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VEGAN

20+
VEGAN
SUGAR-FREE
RECIPES

MACROS FOR
THE VEGETARIAN
AND VEGAN

10 FOODS
FOR GUT
HEALTH

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BAKING
& **COFFEE**

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Recipe Index

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For more recipes and sugar-free
inspiration, please visit us at
www.natvia.com

All nutrition information has
been calculated using the
most up to date information
from Food Standards
Australia New Zealand.

How To Bake With Natvia _____ 4

Cooking Vegan _____ 7

Macros for the Vegetarian & Vegan _____ 8

10 Foods For Gut Health _____ 10

Lemon, Poppy Seed & Almond Loaf _____ 12

Keto Dark Chocolate _____ 14

Spicy Kale Chips _____ 16

Blueberry Scones _____ 18

Gado Gado _____ 20

Peanut Butter and Jelly Cheesecake _____ 22

Spiced Pumpkin & Chocolate Chip Cookies _____ 24

Mini Vegan Rose Meringues _____ 26

Power Snacks _____ 28

Raw Macadamia Slice Lime Bounty _____ 32

Coconut Bars _____ 34

Peanut Butter Caramel Slice _____ 36

Raw Choc Bliss Balls _____ 38

Peanut Butter Chocolate Spoons _____ 40

Matcha Popsicles _____ 42

Mini Mango & Raspberry Cheesecakes _____ 44

Healthy Breakfast _____ 47

Raspberry Cheesecakes Blackberry Chia Pudding _____ 48

Vegan Chai Latte Pots _____ 50

Sunshine Smoothie _____ 52

Beetroot Latte _____ 54

Cashew & Strawberry Low Carb Slice _____ 58

Green Smoothie _____ 60

How To Bake With **natVia**



Sweetness comparison

*Natvia can be almost as twice as sweet as sugar

1 SERVE OF NATVIA = 1 TSP OF SUGAR



SUGAR QTY	SUGAR (G) EQUIVALENT TO	NATVIA (G)	NATVIA QTY
1 tsp	4g	2.64g	2/3 tsp
1 tsp	12g	8g	2 tsp
1/4 tsp	55g	36g	3 tsp
1/3 tsp	75g	50g	1/4 cup
1/2 tsp	115g	76g	1/4 cup + 2 tbsps
2/3 cup	150g	99g	1/2 tsp
3/4 cup	170g	112g	1/2 tsp + 1 tbsps
1 cup	250g	149g	3/4 cup

ICING SUGAR

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

MOISTURE CONTENT

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

OPTIMUM RISE

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

MERINGUE-BASED DISHES

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

LIGHT AND FLUFFY

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

JAMS AND SAUCES

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



HOVER SMARTPHONE CAMERA FOR DELICIOUS MORE NATVIA RECIPES



SUGAR FREE LIVING
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**COOKING
VEGAN**

MACROS FOR THE *Vegetarian & Vegan*

Macronutrients are our biggest source of energy and are essential for us humans to live. They can be categorised into three distinct groups - Carbohydrates, Proteins, and Fats. A combination of these macronutrients is what makes everything you eat - vegetables, meats, dairy, nuts, and grains!

Certain macronutrients can be densely packed in some foods like meat and meat by-products. This can include chicken and red meats that have large stores of protein in them, and cheeses and yoghurts that have large amounts of healthy fats. For a lot of people, these meat-based products are how they meet their macronutrient needs.

But what happens when you don't eat meat or meat by-products? These nutrients are essential for everyone, no matter the diet, so it's important to source plant-based alternatives. We've created our plant-based guide to help you find delicious meat-free foods that mean you can still get all the protein and fats, as well as carbohydrates you need.

Protein

Beans

All beans including white, black, kidney and pinto beans contain around 14 grams of protein per cup.



Seitan / Wheat Meat

This is one of the richest sources of plant-based protein, it contains up to 24.8 grams of vegan protein in every 100 grams of seitan.



Lentils

A cooked cup of lentils can provide 17.9 grams of protein, as well as 50% of your daily requirement of fibre.

Soy

Soy milk is one of the most popular replacements for cow's milk, providing 7 grams of protein per cup. Tofu is another source of soy and contains 10.1 grams of protein for every 100 grams.



Carbohydrates

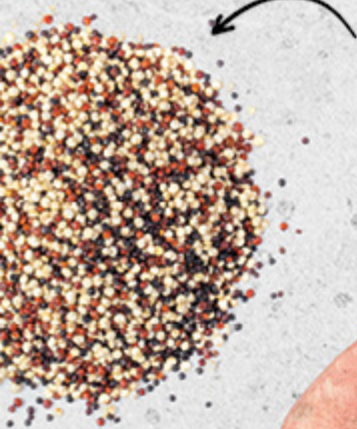


Oats

Raw oats contain 66% carbs, nearly 11% of which is fibre.

