

Sweet n' Natural Stevia Recipes

The following recipes are for our Sweet n' Natural Stevia (9.73oz) Item # 40020 only.

Apple Pie



(Use pastry for 2 crust 9 inch pie)
6 cups thinly sliced apples
3 tablespoons cold water
1 tablespoon cornstarch
1 teaspoon **Sweet n' Natural Stevia** (or to taste)
1/8 teaspoon salt
1/4 teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons butter or margarine

Line a 9" pie plate with pastry; fill plate with sliced apples. Blend water and cornstarch in small bowl, add **Sweet n' Natural Stevia**, salt and spices, mix well.

Spoon evenly over apples, dot with butter, cover with top crust, seal edges, cut slits in center of pie crust
bake at 425° for 15 minutes lower temperature to 375° bake 20-25 minutes or until the apples are tender.

Sugar reduced oatmeal cookies

1 cup margarine or butter/softened
4 table spoons **Sweet n' Natural Stevia**
1 cup brown sugar
2 eggs
1 teaspoon vanilla
2 cups all-purpose flour
1 1/2 teaspoons cinnamon
1 teaspoon baking soda
1 teaspoon salt
3 cups rolled oats [1 minute style]
1/3 cup nuts
1/3 cup raisins

Preheat oven to 375° cream butter or margarine and sugars until smooth ; beat in eggs and vanilla combine and blend thoroughly flour, cinnamon, baking soda, and salt. Beat into creamed mixture. Stir in the oats, nuts raisins. Drop by rounded teaspoons onto cookie sheet. Bake 12-14 minutes Approx ,3 doz.

Three bean salad



- 1 can green beans
- 1 can wax beans
- 1 can kidney beans
- 1/2 cup vinegar
- 2 table spoons **Sweet n' Natural Stevia** [or to taste]
- 1/4 cup vegetable oil
- 1/4 cup chopped onion
- 1/2 cup sliced celery
- 1/2 teaspoon oregano
- 1/2 teaspoon tarragon

Drain and combine all the beans ,in large mixing bowl . Combine the remaining ingredients in small bowl, mix well; pour over bean mixture and mix well { chill several hours }
Makes 6-8 servings

Sunshine apricot cookies

- 3/4 cup **Sweet n' Natural Stevia** (or to taste)
- 1 cup butter or margarine (softened)
- 2 eggs
- 2 teaspoons vanilla
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 1/2 cups uncooked rolled oats (quick style)
- 1 pkg. (7 oz) dried apricots
- 1/2 cup shelled sunflower seeds

Aprox, 4 1/2 doz. cookies

Lightly grease cookie sheets, pre-heat oven to 350*

In large mixing bowl, combine butter, eggs, Stevia and vanilla.

Beat at medium speed or until well mixed. add flour, salt

And baking soda, beat at low speed until soft dough forms.

Stir in the oats, apricots and seeds.

Drop dough by the heaping teaspoons 2 inches apart on the

Cookie sheets. Bake for 9-10 minutes or until edges are golden brown. Cool completely before storing.

Sugar reduced yogurt brownies



3/4 cup **Sweet n' Natural Stevia**
1/4 cup sugar
1 cup plain nonfat yogurt
3 eggs
3 1/2 squares of semi sweet baking chocolate (cool slightly)
1 teaspoon vanilla
1 cup all- purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
Pre-heat oven to 350* (lightly grease & flour 8 inch baking pan)

In large bowl, mix yogurt, eggs butter, melted chocolate and vanilla.
Beat at medium speed until well blended.
Add flour, baking powder, baking soda, and salt. Beat at low speed
Until well blended spread mixture evenly into pan.
Bake for 30-35 minutes, or until wooden pick inserted comes out clean.
Cool completely.

Frosting

1 cup semi sweet chocolate chips
1/4 cup plain nonfat yogurt
In small sauce pan, melt chips over low heat. Remove from heat and cool slightly, add yogurt, stir until smooth. Spread over brownies.

Chocolate & peanut butter chip cookies



2 1/4 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 cup butter or margarine (softened)
4 tablespoons **Sweet n' Natural Stevia** (or to taste)
1 tablespoon vanilla extract
2 large eggs
1 1/2 cups mixed chocolate & peanut butter chips
1 cup chopped nuts

in small bowl mix together flour, baking soda & salt. In a large bowl beat together butter, Stevia and vanilla, Until creamy, add eggs one at a time, beating after each one. Gradually add in flour mixture. stir in chocolate & peanut butter chips, and nuts. Drop by tablespoon onto ungreased cookie sheets.

Bake at 375° for 9-10 minutes or until golden brown.
Makes approx. 4-or more doz.

Sweet herb dressing

1 cup vegetable oil
2 cups cider vinegar
2 teaspoons [or to taste] *Sweet n' Natural Stevia*
1 teaspoon salt
1/2 teaspoon sweet basil
2 tablespoons minced onion
2 cloves garlic, crushed
1 tablespoon chopped parsley

Combine all the ingredients; shake well [let stand 1 hour] makes approximately 3 cups

Low calorie citrus salad dressing

1 garlic clove, [minced]
1/4 cup vinegar
1/2 cup orange juice
1/4 teaspoon paprika
2 teaspoons *Sweet n' Natural Stevia* [or to taste]
1/2 teaspoon salt
1/8 teaspoon pepper

Add garlic to vinegar; let stand for one hour [if you desire you may strain out the garlic when hour is up]
Add remaining ingredients to the garlic vinegar; shake well [chill]
Shake before using. Makes approximately 3/4 cup

Fresh asparagus with hot bacon dressing

1/4 pound sliced bacon
2 white onions, finely chopped
1/4 cup vinegar
1/4 cup water
Salt & pepper to taste
3/4 teaspoon *Sweet n' Natural Stevia*
1 large bunch of fresh asparagus or 2 10oz packages frozen asparagus (cooked)

Dice bacon fine, cook in skillet until crisp. Add onions cook until tender. Add vinegar, water salt & pepper and bring to a boil, remove from heat & stir in *Sweet n' Natural Stevia*.
Serve over hot asparagus (makes approximately 6 servings)

You may substitute bacon bits for real bacon.

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CVC4Health

***would like to hear from you
on your use and results from using our
Sweet n' Natural Stevia products.***

***Please email us at
customerservice@cvc4health.com***

Thank you and we hope you enjoy!