulin prevents fat burning. Every time insulin adds fat to our organs, our belly or our thighs, we are at increased risk of obesity and chronic disease. Where does most of the glucose in our bodies come from? From carbohydrates. Dietary carbohydrates (whether whole-grain or not) keep insulin high, and hence keep levels of fat burning low.

# LOW CARB DIET

This is why conventional advice for weight loss – to follow a calorie-restricted, low-fat, high-carbohydrate diet is not an effective long term strategy. Not only does that approach reduce the amount of energy coming in, all of the glucose in our bloodstream (from the dietary carbohydrates) keeps insulin levels elevated, therefore preventing us from accessing our stored body fat for fuel. This puts our body in an energy crisis, which we respond to by dropping our basal metabolic rate – that is, the amount of energy we burn, moment to moment. That's why we end up cold, tired and hungry – and then guilty, after an evening of binge-eating on the couch. Anyone who has ever tried a conventional calorie-restricted diet will know that weight loss in the short term will ultimately be reversed: starve the body of energy, and the body fights back!

But if we lower insulin, we can access all of the energy we need: from fat. Eating fat does not make you fat: in fact, eating fat barely promotes any insulin response at all. In fact, eating fat trains the cells of the body to burn fat for fuel – including our stored body fat.

By eating a low-carbohydrate or ketogenic diet, you optimise your hormones and your cells for fat-burning. Rather than burning glucose, you teach your body to burn ketones – created via fat metabolism, they are a clean and efficient fuel source that can be used by every organ in the body.

After putting my type 2 diabetes into remission through adopting a low-carbohydrate diet, I was able to come (and remain) off medication, for the last 6 years I have discovered the many benefits of low carb: I don't struggle with low energy or moodiness, and I don't put on weight.

GETTING STARTED WITH LOW-CARB AND KETO IS EASY. HERE ARE FIVE TIPS TO GET YOU GOING:

- 1. Quit sugar, which promotes a rapid insulin response: remove sweets and treats, bottled drinks, chips and biscuits, sauces and condiments, and most processed foods .**
- 2. Swap 'low-fat' for full-fat: keep yourself feeling fuller for longer by choosing full-fat dairy and meats.**
- 3. Replace 'staple' carbohydrates (like bread, pasta, rice, cereals and grains) with low-carbohydrate vegetables, salads and whole food-proteins (like fish, meat, dairy and eggs).**
- 4. Don't fear healthy fats: add olive oil, butter, coconut oil and animal fats to your cooking – they help train your body to burn fat, are delicious and satiating .**
- 5. Listen to your body and eat only when you are hungry – if you don't feel like eating, don't eat!**



Experiencing the power of these simple changes myself led me to establish The Low Carb Clinic. Since 2016 we have helped over a thousand people make positive lifestyle change while medically monitoring them through the process, and I feel incredibly proud to be a part of the solution to the greatest health challenge of our time.

By Dr Robert Szabo, The Low Carb Clinic  
Dr Robert Szabo is a Melbourne based GP and founder of The Low Carb Clinic; a doctor and dietitian team dedicated to transforming patient's lives through medically supervised nutrition intervention.

# RAW PEANUT BUTTER & JELLY SLICE

DAIRY-FREE • GLUTEN-FREE • KETO • RAW / NO BAKE • LOW CARB • DIABETIC-FRIENDLY • VEGAN

**PREP:** 45 minutes

**CHILL TIME:** 30 minutes

**SERVES:** 24

## INGREDIENTS

### Base

- » 100g almond meal
- » 100g desiccated coconut
- » 50g hemp seeds
- » 25g cacao powder
- » 125ml coconut oil, melted
- » ½ cup slivered almonds

### Peanut butter layer

- » 215g natural peanut butter, salted
- » 70g Natvia
- » ½ tsp vanilla bean paste
- » 1 tsp gelatine or agar agar

### Jelly layer

- » 1 cup frozen raspberries
- » ½ cup water
- » 45g Natvia
- » 3 tbs Natvia Raspberry Spread
- » 2 tsp agar agar powder or gelatine
- » Raspberries

1. Combine the dry base ingredients in a bowl and stir to combine. Add the coconut oil and stir until combined. Pack into the base of a greased and lined 19x19 cm slice tray. Place in the freezer to chill.

2. Sprinkle the gelatine over ¼ cup cold water in a heat-proof measuring jug and stand for about 5 minutes. Heat over a simmering pot of water, whisking until the gelatine has dissolved. Remove from the heat and stand.

3. Combine the peanut butter, Natvia and vanilla bean paste in a bowl until smooth. Mix in the gelatine until combined. Spread over the base and then place in the freezer to chill for at least 30 minutes.

4. Sprinkle the remaining gelatine or agar agar over ¼ cup cold water in a heatproof measuring jug and stand for about 5 minutes. Heat over a simmering pot of water, whisking until the gelatine has dissolved. Remove from the heat and stand.

5. Place the berries with ½ cup water and Natvia in a blender and blitz. Strain into a bowl. Whisk in the cooled gelatine mixture and the Natvia spread. Pour over the peanut butter layer. Sprinkle with extra raspberries. Place in the freezer for at least 45 minutes to set. Slice into 24 squares. Keep chilled.

*Serving size: 23g*

*Carbs: 1.4g*

*Protein: 4.2g*

*Fats: 12.3g*

*Energy KJ: 567*

*Calories: 135*

## SWEET TIPS

- Keep chilled. Can last up to 3 months in the freezer.

**663**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# CASHEW & STRAWBERRY LOW CARB SLICE

DAIRY-FREE • GLUTEN-FREE • KETO



**PREP:** 10 minutes

**CHILL TIME:** 2 hours 30 minutes

**SERVES:** 18

## INGREDIENTS

### 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
- » 250 g strawberries
- » 1 tsp vanilla extract
- » 65g of Natvia

### Base

Place the almonds, walnuts, sea salt and 7 drops of stevia 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

1. Place the cashews into a large mixing bowl, cover with water and soak for 4 hours (or overnight).
2. 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.
3. Place half of the mixture on top of the base, and place in the fridge for at least 30 minutes.
4. With the remaining half, place 2/3 of the strawberries and add them to the leftover 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.
5. Place in the fridge for 2 hours until completely set. Slice and enjoy.

*Serving size: 65g*

*Carbs: 11g*

*Protein: 7g*

*Fats: 24g*

*Energy KJ: 922kj*

*Calories: 272*

Recipe by Aaron from Fat For Weight Loss

@FatForWeightLoss

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





# KETO DARK CHOCOLATE

DAIRY-FREE • GLUTEN-FREE • LCHF • KETO



**PREP:** 10 minutes

**COOK/ CHILL TIME:** 10 minutes

+ 2 hours freezing

**SERVES:** 5

## INGREDIENTS

- » 100g coconut oil
- » 50g cocoa powder
- » 3 tbsp Natvia
- » ½ tsp vanilla extract
- » Pinch salt

1. Melt the coconut oil in a saucepan, adding in the cocoa powder, Natvia, salt and vanilla extract.
2. Pour into the chocolate mold (I got 2 molds out of this mixture)
3. Place in the freezer on a level shelf until solid.