Bananas

Bananas contain around 23% carbs in the form of starches and naturally occurring sugars.



Quinoa

A cooked cup of quinoa delivers 21% carbs, it also provides all nine essential amino acids.

Sweet Potatoes

Cooked sweet potatoes contain around 20% carbs.



Nuts

A half-cup of nuts contains approximately 15g of fat. They are also a great source of fibre and protein.



Fats



Chia Seeds

2 tablespoons of chia seeds provide you with approximately 8.5 grams of fat.

Avocado

One avocado contains about 30 grams of fat, along with 13.5 grams of fibre.



Olives / Olive Oil

One cup of black olives has 15 grams of fat.





10 Foods For Gut Health

Gut health is the balance of the microorganisms that live in the digestive tract of your body. Having a healthy gut flora is key to your general wellbeing as well as your physical and mental health, your immunity, and more. Introducing more of these 10 foods for gut health can improve the gut microbiome and enhance your overall health.





Ginger

Ginger benefits your health by helping to move and stimulate the food in your gut so that it doesn't sit, bloat and cause pain. Simply add freshly grated ginger to soups, stews, smoothies or stir-fries. For a delicious ginger tea, pour boiling water on a few slices of fresh ginger.

For something special add some lemon or sweeten with Natvia.

Asparagus

This veggie is a nutrient-dense vegetable that is high in insoluble fibre, feeding the good bacteria in your gut. This good bacteria in your gut plays a role in keeping your digestion in check and strengthening your immune system. It is a great vegetable that can be added as a delicious side dish to your main meal.

Bananas

Bananas are rich with vitamins, nutrients, fibre, and are great for your health. They can aid in digestion and help prevent gastrointestinal issues because of the soluble and insoluble fibres that are important for your digestive system. 70% of the fibre in a banana is insoluble which helps to add bulk to your food by helping it move through your digestive tract smoothly.

Flaxseed Meal

Flaxseed has many health benefits because it is high in soluble fibre, omega-3 fatty acids, vitamins and minerals. It is commonly used to improve the digestive system and its oils contribute by lubricating the gut. Use flaxseed in your smoothies, cereal, sprinkled on top of your porridge, or use it in your baking.

Miso

In parts of Asia, miso is a popular fermented condiment and is mostly served in the form of Japanese miso soup. It is highly nutritious and linked to better digestion and a stronger immune system. Miso has probiotics that help to maintain a healthy gut flora which is important because it helps to defend your body against toxins and bad bacteria. Miso is delicious as a base in soup, as a marinade for tofu or salmon or used in dips and dressings.



Kefir

Kefir is a fermented probiotic yoghurt drink made using cow's milk that many consider being healthier than yoghurt. It is known as a probiotic food that helps to restore the balance of the good bacteria in your gut. Including it in your diet will prevent and treat gastrointestinal disturbances. Drink it on its own, in smoothies, or as a base for salad dressing.



Sauerkraut

Sauerkraut is a fermented cabbage that is popular as a side dish and condiment in many countries. Its fermentation process makes this food highly nutritional with health benefits beyond those of fresh cabbage. It is a probiotic-rich food that provides many benefits including to help your body absorb more nutrients easily. Eat it from the jar, add to your salad, or enjoy as a side dish.

Kombucha

Kombucha is the new health tea trend that has soared in popularity as a mildly fizzy, slightly sour drink. This fermented tea is made with a culture known as a SCOBY that stands for symbiotic culture of bacteria and yeasts. It not only has the same health benefits of tea but it's also high in probiotics and antioxidants. They come in many different flavours including berries, apple, ginger and more.

Apple Cider Vinegar

Apple cider vinegar is made by fermenting the sugar in apple juice. The good bacteria then converts the alcohol in the cider into acetic acid to form vinegar. Consuming it once a day helps to break down and digest food by stimulating digestive juices by increasing stomach acid production. Mix 1-2 tablespoons (15-30ml) with water and take it before or after meals.

Kim Chi

Kimchi is a red, fermented cabbage dish that is mixed with a variety of salt, garlic, chilli peppers and other spices. It is a popular Korean side dish and contains healthy bacteria and probiotics that help aid in the digestion process and promote gut integrity. It is loaded with fibre and delivers antioxidants. Serve it on the side with rice, noodles, or soups.





