



# HALF YOUR CAKE & EAT IT TOO

.....  
A DELICIOUSLY SWEET COLLECTION  
OF REDUCED SUGAR BAKING RECIPES

*featuring*  
**STEVIA IN THE RAW®**

**STEVIA  
IN THE  
RAW®** ZERO CALORIE  
SWEETENER



# HALF YOUR CAKE & EAT IT TOO

Baking delicious treats and cutting sugar from your diet do not typically go hand-in-hand, but with Stevia In The Raw® Bakers Bag, now you CAN have the best of both worlds.

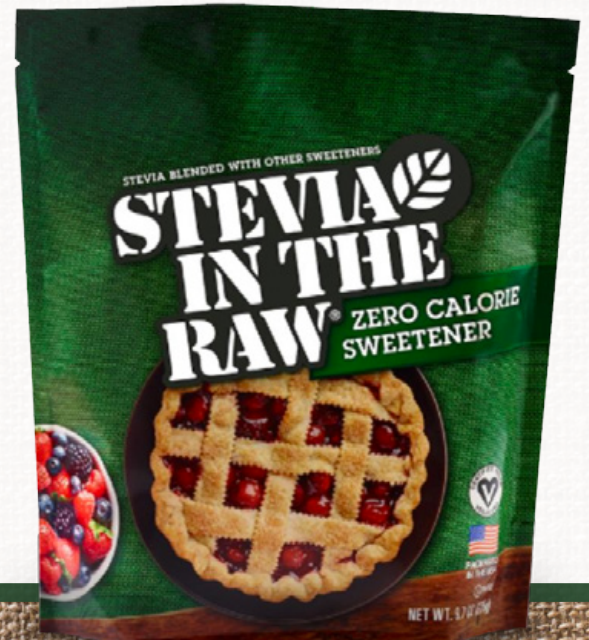
In partnership with internationally recognized registered dietitian nutritionist, Patricia Bannan, *Half Your Cake and Eat It Too* is a collection of recipes to inspire health-minded bakers to enjoy the sweet treats they love but with less sugar and calories. By replacing about half of the sugar in any baking recipe with Stevia In The Raw Bakers Bag, you can satisfy your sweet tooth without the guilt.

As they say, proof is in the pudding. Or in this case, the cake. So go ahead, set those ovens, and *Half Your Cake and Eat It Too*.



Stevia In The Raw Bakers Bag is a zero-calorie sweetener made with extracts from the sweet leaves of the stevia plant. The Stevia In The Raw Bakers Bag measures cup for cup with sugar with the same level of sweetness so it can easily be used in any of your favorite recipes to reduce sugar and calories with no conversion necessary. Up to 700 calories are saved for every cup of sugar that is swapped out for Stevia In The Raw Bakers Bag.

As illustrated by the recipes in this collection, it is recommended that when baking with Stevia In The Raw Bakers Bag, you replace about half of the sugar in order to achieve the proper browning, rising and caramelizing that only sugar can provide.







*About*  
**PATRICIA BANNAN, MS, RDN**

Patricia Bannan, MS, RDN, is a nationally recognized registered dietitian nutritionist, healthy cooking expert and author of *Eat Right When Time Is Tight: 150 Slim-Down Strategies* and *No-Cook Food Fixes*.

In addition to her nutrition expertise, Patricia received a professional chef certificate from The New School of Cooking in Los Angeles. She enjoys using her culinary skills to develop recipes, shoot cooking videos, and teach clients how to make healthful changes in their lives starting in the kitchen.

Patricia's nutrition philosophy is to love, enjoy and share delicious food and to balance those food choices to get a healthy and satisfying mix. Patricia believes in choosing foods that taste good when you eat them, and feel good in your body after you eat them. By making small changes that turn into habits, Patricia agrees that everyone can have their cake and eat it too.



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## APRICOT BLUEBERRY GALETTES

Serves 18, makes two 11-inch galettes

### DIRECTIONS:

Make the crust: In a large mixing bowl, whisk the flours, sugars, and salt. Using a box grater, grate the frozen butter over the mixture. Gently rub the butter into the flour to incorporate. Set aside.