*Serving size:* 32g

*Carbs:* 2.5g

*Protein:* 1.9g

*Fats:* 22.3g

*Energy KJ:* 922kj

*Calories:* 220

**208  
CALORIES  
SAVED**  
\*compared to sugar

Recipe by Aaron from Fat For Weight Loss @  
**FatForWeightLoss**

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



**Aaron Day's exciting Keto Sweet Tooth Cookbook is packed with 80 low-carb ketogenic dessert recipes. Find it in Australian book stores this August, and across U.S bookstores now!**

# MATCHA POPSICLES

DAIRY-FREE • GLUTEN-FREE • LCHF • KETO • LOW CARB • DIABETIC-FRIENDLY • VEGAN

**PREP:** 10 minutes

**CHILL TIME:** 3 hours

**SERVES:** 6

## INGREDIENTS

### 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.

*Serving size: 40g*

*Carbs: 3.2g*

*Protein: 1g*

*Fats: 8.9g*

*Energy KJ: 410*

*Calories: 97*

## 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.

## BAKING ESSENTIALS!



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**208**  
**CALORIES**  
**SAVED**

\*compared to sugar



# CHOCOLATE PROTEIN THICK SHAKES

DAIRY-FREE • GLUTEN-FREE • KETO • LOW CARB • COLD DESSERT • DIABETIC-FRIENDLY • RAW

**PREP:** 5 minutes

**SERVES:** 2

## INGREDIENTS

- » 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.

*Serving size: 250ml*

*Carbs: 3g*

*Protein: 5.8g*

*Fats: 2.6g*

*Energy KJ: 257*

*Calories: 61*

## SWEET TIPS

- To loosen it up, stir through the extra milk.
- Use a WPI protein without added sugars.

## TRY THIS WITH NUTTVIA



Add Nuttvia to this dessert for a delicious hazelnut twist.

**Nuttvia** has **ZERO added SUGAR** and **ZERO palm-oil** so you can still enjoy the flavour you love without the nasties!

69  
CALORIES  
SAVED  
\*compared to sugar



# LEMON BITES

DAIRY-FREE • GLUTEN-FREE • KETO • RAW / NO BAKE • LOW CARB • DIABETIC-FRIENDLY • VEGAN

**PREP:** 15 minutes

**CHILL TIME:** 45 minutes

**SERVES:** 21

## INGREDIENTS

- » 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 45 minutes.
3. Remove the tray from the freezer and dip the cubes in melted chocolate.
4. Serve with lemon zest sprinkled over the top.

*Serving size: 20g*

*Carbs: 2.8g*

*Protein: 1.5g*

*Fats: 11g*

*Energy KJ: 500*

*Calories: 119*

## 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.

## BAKING ESSENTIALS!



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**288**  
**CALORIES**  
**SAVED**  
\*compared to sugar





# *DIABETIC FRIENDLY*

**Tiramisu, pancakes, and cheesecake, what do all three have in common? We've turned them all low-carb and diabetic-friendly. Say YES to dessert and dig into these creations that you'll surely be baking again and again!**

# LIGHT CHEESECAKE

KETO • LOW CARB • DIABETIC-FRIENDLY

**PREP:** 30 minutes

**COOK TIME:** 45 minute

**SERVES:** 12

## INGREDIENTS

### Pastry

- » 8 sheets filo pastry
- » 50g unsalted butter, melted

### Cheesecake

- » 500g cottage cheese
- » 125g Greek yoghurt
- » 50g Natvia
- » Zest of 1 orange
- » 1 tbs lemon juice
- » 2 large eggs
- » 2 tbs coconut flour
- » 1/2 teaspoon vanilla bean paste

### Topping

- » Natvia Raspberry Spread
- » Handful of mixed berries

Preheat the oven to 180°C

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

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

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

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

5. Decorate with the Natvia spread and fresh berries.

**Serving size:** 85g

**Carbs:** 10g

**Protein:** 10g

**Fats:** 9.5g

**Energy KJ:** 747

**Calories:** 178

## SWEET TIPS

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

**288**  
**CALORIES**  
**SAVED**

\*compared to sugar



# CHOCOLATE RICOTTA PANCAKES

GLUTEN-FREE • LCHF • KIDS TREATS • LOW CARB • DIABETIC-FRIENDLY

**PREP:** 35 minutes

**COOK TIME:** 10 minutes

**SERVES:** 2-3

**MAKES:** 6 pancakes

## INGREDIENTS

### 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.

*Serving size: 140g*

*Carbs: 7.5g*

*Protein: 13.6g*

*Fats: 19.5g*

*Energy KJ: 1250*

*Calories: 298*

## 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.

### LOVE JAM?



Our **healthy** strawberry and raspberry spreads **cut the sugar** without compromising on flavour. Experiment with these two flavours to enhance any dessert!

**346**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# MATCHA PANNA COTTA TIRAMISU

GLUTEN-FREE • LCHF • LOW CARB • DIABETIC-FRIENDLY

**PREP:** 45 minutes

**CHILL TIME:** 1 ½ hours

**SERVES:** 8

## INGREDIENTS

» 200g shredded desiccated coconut

### Ricotta Cream

» 250g ricotta

» 1 tbs Natvia

### Panna Cotta

» 2 ½ tsp gelatine

» 500ml coconut milk

» 1 tsp vanilla bean paste

» 3 tsp matcha

» 80g Natvia

### Garnish

» Matcha

» Toasted chopped nuts

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

water and heat, whisking until the gelatine has dissolved. Remove from heat and stand for about 10 minutes.

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

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

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

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

*Serving size: 125g*

*Carbs: 5.1g*

*Protein: 5.4g*

*Fats: 41g*

*Energy KJ: 1760*

*Calories: 420*

## SWEET TIPS

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

**531**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# GLUTEN-FREE COCONUT CAKE

GLUTEN-FREE • LCHF • LOW CARB • DIABETIC-FRIENDLY

**PREP:** 20 minutes

**COOK TIME:** 35 minutes

**SERVES:** 12

## INGREDIENTS

### 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 170C

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.

**Serving size: 95g**

**Carbs: 3.3g**

**Protein: 5g**

**Fats: 28g**

**Energy KJ: 1260**

**Calories: 301**

## SWEET TIPS

- Best eaten within 3 days, store in an airtight container.
- Coconut flour is a low carb-grain free alternative to wheat.



**1234**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# LAMINGTON PROTEIN BALLS

GLUTEN-FREE • LCHF • KETO • RAW / NO BAKE • LOW CARB • DIABETIC-FRIENDLY • QUICK TO MAKE

**PREP:** 15 minutes

**CHILL TIME:** 15 minutes

**SERVES:** 12

## INGREDIENTS

- » 100g almond meal
- » 100g desiccated coconut
- » 35g vanilla WPI protein powder
- » 50g of Natvia
- » 80g unsalted butter, chilled
- » 1 tbs almond butter
- » 4 tbs water

## Icing

- » 50ml coconut oil, melted
- » 50g cacao powder
- » 1 tbs Natvia
- » 40ml warm water
- » 150g shredded coconut

1. Combine the almond meal, desiccated coconut, protein powder, Natvia and butters in the bowl of a food processor. Blitz until the mixture resembles breadcrumbs. Add the water and blitz until the mixture comes together. Roll into 12 balls.
2. Whisk together the icing ingredients and dip in the rolled balls.
3. Press the balls into the shredded coconut and then place on a baking paper lined plate, or in a container.

Place in the refrigerator for at least 15 minutes to set.

**Serving size: 20g**

**Carbs: 2.5g**

**Protein: 2.1g**

**Fats: 10.6g**

**Energy KJ: 486**

**Calories: 116**

## SWEET TIPS

- Keep chilled. Can last up to 3 months in the freezer.
- Swap the vanilla protein powder for chocolate, or use any type you like.
- Swap the butter for coconut oil and use a plant based protein powder to make this a vegan recipe.