LEMON, POPPY SEED & ALMOND LOAF

SERVES: 8-15

PREP: 20 MINUTES

COOK: 40 MINUTES

For the loaf

100g Ground Almonds ($\frac{3}{4}$ cup)

100g Gluten-free Flour ($\frac{3}{4}$ cup)

150g Instant Polenta (1 cup)

75g Natvia ($\frac{1}{3}$ cup)

3 tbsp Poppy Seeds

$\frac{1}{2}$ tsp Baking Powder

100g Coconut oil, melted
($\frac{1}{2}$ cup)

150g Almond Milk ($\frac{2}{3}$ cup)

3 Lemons, zested and juiced

$\frac{1}{2}$ tbsp Almond Extract

To glaze -

3 tbsp Natvia

1 tsp Coconut Oil, melted

1 Lemon, Juiced

To decorate (optional) -

No Added Sugar White
Chocolate, melted

Raspberries

Flaked Almonds

1 Preheat the oven to 170°C and grease and line a loaf tin.

2 Mix together the ground almonds, flour, polenta, Natvia, poppy seeds and baking powder in

a bowl.

3 Whisk together the coconut oil, almond milk, lemon juice and zest and almond extract then pour into the dry ingredients to form a batter.

4 Pour this into the tin and smooth out evenly. Bake for 30-40 minutes until risen and golden. Allow to cool for 15 minutes then use a skewer to poke holes on top of the loaf. Whisk together the Natvia, coconut oil and lemon juice and pour over - leave to allow to soak in.

5 Once the loaf has cooled, remove from the tin and place on a serving board. Decorate if you wish - then enjoy!

Recipe by Pamela Higgins from

www.spamellab.com

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
100g	22g	4.9g
Fats	Energy (KJ)	Calories
21.8g	1310	313



208

CALORIES
SAVED

*COMPARED TO SUGAR

KETO DARK CHOCOLATE

SERVES: 5 SLICES
PREP: 10 MINUTES
COOK: 10 MINUTES
CHILL: 2 HOURS FREEZING

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.

Recipe by Aaron from Fat For Weight Loss @FatForWeightLoss

www.fatforweightloss.com.au

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
32g	2.5g	1.9g
Fats	Energy (KJ)	Calories
22.3g	922	220



20
CALORIES
SAVED
*COMPARED TO SUGAR

SPICY KALE CHIPS

SERVES: 6

PREP: 20 MINUTES

COOK: 50 MINUTES

140g Pumpkin Seeds (1 cup)

300g of Kale, leaves only (2 cups)

4 tbsp Nutritional yeast

1 tbsp Smoked Paprika

¼ tsp Turmeric

¼ tsp Cayenne pepper

1 tsp Natvia

2 Garlic Cloves, peeled

Salt, pinch

Pepper, pinch

2 tbsp Apple Cider Vinegar

120ml Water

Water and pinch of Salt for soaking the pumpkin seeds

1 Preheat the oven to 150°C (fan forced).

2 Soak the pumpkin seeds in water with a pinch of salt for 10-15 minutes.

3 Place the kale in a bowl and sprinkle over a pinch of salt and the apple cider vinegar. Massage the salt and vinegar into the kale until it begins to wilt.

4 Place the drained pumpkin seeds and all the remaining ingredients into a high-speed

blender and blend until smooth.

5 Pour the pumpkin seed mixture onto the kale and toss through to coat all the leaves.

6 Spread the kale leaves onto a lined baking tray and bake for 30-40 minutes, tossing every 10 minutes.

7 The chips are ready when they are crunchy. Remove from the oven and enjoy.

Sweet Tips

- Kale chips can be stored in an airtight container for a few weeks, but it's best to have them the same day as they lose their crunch.
- If the kale chips lose their crispiness place them back in the oven or for a few minutes to make crispy again.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
83g	5.1 g	7.5g
Fats	Energy (KJ)	Calories
10.8g	641	153



50
CALORIES
SAVED
*COMPARED TO SUGAR

BLUEBERRY SCONES

SERVES: 8

PREP: 10 MINUTES

COOK: 15 MINUTES

150g Buckwheat Flour (1 cup)

2 tsp Natvia

2 tsp Gluten-Free Baking Powder

1 tsp Bicarbonate of Soda

1 tsp Xanthan Gum

80g Almond Meal (2/3 cup)

**60g Vegan Margarine, chilled
and chopped (1/4 cup)**

80ml Almond Milk (1/3 cup)

70g Blueberries, frozen

**Almond Milk, for brushing on the
top of the scones**

**Natvia Strawberry or Raspberry
Jam, to serve**

**Extra Buckwheat Flour, for
kneading**

1 Preheat oven to 200°C fan-forced. Line a tray with baking paper.

2 Sift flour, Natvia, baking powder, bicarbonate of soda and xanthan gum into a large bowl. Stir in almond meal. Using fingertips, rub the margarine into flour mixture until mixture resembles fine breadcrumbs.

3 Make a well in the centre of flour mixture and pour in the almond milk. Gently stir the mix until a soft, sticky dough forms. Add the blueberries

and stir until combined.