In a medium mixing bowl, stir to combine the buttermilk, vinegar, and ice. Pour half of the wet mixture over the dry mixture and gently toss to combine. Incorporate more of the wet mixture and gently knead until the dough just comes together into a shaggy mass. Divide in half, flatten into discs, wrap in plastic wrap, and chill at least 1 hour or overnight.

Line two large rimmed baking sheets with parchment paper. Lightly flour a work surface and a rolling pin. Roll out the discs of dough, applying even pressure with the rolling pin, into two, 14" circles. Transfer the dough to the prepared baking sheets and set aside. If not preparing the filling immediately, keep the dough chilled in the refrigerator.

Make the filling: In a large mixing bowl, combine the apricot halves and blueberries and toss to coat with  $\frac{1}{4}$  cup each of the sugars, lemon zest, flour, and lemon juice.

Arrange the fruit mixture over the two crusts, leaving a 2" border around the edges. Fold the edges of the dough up and over the fruit, pressing firmly to seal the folds. Chill the galettes in the refrigerator until the rim of the dough is firm, about 15 minutes.

Preheat oven to 400° F. Remove the galettes from refrigerator and brush the edges of the crust with the egg wash and sprinkle with both sugars.

Bake until the pastries are deep golden brown and the juices are bubbling throughout, about 30 to 40 minutes. Allow to cool slightly, at least 10 minutes. Serve warm or at room temperature.

Galettes will keep well in an airtight container for 1 day, or in the refrigerator for up to 5 days. The galette dough will keep well wrapped in the refrigerator for up to 3 days, or in the freezer for up to 1 month.

### INGREDIENTS:

*Using  $\frac{1}{2}$  Stevia lowers overall sugar by 7 grams or 35%*

#### Galette Crust

- 1  $\frac{1}{2}$  cups spelt or whole-wheat flour
- 1  $\frac{1}{2}$  cups all-purpose flour
- 1 tablespoon **Stevia In The Raw Bakers Bag**
- 1 tablespoon **Sugar In The Raw Organic White**
- 1 teaspoon kosher salt
- $\frac{2}{3}$  cup unsalted butter, frozen
- 1 cup low-fat buttermilk
- 1 tablespoon vinegar (such as apple cider vinegar or distilled white vinegar)
- $\frac{1}{2}$  cup ice

#### Filling

- 9 small apricots, pitted and halved
- 4 cups blueberries
- $\frac{1}{4}$  cup **Stevia In The Raw Bakers Bag**
- $\frac{1}{4}$  cup **Sugar In The Raw Organic White**
- Zest of 1 lemon
- 2 tablespoons all-purpose flour
- 2 tablespoons lemon juice

#### Topping

- 1 large egg, lightly beaten for egg wash
- 2 tablespoons **Stevia In The Raw Bakers Bag**
- 2 tablespoons **Sugar In The Raw**

*Please see end of cookbook for Nutrition Facts.*



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# BANANA CHOCOLATE CHUNK MUFFINS

Makes 14 muffins

## INGREDIENTS:

Using ½ cup Stevia lowers overall sugar by 5 grams or 26%

- 1 ¼ cups all-purpose flour
- 1 cup whole-wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 ½ teaspoons kosher salt
- 2 large eggs
- ⅓ cup canola oil
- ⅓ cup **Stevia In The Raw Bakers Bag** + 2 teaspoons for sprinkling over the top
- ⅓ cup **Sugar In The Raw Organic White** + 2 teaspoons for sprinkling over the top
- ½ cup whole plain Greek yogurt
- ¾ cup low fat buttermilk
- 2 teaspoons vanilla extract
- 5 ripe bananas, 4 mashed by hand and 1 sliced for the muffin tops
- 1 cup chopped walnuts
- 3 ½ ounces chopped dark chocolate, 60% to 70% cacao

Please see end of cookbook for Nutrition Facts.