## BAKING ESSENTIALS!



Natvia's unique blend has been carefully crafted for baking. **100% natural** and years of refinement have meant **baking** with Natvia turns out the best tasting sweet treats!

**358**  
**CALORIES**  
**SAVED**

\*compared to sugar



# THE LOW DOWN ON CRAVINGS

**Cravings.** A very familiar feeling, especially when trying to lose weight. Certain foods become too hard to resist. You wind up back where you started (or worse).

It's easy to blame yourself. But contrary to what you may have heard in the past, it is actually not your willpower that is the problem. Your body is actually working against you: producing hormones to defend your original weight and prevent long-term weight loss.

But a low-carbohydrate or ketogenic diet induces a unique metabolic state that addresses these hormones. A low-carbohydrate diet (especially when combined with intermittent fasting) can and will allow for sustainable weight loss, by suppressing appetite and so reducing debilitating cravings. How?



## ONE: DOPAMINE

High-glycaemic carbohydrates – especially sugar – trigger dopamine release. Dopamine is a hormone of craving, reward and addiction. When we constantly eat things that activate dopamine, our bodies downregulate dopamine receptors, so you require more and more of whatever you are addicted to in order to satisfy the cravings. Just like any drug, cutting these foods will be hard at first. Give your dopamine receptors a bit of time to adjust; but dopamine-led cravings will reduce.

## TWO: BASAL METABOLIC RATE

When you go on a calorie-counting, high carbohydrate, low-fat diet, you restrict the amount of energy you give your body – but you don't reduce your insulin levels. As long as your insulin levels are high, you're not able to burn any of your stored energy (glycogen and fat).

Since your body can't access its stored energy, it compensates by reducing its basal metabolic rate (BMR). This is the amount of energy your body burns, moment to moment. Your body craves the energy from the foods you are trying to cut out.

But a low-carbohydrate diet (especially when combined with intermittent fasting) allows your metabolism to 'switch' from carbohydrate burning, to fat burning. Being able to access your fat means that your body has a constantly supply of however much energy it needs – there's more than 7,000 calories in just one kilogram of fat. Your BMR doesn't have to drop like it does on a high-carbohydrate, calorie-restricted diet. So if your body isn't craving energy, then you aren't going to be craving food.

### THREE: BLOOD SUGAR SWINGS

Eating high amounts of carbohydrates causes sudden spikes in blood glucose, but then – because of insulin – suddenly drops. We've all felt the effects of a 'sugar crash' after eating – and we get cravings for more food to fix it. It is a self-perpetuating loop. But eating a low-carbohydrate diet means our blood sugar doesn't rise to the same extent, so we don't secrete as much insulin - blood glucose levels stay much more stable, preventing food cravings.



### FOUR: CCK

Another hormone regulating food intake is cholecystokinin (CCK). CCK slows down the movement of food through the gastrointestinal tract, making you feel full, or satiated. Normally, CCK levels fall dramatically with weight loss – so you feel hungrier. However, when you are in ketosis, CCK levels don't fall – even if you are losing weight. Dietary fat and protein are the main stimulators of CCK; carbohydrates induce very little CCK. So, a diet higher in fat and protein promotes satiety.

### FIVE: GHRELIN

Ghrelin is often called the 'hunger hormone' because it stimulates appetite. After weight loss, ghrelin levels tend to increase – prompting hunger and cravings – which persist, even after a year. No wonder it is so difficult to "stick" to a diet. However, such changes to ghrelin don't occur if the body is in ketosis. Ghrelin may still fluctuate to reflect your normal eating patterns – causing hunger, but not the ravenous hunger of a calorie-restricted diet. If combined with intermittent fasting, ghrelin levels can fall even further.

By eating foods that positively influence your hunger hormones, a low-carbohydrate diet will go a long way towards reducing cravings, keeping you on track. Low-carb is the key to sustainable weight loss – and at The Low Carb Clinic, we will work with you to meet your goals.

**By Veronique Murphy, The Low Carb Clinic**  
**Veronique Murphy is a Registered Nurse and health researcher with The Low Carb Clinic; a doctor and dietitian team dedicated to transforming patients lives through medically supervised nutrition intervention.**





# *INDULGENCES*

**Desserts are for indulging and we've made sure that every dessert in this chapter will have you going back for seconds. The only hard part is knowing where to begin! Will it be the doughnuts? The Chocolate and Peanut Butter Tart? Or the Ice Cream Sandwich? Why not all three!**

# BLACKBERRY BROWNIES

## QUICK TO MAKE

**PREP:** 15 minutes

**CHILL TIME:** 20 minutes

**SERVES:** 16

## INGREDIENTS

- » 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.

*Serving size: 35g*

*Carbs: 7.9g*

*Protein: 2.2g*

*Fats: 7.9g*

*Energy KJ: 475*

*Calories: 113*

## 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.

## TRY THIS WITH NUTTVIA



Add Nuttvia to this dessert for a delicious hazelnut twist.

**Nuttvia** has **ZERO added SUGAR** and **ZERO palm-oil** so you can still enjoy the flavour you love without the nasties!



**577**  
**CALORIES**  
**SAVED**

\*compared to sugar



# ORANGE & PASSION FRUIT PUDDING

## QUICK TO MAKE

**PREP:** 15 minutes

**COOK TIME:** 30 minutes

**SERVES:** 10

## INGREDIENTS

### Cake

- » 130g self raising cake flour
- » 40g Natvia
- » Zest of ½ orange
- » 125ml milk
- » 1 egg
- » 30g unsalted butter, melted

### Orange & passionfruit sauce

- » 125ml passionfruit pulp
- » 50ml orange juice, freshly squeezed
- » 60ml hot water
- » 1 tbs Natvia
- » Double cream, for serving

Preheat the oven to 180°C

1. Mix together the cake ingredients and pour into a greased 1.5lt capacity baking dish.
2. Whisk together the sauce ingredients with ¼ cup boiling water. Carefully pour on top of the cake batter. Place in the oven and bake for 25-30 minutes. Stand for 5 minutes before serving with cream.