4 Turn out dough onto a lightly floured surface (buckwheat flour). Gently knead for 20 seconds until just smooth.

5 Pat out dough until 2.5cm thick. Using a 5.5cm floured round cutter, cut rounds from the dough. Place scones, side by side on the prepared tray. Press any leftover dough together and repeat.

6 Brush tops with extra almond milk. Bake for 12 to 14 minutes or until browned. Cool in pan for 2 minutes. Turn out onto a wire rack.

7 Serve warm with Natvia strawberry or raspberry jam.

Sweet Tips

- The nutritional information is per scone without jam.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
45g	12.5g	4.6g
Fats	Energy (KJ)	Calories
12.9g	797	190



50
CALORIES
SAVED
*COMPARED TO SUGAR

GADO GADO

SERVES: 5

PREP: 40 -50 MINUTES

COOK: 5 MINUTES

Gado Gado Sauce

½ tbsp Peanut Oil

1 Garlic Clove, crushed

1 Brown Onion, finely chopped

1 small Red Chilli, finely chopped

2 tsp Natvia

2 tsp Tamari

2 tbsp Crunchy Peanut Butter

400ml Coconut Milk (1 tin)

2 tsp Lime Juice, freshly squeezed
Salt, pinch

Vegetables

240g Green Beans, stem removed and parboiled

4 Potatoes, medium, cut into bite sized pieces, boiled or roasted

2 Carrots, peeled and julienned

400g Tempeh or Tofu, sliced and pan-fried

1 small head Broccoli, florets removed and steamed

1 Red Capsicum, finely sliced

250g Bean Sprouts

1 Heat the oil in a wok and fry the garlic, onion and chilli over a moderate heat until the onion is soft.

2 Add the Natvia and stir until slightly caramelised. Add the tamari and peanut butter and stir through.

3 Add the coconut milk and stir until combined. Leave to simmer for 3-5 minutes or until your desired consistency. Add the lime juice and stir, turn off the heat.

4 In a bowl arrange your vegetables and tempeh. Spoon the sauce over the vegetables. Enjoy!

Sweet Tips

- Gado Gado is a popular dish eaten in Indonesia, its packed with essential vitamins and nutrients vital for our body.
- This is a great end of the week recipe to use up leftover vegetables in the fridge.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
470g	27.4g	26.3g
Fats	Energy (KJ)	Calories
29.1g	2020	482



1000
CALORIES
SAVED
*COMPARED TO SUGAR

PEANUT BUTTER AND JELLY CHEESECAKE

SERVES: 16

PREP: 45 HOURS

COOK: 30 MINUTES

Crust:

150g Almond Flour (1 ½ cups)

40g Cacao Powder (⅓ cup)

50g Natvia (¼ cup)

60g Coconut Oil

Cheesecake Filling:

680g Cream Cheese, or vegan cream cheese, room temp

300g Yogurt of choice, coconut, almond milk, greek yoghurt all work (1 ¼)

195g Peanut Butter (¾ cup)

2 ½ tsp Vanilla Extract

125g Natvia (⅔ cup)

25g Almond Flour (¼ cup)

Topping :

125g Natvia Strawberry Spread (½ cup)

130g Peanut Butter (½ cup)

Crust

1 Combine all crust ingredients in a food processor, pour into a lined 8 or 9-inch springform pan, press down firmly and evenly, set aside while you make the filling.

Cheesecake Filling

2 Preheat oven to 175°C. Fill any baking pan halfway up with water, and place it on the oven's lower rack.

3 Combine all ingredients except topping in a food processor until just smooth (overbeating can cause cracking as it bakes).

4 Pour filling on top of crust. Dollop

jam and peanut butter on top and swirl a pattern with a skewer if desired. Place on the middle rack (above the rack with the water pan). Bake 30 minutes and do not open the oven at all during this time.

5 Once time is up, still do not open the oven, and turn off the heat and let the cheesecake sit in the oven an additional 5 minutes. Remove from the oven, it will still look underdone. Let cool for 20 minutes, then refrigerate overnight, during which time it will firm up considerably. It is important the cake cools gradually so it does not crack. Store leftovers covered in the refrigerator 3-4 days, or slice and freeze if desired.

Sweet Tips

- To decrease calories, reduce the topping.

Recipe by Amy Lee from

www.amyleeactive.com

Follow her at @amyleeactive

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
100g	5.9g	10.5g
Fats	Energy (KJ)	Calories
31g	1480	353



SPICED PUMPKIN & CHOCOLATE CHIP COOKIES

SERVES: 9-10

PREP: 10 MINUTES

COOK TIME: 12 MINUTES

400g chickpeas, drained (1 can)
4 tbsp smooth Nut Butter of your choice

75g Pumpkin Puree (2/3 cup)

30g Coconut Flour (1/4 cup)

50g Natvia (1/4 Cup)

2 tsp Cinnamon

1 tsp Ginger, ground

Pinch of Nutmeg

1/2 tsp Baking Powder

70g No added Sugar Dark Chocolate Chips (1/3 cup)

To drizzle

2 tbsp smooth Nut Butter of your choice

2 tbsp Almond Milk

3 tbsp Cacao or Cocoa powder

3 tablespoons Natvia

Cacao nibs

- 1 Preheat the oven to 180C and line a baking sheet with grease-proof paper.
- 2 Place chickpeas into a food processor and blend until broken down.
- 3 Add Nut Butter and Pumpkin

puree and blend again well.