## DIRECTIONS:

Preheat the oven to 350°F. Line two medium-sized muffin tins with 14 paper cupcake liners, spacing them evenly between two pans.

In a large mixing bowl, combine the flours, baking powder, baking soda, and salt. In a smaller mixing bowl, whisk the eggs lightly. To the eggs, add the oil, sugars, yogurt, buttermilk, and vanilla extract, whisking until they are well combined. Pour the liquid ingredients into the dry, add in 4 mashed bananas, and whisk just until blended. Fold in the walnuts and half of the chopped chocolate. Spoon the batter into the prepared muffin tins, filling cups almost to the top. Top each muffin with some chocolate chunks and a few banana slices. Sprinkle the tops of the muffins with the remaining combined sugars.

Bake for 25 to 30 minutes, or until the muffins are deep golden brown and spring back lightly when pressed gently in the center. Immediately turn the muffins out on to a wire rack to cool. Muffins will keep well in an airtight container for up to 2 days, or in the refrigerator for up to 4 days.



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# SAUCY PEACH POPPY SEED MUFFINS

Makes 12 muffins

## INGREDIENTS:

Using ½ Stevia lowers overall sugar by 5 grams or 26%

### Saucy Peaches

- 4 large ripe yellow peaches, halved, pitted, and thinly sliced
- 2 tablespoons **Stevia In The Raw Bakers Bag**
- 2 tablespoons **Sugar In The Raw Organic White**
- Zest of 1 lemon
- 1 vanilla bean, seeds scraped (optional)
- 2 tablespoons freshly squeezed lemon juice

### Muffins

- 1 ½ cups all-purpose flour
- 2 tablespoons poppy seeds
- 1 teaspoon baking soda
- 1 ½ teaspoons baking powder
- 1 teaspoon kosher salt
- 1 large egg
- ¼ cup canola oil
- ¼ cup **Stevia In The Raw Bakers Bag** + 2 teaspoons for sprinkling over top
- ¼ cup **Sugar In The Raw Organic White** + 2 teaspoons for sprinkling over top
- ½ cup whole milk plain Greek yogurt
- 2 tablespoons unsalted butter, softened
- 1 teaspoon almond extract

Please see end of cookbook for Nutrition Facts.

## DIRECTIONS:

Preheat the oven to 350°F. Line a 12-cup muffin tin with paper cupcake liners.

In a medium saucepan, combine the peaches, sugars, lemon zest, and scraped vanilla bean (optional). Cook over medium-high heat until the peaches are cooked but still somewhat intact, about 10 minutes. Remove from heat and discard vanilla pod, if used. Stir in the lemon juice and set aside.

In a large mixing bowl, combine the flour, poppy seeds, baking soda, baking powder, and salt. In a smaller mixing bowl, whisk the egg lightly. To the egg, add the oil, sugars, yogurt, butter, and almond extract, whisking until they are well combined. Pour the liquid ingredients into the dry, and whisk just until blended. Fold in half of the cooked peaches.

Spoon the batter into the prepared muffin tins, filling cups almost to the top. Top each muffin with about two to three peaches and a sprinkle with both sugars.

Bake for 20 to 22 minutes, or until the muffins are golden brown and spring back lightly when pressed in the center. Immediately turn the muffins out on to a wire rack to cool for at least 20 minutes. Muffins will keep well in an airtight container for up to 2 days, or in the refrigerator for up to 3 days.