*Serving size: 60g*

*Carbs: 11.4g*

*Protein: 2.6 g*

*Fats: 7.8g*

*Energy KJ: 561*

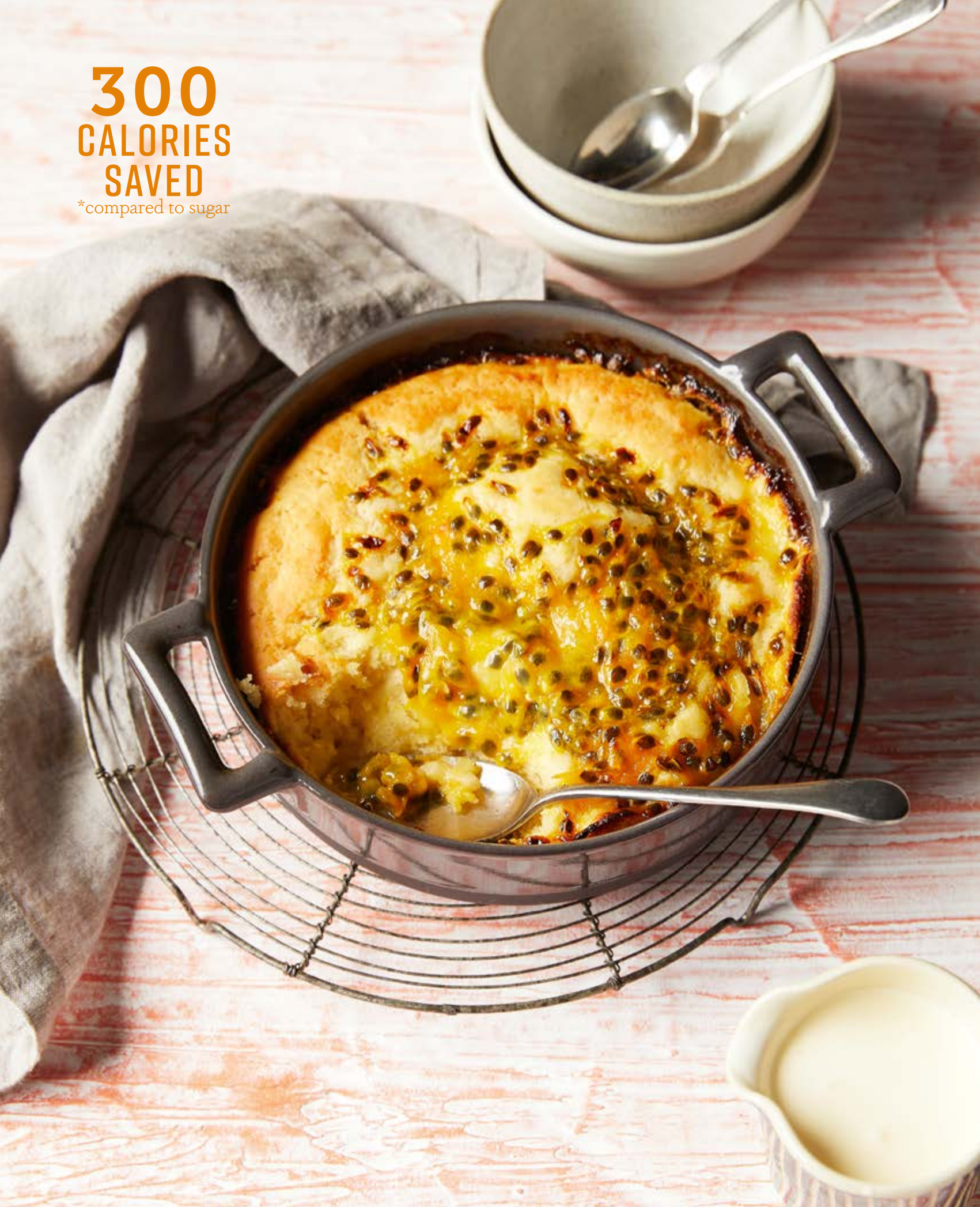
*Calories: 134*

## SWEET TIPS

- Best eaten warm, straight away.
- High in vitamin C.

**300**  
**CALORIES**  
**SAVED**

\*compared to sugar



# EASY DONUTS

**PREP:** 1 hour

**COOK TIME:** 25 minutes

**SERVES:** 16-18 (35g - 40g batter)

## INGREDIENTS

### Donuts

- » 40g unsalted butter
- » 150g self raising flour
- » 1 teaspoon vanilla extract
- » 20g Natvia
- » 3 eggs
- » 2 lt 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 190-200°C. 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.

*Serving size: 19g*

*Carbs: 8g*

*Protein: 2g*

*Fats: 4g*

*Energy KJ: 245*

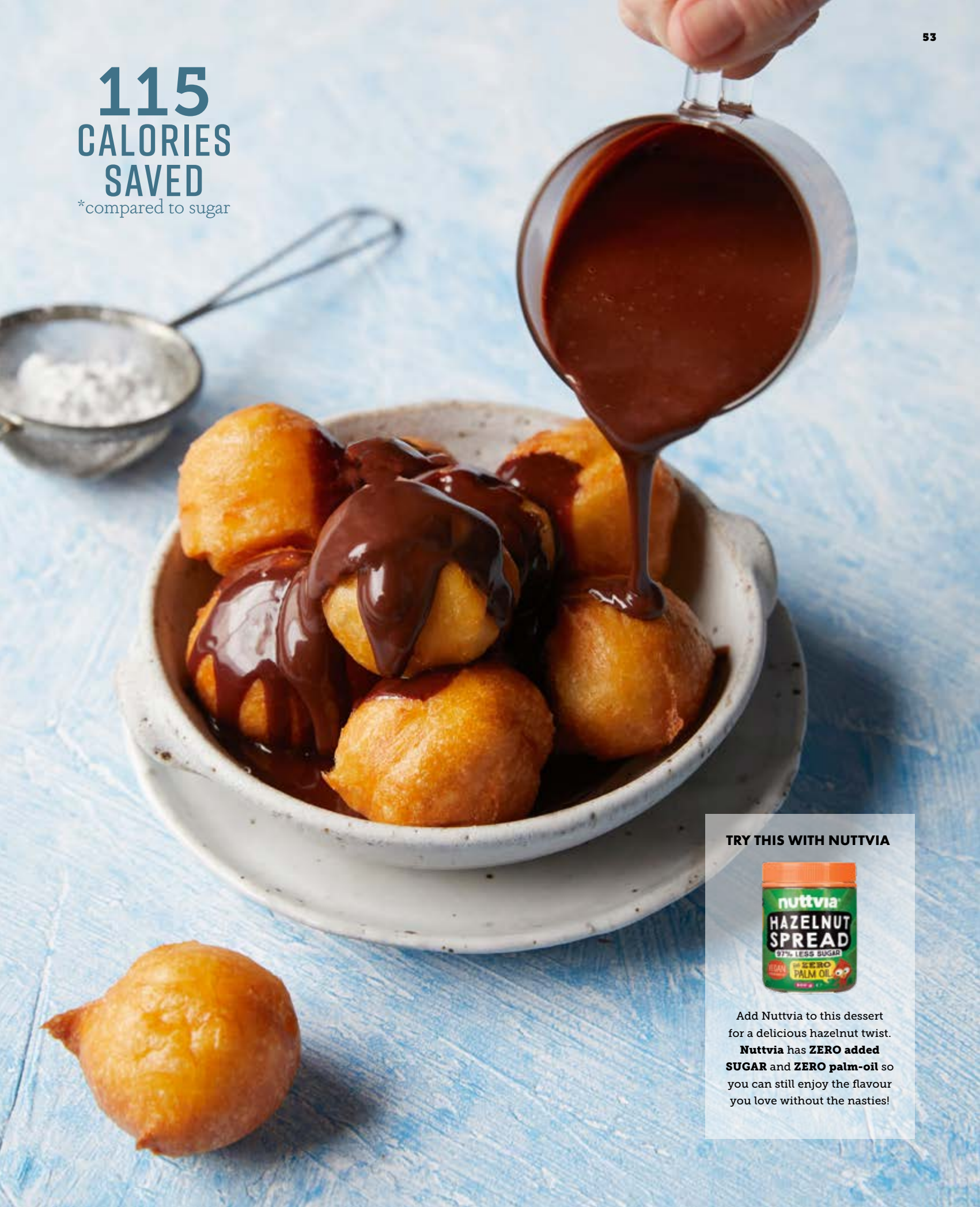
*Calories: 58*

## SWEET TIPS

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

**115**  
**CALORIES**  
**SAVED**

\*compared to sugar



**TRY THIS WITH NUTTVIA**



Add Nuttvia to this dessert for a delicious hazelnut twist.