4 Add flour, Natvia, spices and baking powder and whizz until combined. Stir in chocolate chips.

5 Scoop out spoonfuls of the mixture onto baking sheet and flatten with palm of your hand. Bake for 12 minutes until firmed up and golden. Leave to cool then place on a wire rack.

6 Whisk together the Cocoa or Cacao powder with Peanut butter, Almond milk and Natvia then drizzle over each cookie and scatter over Cacao nibs. Store in the fridge and eat within 5 days.

Recipe by Amy Lee from

www.spamellab.com

Follow her at @spamellab

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
90g	11.3g	8.4g
Fats	Energy (KJ)	Calories
12.3g	873	209



MINI VEGAN ROSE MERINGUES

SERVES: 12

PREP: 25 MINUTES

CHILL: 2 ½ HOURS

MERINGUE

¾ Cup aquafaba (water from tinned chickpeas)

⅛ tsp Xanthum gum

1 tsp White vinegar

1-2 Drops pink food dye

½ tsp Rose water

1 Cup Natvia, blitzed in a food processor until fine

COCONUT CREAM

200g coconut cream, firm

1 tbs Natvia

½ tsp vanilla bean paste

GARNISHES

Pistachios, chopped

Slivered almonds

Rose petals

Lemon rind

Preheat oven to 110°C

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

until stiff peaks form.

2 Beat in the Natvia.

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

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

5 Whip the coconut cream with the Natvia and vanilla.

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

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

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A top-down view of a grey textured surface. In the upper left, a white spoon holds white powder, with some powder spilled on the surface. A large knife with a wooden handle and yellow rivets is positioned diagonally from the bottom left towards the center. Scattered around are several almonds, some whole and some cracked open, and two pecans. On the right side, a thick chocolate bar is partially unwrapped from a piece of parchment paper, revealing a filling of nuts and dried fruit.

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180
CALORIES
SAVED

*COMPARED TO SUGAR

RAW MACADAMIA SLICE

SERVES: 20

PREP: 15 MINUTES

CHILL: 30 MINUTES

MACADAMIA FILLING

100g raw macadamias

¼ cup Natvia

50ml coconut oil

½ tsp vanilla bean paste

CHOCOLATE LAYERS

150g sugar free dark chocolate

15ml coconut oil, melted

1 Combine the macadamias, Natvia, coconut oil and vanilla in the bowl of a food processor and process until smooth. minutes or so, until stiff peaks form.

2 Melt the dark chocolate and stir in the coconut oil until combined and glossy. Spoon a little of the chocolate into the bottom of 2 x regular ice cube trays or another type of mould. Place in the freezer

for 20 minutes, or until firm.

3 Pack the macadamia filling on top of the chocolate.

4 Fill the remaining space in each mould with melted chocolate and then carefully place in the freezer. Chill for at least 30 minutes.

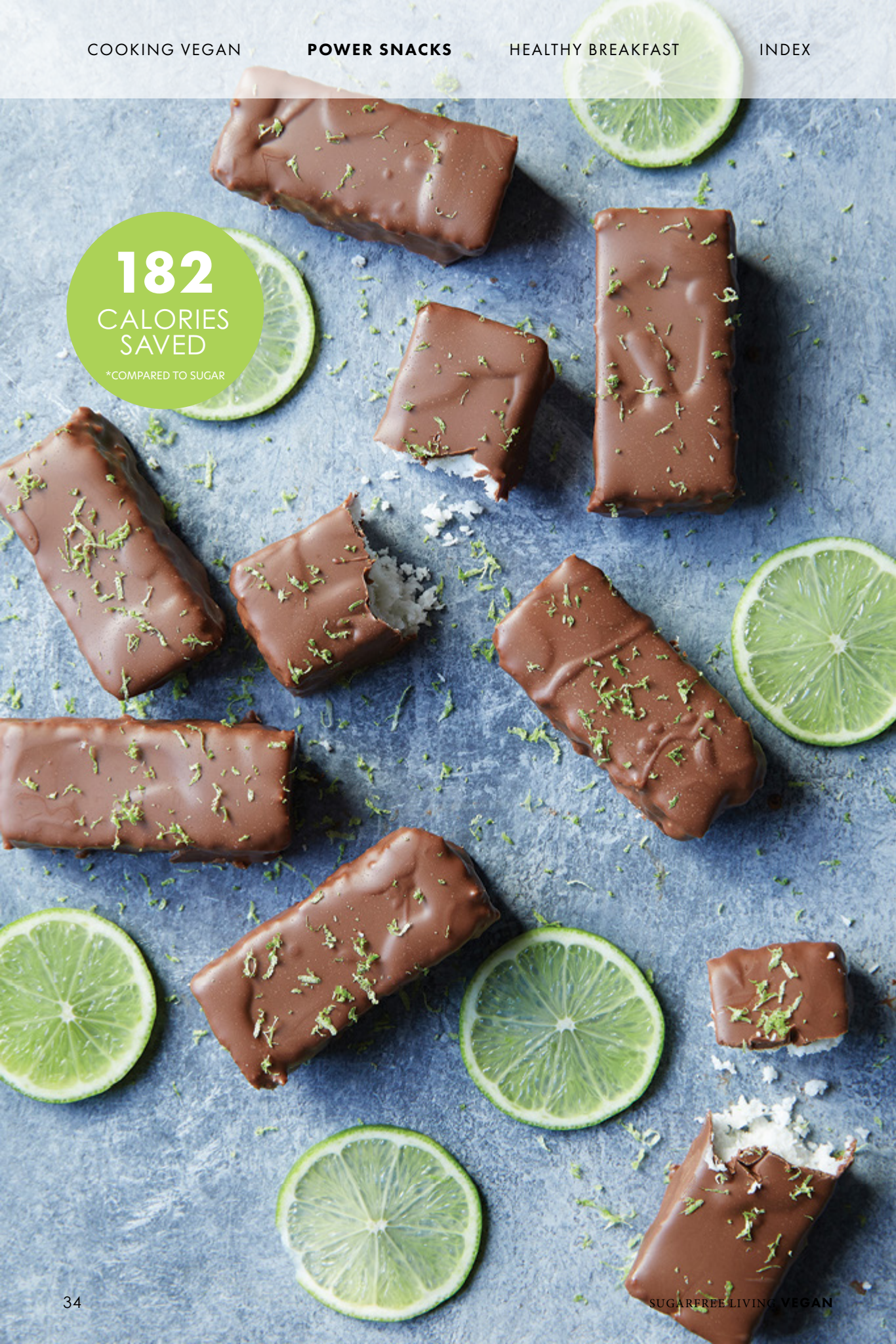
Sweet Tips

- Fill the remaining space in each mould with melted chocolate and then carefully place in the freezer. Chill for at least 30 minutes.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
3g	1.2g
Fats	Energy (KJ)
6.3g	296

182
CALORIES
SAVED
*COMPARED TO SUGAR



LIME BOUNTY COCONUT BARS

SERVES: 20

PREP: 15 MINUTES

CHILL: 30 MINUTES

3 cups Desiccated Coconut

1 cup Coconut Cream

zest & juice of ½ lime

¼ cup Natvia

2 tablespoons Coconut Oil

**250 g Sugar Free Dark
Chocolate**

1 Combine the desiccated coconut, coconut cream, lime juice, zest, Natvia and half of the coconut oil in the bowl of a food processor. Pulse until combined and the mixture sticks together when pinched between two fingers. Press into a baking paper lined 20cm loaf tin, smoothing the top. Place in the freezer for at least 4 hours.

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

3 Remove the coconut filling from the freezer and slice with a sharp knife into 20 squares. Dip into the melted chocolate and place on a piece of baking paper. Sprinkle with extra lime zest or desiccated coconut. Place in the refrigerator to set.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
8.3g	1.9g
Fats	Energy (KJ)
18.2g	846

540
CALORIES
SAVED
*COMPARED TO SUGAR



PEANUT BUTTER CARAMEL SLICE

SERVES: 16

PREP: 1 HOUR

CHILL TIME: 2 HOURS

BASE

200g Almond Meal (1 ²/₃ cup)
25g Unsweetened Desiccated
Coconut (1/3 cup)
80g Natvia, blitzed into a finer
consistency (1/3 cup + 2 tbsp)
70g Coconut Butter, or coconut
oil
30g Coconut Flour (1/4 cup)
15g Flax Meal (1 heaped tbsp)
1 tsp Vanilla extract
1/4 tsp Salt

PEANUT BUTTER CREAM LAYER

300g Smooth Natural Peanut
Butter (10 tbsp)
60g Coconut Oil (1/4 cup + 1 tbsp)
15g Natvia
1 tsp Vanilla Extract
1/4 tsp Salt
30g Salted Caramel Protein –
optional, can omit completely

CHOCOLATE LAYER

130g No Added Sugar
Chocolate (1 1/4 cup)
2 tbsp Coconut Oil

1 Combine all base ingredients

until a crumble forms.