**Nuttvia has ZERO added SUGAR and ZERO palm-oil** so you can still enjoy the flavour you love without the nasties!

# PEANUT BUTTER TART

RAW / NO BAKE

**PREP:** 25 minutes

**CHILL TIME:** 45 minutes

**SERVES:** 12

## INGREDIENTS

### 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

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.

*Serving size: 70g*

*Carbs: 8.6g*

*Protein: 7.2g*

*Fats: 37.6 g*

*Energy KJ: 1700*

*Calories: 406*

## 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.

## BAKING ESSENTIALS!



Natvia's unique blend has been carefully crafted for baking. **100% natural** and years of refinement have meant **baking** with Natvia turns out the best tasting sweet treats!



**433**  
**CALORIES**  
**SAVED**

\*compared to sugar

# ZUCCHINI CHOCOLATE CAKE

**PREP:** 15 minutes

**COOK TIME:** 35 minutes

**SERVES:** 12

## INGREDIENTS

### Cake

- » 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 180C

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.

*Serving size: 100g*

*Carbs: 28g*

*Protein: 7g*

*Fats: 14g*

*Energy KJ: 1150*

*Calories: 274*

## 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.



**433**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# EASY CUSTARD TARTS

## QUICK TO MAKE

**PREP:** 25 minutes

**COOK TIME:** 15 minutes

**SERVES:** 12

## INGREDIENTS

- » 2-3 sheets puff pastry
- » 1 egg
- » 250ml milk + 1 tbs
- » 1 tbs sugar-free custard powder
- » 2 tbs Natvia
- » Pinch of cinnamon

Preheat the oven to 180°C

1. Cut the pastry into small rounds that fit a 12 x cup muffin tray. Place the rounds inside the greased muffin tin. Making sure the edges reach at least half-way up the sides.
2. Whisk together the egg and 1 tablespoon of the milk and use to brush the pastry.
3. Whisk together the custard powder and  $\frac{1}{4}$  of the milk in a saucepan until it forms a thick paste. Heat over medium low and slowly add the remaining milk, while whisking, until thickened considerably.
4. Dollop the custard into the pastry and then bake for about 15 minutes, until the pastry is golden brown. Sprinkle with cinnamon.

*Serving size: 40g*

*Carbs: 6.7g*

*Protein: 1.6g*

*Fats: 3.8g*

*Energy KJ: 291*

*Calories: 70*

## SWEET TIPS

- These easy custard tarts are a simple crowd pleaser.

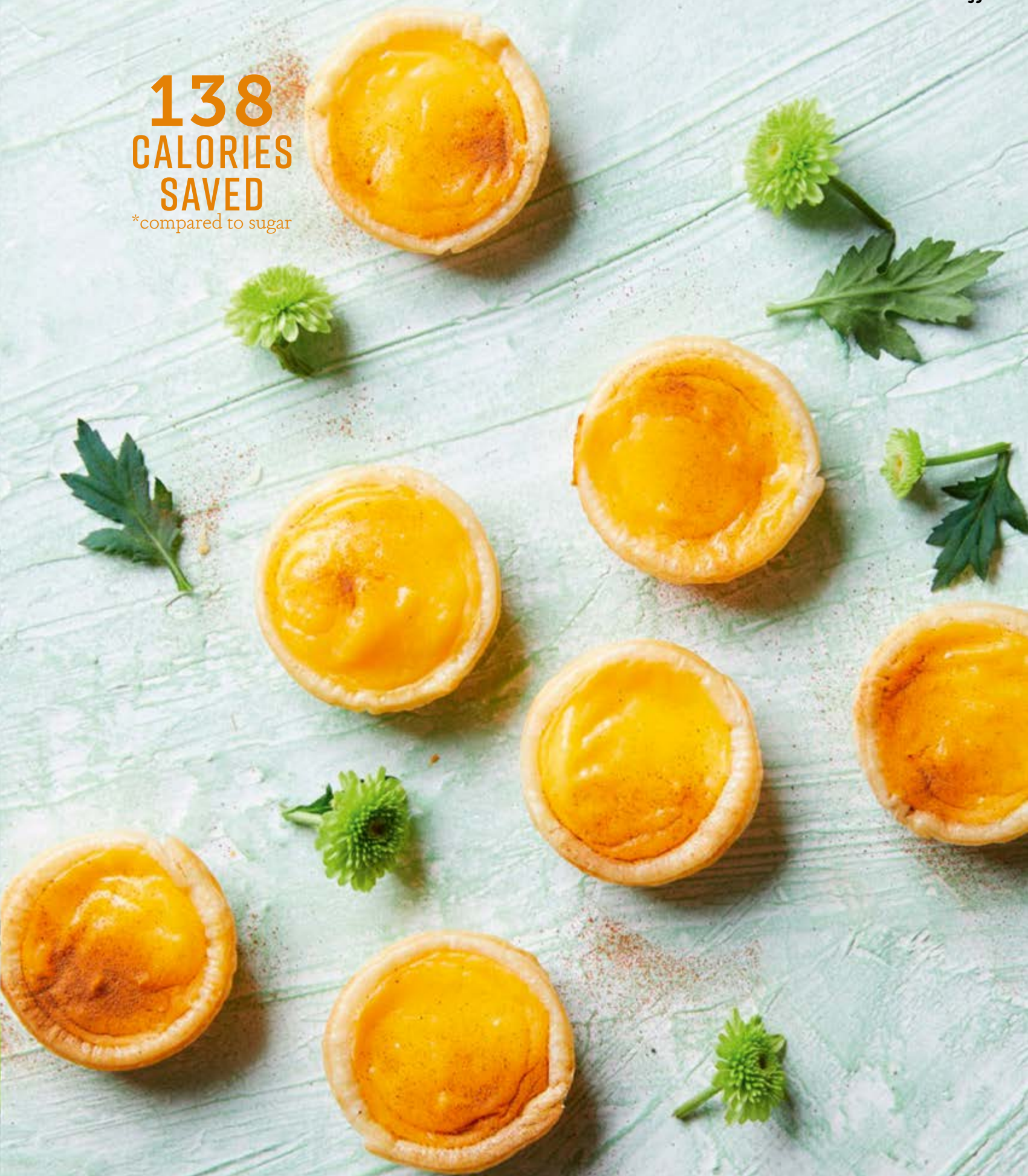
### LOVE JAM?



Our **healthy** strawberry and raspberry spreads **cut the sugar** without compromising on flavour. Experiment with these two flavours to enhance any dessert!

**138**  
**CALORIES**  
**SAVED**

\*compared to sugar



# CARROT & RAISIN BROWNIES

DAIRY-FREE • GLUTEN-FREE • KETO



**PREP:** 15 minutes  
**COOK TIME:** 30 minutes  
**SERVES:** 9-12

## INGREDIENTS

### Base

- » 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

**173**  
**CALORIES**  
**SAVED**  
\*compared to sugar

1. Gently melt the dark chocolate and coconut oil then set aside to cool a little.
2. Preheat the oven to 170°C 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.



Recipe by Pamela Higgins  
 You can follow her on Instagram  
**@spamellab • www.spamellab.com**

# ASK A DIETITIAN

**1** How can you improve the diet of a type II diabetic when their favourite foods are refined carbs and sweets? I feel this is a constant barrier when caring for an older, type II family member.  
- Kellie

Sugar and processed carbohydrates are addictive. It's not a lack of 'will-power' that make them hard to resist – our brains are hardwired to seek out, eat, and over-eat, these foods.