2 Press crumble firmly into a
baking tin lined with baking powder
and freeze whilst making peanut
butter cream layer.

3 To make peanut butter cream
layer, combine all peanut butter
cream layer ingredients in a bowl
and mix until smooth.

4 Spread peanut butter cream
layer over base and refrigerate for
30 min.

5 To making chocolate layer, melt
chocolate and coconut together
in a bowl in the microwave in 30s
intervals, stirring between intervals.

6 Pour chocolate over peanut
butter cream layer and freeze for at
least 45 minutes or until firm.

Recipe by Sarah Ky from

[@Sarahfitfoodie](#)

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
90g	3g	11g
Fats	Energy (KJ)	Calories
30g	1369	326



69
CALORIES
SAVED

RAW CHOC BLISS BALLS

SERVES: 8

PREP: 10 MINUTES

CHILL: 20 MINUTES

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.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
15g	2g	2.7g
Fats	Energy (KJ)	Calories
8g	377	90



PEANUT BUTTER CHOCOLATE SPOONS

SERVES: 12

PREP: 15 MINUTES

CHILL: 1 HOURS

- 1 cup natural crunchy peanut butter
- 4 tbs coconut cream
- 2 tbs Natvia
- 1 cup cacao powder
- ½ cup coconut oil
- 12 x tablespoons or wooden/bamboo spoons

GARNISH

- Roasted peanuts, roughly chopped
- Sea salt flakes
- Pistachios, chopped
- Walnuts, chopped
- Zest of 1-2 oranges
- Desiccated coconut

1 Using a hand mixer, beat together the peanut butter, cream and Natvia until combined and creamy. Divide the mixture between 12 tablespoons and then place in the freezer for at least 20 minutes.

2 Melt the coconut oil in the microwave and whisk in the cacao powder.

3 Dip the tablespoons in the coconut and cacao mixture and place on a baking paper lined tray.

4 Sprinkle with various toppings.

5 Drizzle over excess chocolate. Place in the refrigerator to set for about 30 minutes.

Sweet Tips

- High fat and low carb
- High in good monounsaturated fats from the peanuts
- Peanuts also contain protein

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
2.1g	3.4g
Fats	Energy (KJ)
12.7g	553



208
CALORIES
SAVED
*COMPARED TO SUGAR

MATCHA POPSICLES

SERVES: 6

PREP: 10 MINUTES

CHILL: 3 HOURS

POPSICLES

400ml coconut milk

2 tbs matcha powder

3 tbs Natvia

1 Puffed rice

GARNISH

50g sugar free chocolate, melted

Popcorn, for sprinkling

Puffed rice, for sprinkling

1 Combine the milk, matcha, Natvia and puffed rice 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 puffed rice.

Sweet Tips

- You can purchase matcha from the tea or health food section of supermarkets and health food stores or asian supermarkets. If you have not had matcha before you can halve the amount so the flavour is not so strong.
- Matcha is high in Vitamin C, a powerful antioxidant which is important for wound healing and immune health.

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
40g	3.2g	1g
Fats	Energy (KJ)	Calories
8.9g	410	97

243
CALORIES
SAVED
*COMPARED TO SUGAR



MINI MANGO & RASPBERRY CHEESECAKES

SERVES: 6

PREP: 20 MINUTES

CHILL: 2 HOURS

BASE

1 cup almond meal

1 heaped tbs raw almond butter

1 tbs coconut oil, melted

FILLING

½ cup raspberries

**½ cup raw cashews, soaked for
1 hour, rinsed and drained**

⅓ cup Natvia

1 tbs chia seeds

2 tbs lemon juice

**2 heaped tbs firm coconut •
cream, chilled**

¼ cup coconut oil, melted

¼ cup mango

1 Combine the base ingredients in the bowl of a food processor and blitz to combine. Or combine in a bowl and mix thoroughly. Press the mixture evenly into a lined 6 x hole muffin tray. Make an indent with your thumb in the middle of each base.

2 Place 1-2 raspberries in the indent of the bases. Cover and place in the freezer.

3 Combine the soaked cashews in the bowl of a food processor with the Natvia, chia seeds, lemon juice,

coconut cream and coconut oil. Process until smooth. Dollop half of the mixture over the raspberries and base & smooth the top. Cover and place in the freezer.

4 Process the remaining mixture with the mango until smooth and then spread over the top of the filling. Place in the freezer for at least 2 hours to set.

5 Remove from the freezer 20 minutes before serving. Decorate with extra raspberries, mango and chia seeds.

Sweet Tips

- High in fat and fibre which will help keep you feeling full.
- Nutrient dense dessert – fibre, heart healthy monounsaturated fats, antioxidants and plant based protein and iron.
- Store in the freezer for up to 3 months

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
7.4g	7.5g
Fats	Energy (KJ)
26g	1235

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HEALTHY BREAKFAST



BLACKBERRY CHIA PUDDING

SERVES: 2

PREP: 10 MINUTES

CHILL: SET OVERNIGHT

**1 cup unsweetened full-fat
coconut milk**

**1 cup unsweetened full-fat
coconut milk**

1 Teaspoon of Natvia

1 Teaspoon vanilla extract

**½ cup blackberries, fresh or
frozen (no sugar added in
frozen)**

¼ cup of chia seeds

1 Combine the macadamias, Natvia, coconut oil and vanilla in the bowl of a food processor and process until smooth. minutes or so, until stiff peaks form.

2 Melt the dark chocolate and stir in the coconut oil until combined and glossy. Spoon a little of the chocolate into the bottom of 2 x regular ice cube trays or another type of mould. Place in the freezer for 20 minutes, or until firm.

3 Pack the macadamia filling on top of the chocolate.

4 Fill the remaining space in each mould with melted chocolate and then carefully place in the freezer. Chill for at least 30 minutes.

Sweet Tips

- The first time I made this recipe, I tried whisking the mixture by hand in a bowl instead of using a food processor or blender, assuming it would thicken overnight, but it did not. So using a food processor or blender is a must.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
23g	8g
Fats	Energy (KJ)
48g	437



288
CALORIES
SAVED
*COMPARED TO SUGAR

VEGAN CHAI LATTE POTS

SERVES: 2

PREP: 20 MINUTES

CHILL: 4-6 HOURS

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.

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Serving size	Carbs	Protein
125g	5g	9g
Fats	Energy (KJ)	Calories
5g	500	119



728
CALORIES
SAVED
*COMPARED TO SUGAR

SUNSHINE SMOOTHIE

SERVES: 2

PREP: 5 MINUTES

1 small banana, frozen

¼ cup pineapple

½ tsp ground turmeric

½ tsp ground cinnamon

- **5-6 walnuts**

85ml coconut milk

100ml almond milk

1-2 tsp Natvia

Garnish: Coconut chips, turmeric & cinnamon

Combine all the ingredients in a blender. Blitz until smooth. Sprinkle with extra turmeric, cinnamon and coconut chips and serve.

Sweet Tips

- Smoothies are an easy breakfast for busy people. Freeze portioned out ingredients in small containers and keep in the freezer ready to go straight into the blender.
- Turmeric, bananas and walnuts are anti-inflammatory
- Add a scoop of protein powder to boost the protein.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
22.5g	4.5g

Fats	Energy (KJ)
20.3g	1233



BEETROOT LATTE

SERVES: 4

PREP: 8 MINUTES

CHILL: 2 MINUTES

½ small beetroot, peeled & diced

2 ½ cups coconut milk

¼ tsp vanilla bean paste

½ tsp cinnamon

¼ tsp ground ginger

1 tbs Natvia

¼ cup coconut cream, for topping

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

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

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

Sweet Tips

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

NUTRITION INFORMATION (PER SERVING)

Carbs

3g

Protein

12.2g

Fats

22g

Energy (KJ)

932



JUST 6 CALORIES PER



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PER SERVE**

240
CALORIES
SAVED
*COMPARED TO SUGAR



CASHEW & STRAWBERRY LOW CARB SLICE

SERVES: 18

PREP: 10 MINUTES

CHILL TIME: 2 HOURS 30

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 ⅔ of the strawberries and add them to the left over cashew filling inside the food processor. Blend until smooth. Layer on top of the existing slice, and with the remaining strawberries, slice them up into thin slices and use them to place on top of the filling.

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

Recipe by Aaron from Fat For Weight Loss @FatForWeightLoss

www.fatforweightloss.com.au

NUTRITION INFORMATION (PER SERVING)

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

15
CALORIES
SAVED

*COMPARED TO SUGAR



GREEN SMOOTHIE

SERVES: 2

PREP: 5 MINUTES

1 kiwi fruit

½ banana, frozen

½ cup baby spinach

65g vegan yogurt

1 tbs chia seeds

125ml milk

1-2 tsp Natvia

½ tsp spirulina

**Garnish: chia seeds,
kiwi fruit**

Combine all the ingredients in a blender. Blitz until smooth. Sprinkle with chia seeds.

Sweet Tips

- Smoothies are an easy breakfast for busy people. Freeze portioned out ingredients in small containers and keep in the freezer ready to go straight into the blender.
- Turmeric, bananas and walnuts are anti-inflammatory
- Add a scoop of protein powder to boost the protein.

NUTRITION INFORMATION (PER SERVING)

Carbs	Protein
26.9g	9.7g
Fats	Energy (KJ)
9.9g	1000