So, simply telling your family member "not" to eat sugar and carbs isn't going to help.

Clear the house of temptations, but accept that there will be a 'withdrawal' period from sugar and processed carbohydrates. Don't put any limit on low-carb, full fat, whole, unprocessed foods - meat and dairy, fish, eggs, salads and vegetables cooked in butter and olive oil. Use Natvia to make delicious treats, helping to ease the transition. A diet filled with low-carbohydrate, healthy fat, whole foods, will bring back natural appetite regulation (unlike sugar, which promotes over-eating), improve diabetes, and ease cravings for sugar and carbs.



**2** I've been trying to lose weight for years. I've tried every diet in the book and nothing has stuck. My weight quickly comes back and I feel very defeated. What are some tips for long-term, sustainable weight-loss?- Anna

Calorie restricted diets don't work. They severely slow down your metabolism, forcing the body to try to conserve energy, preventing weight loss, and making us feel defeated. Every calorie restricted diet you do adds cumulative damage, which can take your body years to recover from. Sustainable weight loss comes from a way of life that doesn't damage your metabolism, promotes weight loss, but also prevents you from battling with hunger, cravings and fatigue. Low-carbohydrate/keto diets do this – by reducing levels of a hormone called 'insulin' in the body. Insulin is responsible for regulating weight gain and loss. You can control insulin in four steps:

**One** - cut out sugar. Sugar is sugar, whether it is in chocolate, from fruit or brown rice syrup.

**Two** – reduce carbohydrates (which are simply long chains of sugar). Instead, increase fats, proteins and vegetables, keeping you full.

**Three** – eat whole foods (meat, fish, eggs, vegetables) and pass on anything processed.

**Four** – if you're not hungry, don't eat, even if it's meal time.

**3** I'm vegan and want to start following a low-carb/keto diet as I've recently been diagnosed pre-diabetic. It seems like there will be a lot of food restrictions. Any advice on what I should be eating would be great.- Catherine

Following a low-carbohydrate/keto diet while staying vegan is more challenging, but very possible – and you will see huge improvements to your pre-diabetes.

Incorporate plenty of vegan fats – avocado, olive and coconut oil, MCT oil, coconut cream and cocoa butter. Enjoy protein from seeds, nuts, tahini, and nutritional yeast.

Keep up your non-starchy vegetables (like greens) and reduce starchy, higher-carbohydrate vegetables (like potatoes). Make your own vegetable broths, and add seaweed to boost vitamins and minerals (like iodine and B12).

Be mindful of eating too many soy products, which can promote undesirable hormone changes and spike blood sugar levels. Avoid fake foods (like processed 'meats' and 'dairy'). Steer away from common high carbohydrate vegan foods like brown rice, quinoa, lentils, chickpeas, cashews, and sweet fruits. Have berries (mixed with Natvia) as a treat.

On a vegan diet, you will be low on certain nutrients – like B12, iron and zinc - these are harder to absorb from non-animal foods. Consult your doctor who can help you supplement wisely.

**Camilla Dahl APD**  
**The Low Carb Clinic**



SEND IN YOUR QUESTIONS TO [INFO@NATVIA.COM](mailto:INFO@NATVIA.COM)



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# BLACK BOTTOM PIE

GLUTEN-FREE • LOW CARB

**PREP:** 35 minutes

**CHILL TIME:** 2 hours

**SERVES:** 12

## INGREDIENTS

### Chocolate Base

- » 100g desiccated coconut
- » 100g hazelnut meal
- » 35g cacao powder
- » 100g unsalted butter, melted

### Chocolate Custard

- » 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

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 heat-proof 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.

*Serving size: 85g*

*Carbs: 6g*

*Protein: 4.4g*

*Fats: 22.5g*

*Energy KJ: 1040*

*Calories: 208*

## SWEET TIPS

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



**346**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# ICE CREAM SANDWICH

**PREP:** 2 hour

**CHILL TIME:** 1 hour

**SERVES:** 8

## INGREDIENTS

### 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 the 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.

**Serving size: 95g**

**Carbs: 26g**

**Protein: 5.3g**

**Fats: 3g**

**Energy KJ: 1720**

**Calories: 411**

## SWEET TIPS

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

**981**  
**CALORIES**  
**SAVED**

\*compared to sugar



**SWAP WITH CHOC  
TOPPING**



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

# 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.*



## 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.*

## 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.*





# *EASY 5 INGREDIENT TREATS*

**Sometimes we want to get baking without the hassle of whipping out every ingredient, pan, and tool in the kitchen. That's why we've made these super easy 5 ingredient treats that are perfect for those lazy weekends!**



# CHOCOLATE POTS

VEGAN • DAIRY-FREE • LCHF • NO BAKE • QUICK TO MAKE • LOW CARB

**PREP:** 20 minutes

**CHILL TIME:** 4 hours

**SERVES:** 4

## INGREDIENTS

- » 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.

*Serving size: 130g*

*Carbs: 6g*

*Protein: 8.6g*

*Fats: 9g*

*Energy KJ: 638*

*Calories: 152*

## SWEET TIPS

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



**231**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# SIMPLE BANANA CREAM PIE

**PREP:** 35 minutes

**CHILL TIME:** 1 hour

**SERVES:** 10

## INGREDIENTS

### Pastry

- » 150g chilled unsalted butter, cubed
- » 280g plain flour
- » 40-50ml thickened cream

### Pastry

- » 5-6 bananas, sliced
- » 150ml thickened cream
- » 30g Natvia

1. Combine the flour and butter in a food processor and process until mixture resembles bread-crumbs.
2. Add 1 tablespoon of the cream and pulse, adding a little extra cream as needed until the dough starts to come together. Roll into a ball and then flatten into a disk. Wrap in plastic and then refrigerate for 45 minutes-1 hour.
3. Roll out on a piece of baking paper and place over the top of a greased loose-bottomed 20cm tart tin. Prick holes in the bottom of the pastry and then place in the freezer for 20-30 minutes.
4. Line the pastry with baking paper and then add baking weights or uncooked rice. Bake at 180C for 10-12 minutes and then remove the paper and weights. Bake for 12-15 minutes until golden brown. Remove from the oven, stand 5 minutes and then carefully place on a wire rack to cool completely.

5. Whip the cream with the Natvia and then using a piping bag, pipe  $\frac{3}{4}$  of the cream over the pastry, in whatever fashion you like. Decorate with sliced banana and then finish by piping on the remaining cream.

*Serving size: 130g*

*Carbs: 32g*

*Protein: 4.5g*

*Fats: 22g*

*Energy KJ: 1480*

*Calories: 353*

## SWEET TIPS

- Best eaten straight away.

## BAKING ESSENTIALS!



Natvia's unique blend has been carefully crafted for baking. **100% natural** and years of refinement have meant **baking** with Natvia turns out the best tasting sweet treats!

**173**  
**CALORIES**  
**SAVED**

\*compared to sugar



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# SIMPLE ANTIOXIDANT SMOOTHIE

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GLUTEN-FREE • RAW / NO BAKE • QUICK TO MAKE • KIDS TREATS

**PREP:** 5 minutes

**SERVES:** 2

## INGREDIENTS

- » ½ cup raspberries
- » 225ml milk
- » 63g greek yoghurt
- » 2 tsp Natvia
- » 2 tsp chia seeds

1. Blitz the raspberries, milk, yoghurt, Natvia and chia seeds in a blender until smooth. Serve with extra raspberries and chia seeds on top.

*Serving size: 225g*

*Carbs: 15g*

*Protein: 7.7g*

*Fats: 9.5g*

*Energy KJ: 807*

*Calories: 192*

## SWEET TIPS

- Raspberries are high in antioxidants and fibre while greek yoghurt is good for your gut health.

**46**  
**CALORIES**  
**SAVED**  
\*compared to sugar



WINTER  
SUGAR FREE  
BAKING

is *easier*  
WITH  
natVia

Available at



Woolworths



69  
CALORIES  
SAVED

\*compared to sugar

TRY THIS WITH NUTTVIA



Add Nuttvia to this dessert for a delicious hazelnut twist.

**Nuttvia** has **ZERO added SUGAR** and **ZERO palm-oil** so you can still enjoy the flavour you love without the nasties!



# RAW CHOC BLISS BALLS

DAIRY-FREE • GLUTEN-FREE • KETO • RAW • LOW CARB • DIABETIC-FRIENDLY • VEGAN • QUICK TO MAKE

**PREP:** 10 minutes

**CHILL TIME:** 20 minutes

**SERVES:** 8

## INGREDIENTS

- » 30g cacao powder
- » 100g hazelnut meal
- » 1 tbs Natvia
- » 30g almond butter

## Topping

- » Dessicated coconut
- » Chopped Nuts
- » Cacao nibs hazelnuts

1. Combine all the ingredients in a bowl and stir until combined.

2. Add 1-2 tablespoons of water and stir in. The mixture should hold when pinched together between two fingers, if not then add extra water. Roll into balls and roll into your choice of toppings before chilling for at least 20 minutes.

*Serving size: 15g*

*Carbs: 2g*

*Protein: 2.7g*

*Fats: 8g*

*Energy KJ: 377*

*Calories: 90*

## SWEET TIPS

- These raw bliss balls are great hunger busters with good fats, protein and fibre from nuts.

---

# VEGAN CHAI LATTE POTS

---

DAIRY-FREE • GLUTEN-FREE • LOW CARB • DIABETIC-FRIENDLY • VEGAN • QUICK TO MAKE

**PREP:** 4-6 hours

**CHILL TIME:** 20 minutes

**SERVES:** 2

## INGREDIENTS

- » 300g silken tofu
- » 2 tbs masala chai
- » 65g almond milk
- » ½ tsp vanilla bean paste
- » 50g Natvia

1. Use cheesecloth or muslin to squeeze the tofu of excess liquid. Discard the liquid and place the tofu in a blender or food processor.
2. Heat the almond milk and chai in a saucepan over medium heat until it starts to bubble. Remove from heat and strain into the blender. Combine with the remaining ingredients in the blender and blitz for a minute or so until completely smooth. Pour into two little glasses or ramekins.
3. Chill for at least 4 hours, or overnight for best results. Serve with your choice of toppings or a sprinkling of cinnamon.

*Serving size: 125g*

*Carbs: 5g*

*Protein: 9g*

*Fats: 5g*

*Energy KJ: 500*

*Calories: 119*

## SWEET TIPS

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



**288**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# DO YOU KNOW HOW MUCH SUGAR YOU'RE ACTUALLY EATING?

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

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

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

## YOGHURT

**YOUR DAILY SUGAR LIMIT INTAKE 6.5 tsp**



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



## PASTA SAUCE

**YOUR DAILY SUGAR LIMIT INTAKE 6.5 tsp**



**½ CUP OF ITALIAN MARINARA SAUCE: 10g/2 tsp**



## BOTTLED SMOOTHIES

**YOUR DAILY SUGAR LIMIT INTAKE 6.5 tsp**



**450ml BOTTLED SMOOTHIE: 54g/10.8 tsp**

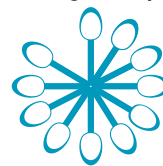


## BREAKFAST CEREALS

**YOUR DAILY SUGAR LIMIT INTAKE 6.5 tsp**



**100g OF CEREAL: 55g/ 11 tsp**



## INSTANT OATMEAL

**YOUR DAILY SUGAR LIMIT INTAKE 6.5 tsp**



**1 PACKET INSTANT OATMEAL (43g): 12g/2.4 tsp**

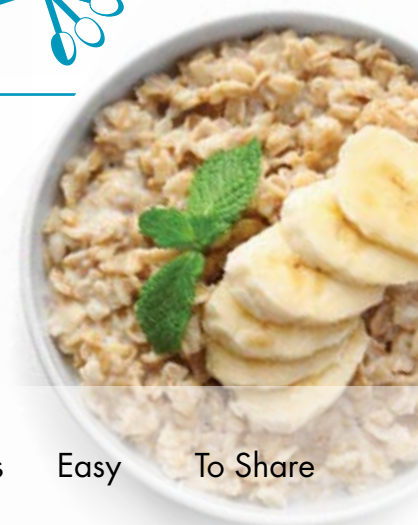


## FLAVOURED COFFEE MILK

**YOUR DAILY SUGAR LIMIT INTAKE 6.5 tsp**



**500ml OF FLAVOURED COFFEE MILK: 47.6g/9.5 tsp**



Contents

Bake with Natvia

Keto Creations

Diabetic Friendly

Indulgences

Easy

To Share

**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**







# *DESSERTS TO SHARE*

Sharing is caring and never is that truer than with delicious home-baked desserts. Carrot Cake, Cherry Ripe Slices, or chocolate pots, there's something here for every occasion.

# SIMPLE STRAWBERRY DANISH

LOW CARB

**PREP:** 15 minutes

**COOK TIME:** 20 minutes

**SERVES:** 12

## INGREDIENTS

» 3 x sheets puff pastry

### Filling

» 15g sugar free custard powder

» 15g Natvia

» 250ml milk

» 12-14 strawberries, halved

» 2-3 tbs Natvia strawberry Spread

Preheat the oven to 170°C

1. Lay the pastry sheets out on a baking tray and cut into square quarters.
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 15-20 minutes. Remove from heat and stand to thicken.
3. Dollop a little custard in the middle of each square of pastry and add the strawberries. Fold two corners to meet in the middle over the custard. Brush the pastry with the Natvia spread and bake for 15-20 minutes. Remove from the oven and allow to cool slightly for 5 minutes before serving.

*Serving size: 35g*

*Carbs: 9g*

*Protein: 1.5g*

*Fats: 5.5g*

*Energy KJ: 390*

*Calories: 93*

## SWEET TIPS

- Best eaten straight away.
- This easy recipe can also be made using different types of fruit, such as blueberries, raspberries and stone fruits.

## LOVE JAM?



Our **healthy** strawberry and raspberry spreads **cut the sugar** without compromising on flavour. Experiment with these two flavours to enhance any dessert!



# 87 CALORIES SAVED

\*compared to sugar



# RAW CHERRY RIPE SLICE

DAIRY-FREE • GLUTEN-FREE • RAW / NO BAKE • VEGAN • QUICK TO MAKE

**PREP:** 25 minutes

**CHILL TIME:** 45 minutes

**SERVES:** 16

## INGREDIENTS

### 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.

*Serving size: 57g*

*Carbs: 6.9g*

*Protein: 3g*

*Fats: 28g*

*Energy KJ: 1250*

*Calories: 298*

## 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.

**433**  
**CALORIES**  
**SAVED**

\*compared to sugar



# CARROT CAKE

**PREP:** 25 minutes

**COOK TIME:** 35 minutes

**SERVES:** 10

## INGREDIENTS

### Cake

- » 85g Natvia
- » 100g self raising flour
- » 100g almond meal
- » 30g desiccated coconut
- » 35g walnuts, roughly chopped
- » 35g pecans, roughly chopped
- » 2 tsp cinnamon
- » ½ tsp nutmeg
- » 4 eggs
- » 60ml extra virgin olive oil
- » 80ml milk
- » 140g grated carrot

### Icing

- » 200g cream cheese
- » 1 tbs lemon zest
- » 1 tbs Natvia
- » Pecans, walnuts and cinnamon, for decorating

Preheat the oven to 180°C

1. Combine the dry ingredients, except the carrot, in a bowl.
2. Whisk together the eggs, oil and milk until combined. Stir in the carrot.
3. Fold the wet ingredients into the dry until just combined. Pour the batter into a 20cm greased and lined square cake tin. Bake for 30-35 minutes, until a skewer inserted comes out clean. Remove from the oven, place on a wire cooling rack and stand until cooled.
4. Beat the cream cheese, lemon juice and Natvia until smooth.
5. Slather the icing over the cake and decorate with walnuts, pecans and cinnamon.

*Serving size: 75g*

*Carbs: 7.9g*

*Protein: 6.9 g*

*Fats: 21g*

*Energy KJ: 1050*

*Calories: 250*

## SWEET TIPS

- Best eaten straight away.
- The carrot adds fibre and helps to keep the cake moist.

# 560 CALORIES SAVED

\*compared to sugar

## BAKING ESSENTIALS!



Natvia's unique blend has been carefully crafted for baking. **100% natural** and years of refinement have meant **baking** with Natvia turns out the best tasting sweet treats!



**46**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# STRAWBERRY MASCARPONE TART

## LOW CARB

**PREP:** 10 minutes

**CHILL TIME:** 2 hours 30 minutes

**SERVES:** 18

## INGREDIENTS

### Base

- » 120g coconut oil
- » 100g plus 2 tbsp coconut flour

### Mascarpone cream:

- » 250g cup mascarpone
- » 2 eggs, separated
- » 1 tsp vanilla extract
- » 1-2 tsp Natvia
- » 200g strawberries

Preheat the oven to 180°C

1. Blend the eggs and the coconut oil, vanilla and Natvia in a food processor or with an electric blender.
2. Sift in the coconut flour and blend until combined. The dough should be soft, but not too sticky. If necessary, add a little more coconut flour. Cool the dough in the fridge for 10 minutes - this will make it easier to roll out.
3. Roll out the dough between 2 sheets of parchment paper or press it directly into a well-greased pie dish.
4. Bake for circa 10 minutes or until the base is lightly browned. Let cool completely.
5. While the tart base cools, prepare the filling: Separate the eggs and beat the egg whites with an electric mixer until stiff peaks form.
6. Whisk together the mascarpone and the egg yolks. Then add the vanilla and Natvia. Mix until well combined.
7. Fold in the stiff egg whites.
8. Fill the mascarpone mix into the tart base and cool until serving (at least 30 minutes). Decorate with strawberries just before serving.

*Serving size: 65g*

*Carbs: 7.6g*

*Protein: 4.3g*

*Fats: 21.5g*

*Energy KJ: 987kj*



The recipe is brought to you by Katrin Nürnberger, who publishes deliciously healthy recipes on her popular blog Sugar Free Londoner - from decadent sugar free desserts and grain free bread to easy Keto snacks and low carb main dishes.

You can follow Katrin on Instagram  
[@sugarfree\\_londoner](https://www.instagram.com/sugarfree_londoner)

# VEGAN NUTTVIA STUFFED BANANA BREAD

DAIRY-FREE



**PREP:** 10 minutes

**COOK TIME:** 50 minutes

**SERVES:** 12

## INGREDIENTS

- » 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 Natvia
- » 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 and grease a loaf pan.

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 over-mix.
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.

*Serving size: 100g*

*Carbs: 38.4g*

*Protein: 7.2g*

*Fats: 20.6g*

*Energy Kj: 1570Kj*

*Calories: 375*

**360**  
**CALORIES**  
**SAVED**

\*compared to sugar



Recipe by Amy Lee Active

You can follow Amy on Instagram

**@amyleeactive • www.amyleeactive.com**

# CHOCOLATE BANANA SPLIT

GLUTEN-FREE • LCHF • COLD DESSERT • RAW / NO BAKE • LOW CARB

**PREP:** 30 minutes

**CHILL TIME:** 2 hours

**SERVES:** 12

## INGREDIENTS W

- » 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.

*Serving size: 40g*

*Carbs: 6.8g*

*Protein: 1.8g*

*Fats: 4.8 g*

*Energy KJ: 340*

*Calories: 81*

## 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.

## LOVE JAM?



Our **healthy** strawberry and raspberry spreads **cut the sugar** without compromising on flavour. Experiment with these two flavours to enhance any dessert!



**577**  
**CALORIES**  
**SAVED**  
\*compared to sugar



# BERRY CHEESECAKE ICE CREAM

RAW / NO BAKE • LOW CARB • DIABETIC-FRIENDLY

**PREP:** 45 minutes

**CHILL TIME:** 2 hours

**SERVES:** 12

## INGREDIENTS

- » 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.

*Serving size: 40g*

*Carbs: 4.5g*

*Protein: 2g*

*Fats: 4.5g*

*Energy KJ: 265*

*Calories: 63*

## SWEET TIPS

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

## LOVE JAM?



Our **healthy** strawberry and raspberry spreads **cut the sugar** without compromising on flavour. Experiment with these two flavours to enhance any dessert!

**490**  
**CALORIES**  
**SAVED**

\*compared to sugar



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

# INDEX

How to bake with Natvia 04

What's in season 06

Natvia community page 08

What makes the perfect breakfast 10

## KETO CREATIONS

Affogato with ricotta almond ice cream 14

Raspberry Panna Cotta 16

Lemon & coconut curd with ricotta cream 18

The simple science behind low carb 20

Raw peanut butter & jelly slice 22

Cashew & strawberry low carb slice 24

Keto dark chocolate 25

Matcha popsicles 26

Chocolate protein thick shakes 28

Lemon bites 30

## DIABETIC FRIENDLY

Light cheesecake 34

Chocolate ricotta pancakes 36

Matcha panna cotta tiramisu 38

Gluten free coconut cake 40

Lamington protein balls 42

The low down on cravings 44

## INDULGENCES

Blackberry brownies 48

Orange & passion fruit pudding 50

Easy donuts 52

Peanut butter tart 54

Zucchini chocolate cake 56

Easy custard tarts 58

Carrot & raisin brownies 60

Ask a dietician 61

Black bottom pie 64

Ice cream sandwich 66

Tops 5 nuts to eat for better health 68

## EASY 5 INGREDIENT TREATS

Chocolate pots 72

Simple banana cream pie 74

Simple antioxidant smoothie 76

Raw choc bliss balls 80

Vegan chai latte pots 82

How much sugar are you actually consuming? 84

## DESSERTS TO SHARE

Simple strawberry danish 88

Raw cherry ripe slice 90

Carrot cake 92

Strawberry mascarpone tart 94

Vegan Nuttvia stuffed banana bread 95

Chocolate banana split 96

Berry cheese cake ice cream 98

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