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# BANOFFEE BREAKFAST COOKIES WITH ESPRESSO DRIZZLE

*Makes 8 large cookies*

## INGREDIENTS:

*Using ½ Stevia lowers overall sugar by 3 grams or 23%*

- 1 cup rolled oats
- ¾ cup almond flour
- 1 teaspoon ground espresso powder
- ½ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- 1 large egg
- ¼ cup extra-virgin olive oil
- 1 tablespoon **Stevia In The Raw Bakers Bag**
- 1 tablespoon **Sugar In The Raw Organic White**
- 2 bananas, 1 mashed and 1 sliced
- 1 tablespoon smooth almond butter
- 2 teaspoons vanilla extract
- ¼ cup chopped walnuts (optional)
- ¼ cup golden raisins (optional)

### **Espresso Almond Butter Icing**

- 2 tablespoons smooth almond butter
- 2 tablespoons hot espresso or strong hot coffee
- 1 tablespoon **Stevia In The Raw Bakers Bag**
- 1 tablespoon **Sugar In The Raw Organic White**

*Please see end of cookbook for Nutrition Facts.*

## DIRECTIONS:

Preheat the oven to 350° F. Line a large baking sheet with parchment paper.

In a large mixing bowl, combine the oats, almond flour, espresso powder, cinnamon, baking soda, and salt. In a smaller mixing bowl, whisk the egg lightly. To the egg, add the oil, sugars, 1 mashed banana, almond butter, and vanilla extract, whisking until they are well combined. Pour the liquid ingredients into the dry, and whisk just until blended. Fold in 1 sliced banana, the walnuts (optional), and the raisins (optional).

Drop the batter in heaping tablespoons onto the prepared baking sheet to make eight large cookies. Space the cookies 2 inches apart and use your fingers to shape into rounds.

Bake the cookies for 13 to 15 minutes, until they are cinnamon brown. Let the cookies sit on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.

Make the icing: In a small mixing bowl, combine the almond butter, hot espresso or coffee, and both sugars, whisking until smooth. Transfer the mixture to a plastic sandwich bag and cut off a small tip from one of the corners to make a piping bag. Drizzle the icing over the cookies.

Cookies will keep well in an airtight container for 1 day, or in the refrigerator for up to 3 days.



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# FLOURLESS CHOCOLATE SUNKEN LAVA CAKE WITH RASPBERRIES

*Serves 8, makes one 8" cake*

## INGREDIENTS:

*Using ½ Stevia lowers overall sugar by 9 grams or 30%*

- 6 ounces chopped semi-sweet chocolate, 60 to 62% cacao
- ½ cup canola oil
- ¼ teaspoon kosher salt
- 6 tablespoons **Stevia In The Raw Bakers Bag**
- 6 tablespoons **Sugar In The Raw Organic White**
- 4 large eggs, separated
- 1 tablespoon unsweetened cocoa powder, for dusting on top
- 1 cup fresh raspberries

*Please see end of cookbook for Nutrition Facts.*

## DIRECTIONS:

Preheat the oven to 335° F. Grease an 8" spring form pan or cake pan and line with parchment paper.

In a heat proof bowl, or double boiler over simmering water, melt the chocolate, oil, and salt, stirring occasionally. Remove from the stove and set aside.

In a medium mixing bowl, combine the sugars and mix until evenly distributed. Set aside.

Using a stand mixer or hand held mixer, whisk the egg yolks with half of the mixed sugars until the yolks are pale and creamy and have doubled in size, about 3 minutes. Fold the whisked yolks into the melted chocolate with a spatula, just partially incorporating them.

Using a clean mixer, whisk the egg whites with remaining sugars until just foamy, about 2 minutes. Fold the whisked whites into the chocolate mixture until evenly combined. Pour batter into the prepared cake pan.

Bake 16-20 minutes, until the sides are firm and the center is soft. Allow to cool on a wire rack for about 15 minutes. Carefully remove the cake from the pan and place on a serving plate. Dust with cocoa powder and top with fresh raspberries before serving.



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# PISTACHIO COCONUT LEMON SQUARES

Makes 20 squares

## INGREDIENTS:

Using ½ Stevia lowers overall sugar by 17 grams or 50%

### Crust

- ¼ cup shelled pistachios
- ¼ cup unsweetened coconut flakes
- ¼ cup **Stevia In The Raw Bakers Bag**
- ¼ cup **Sugar In The Raw Organic White**
- ¾ cup spelt or whole-wheat flour
- 1 ½ cups all-purpose flour
- ½ teaspoon kosher salt
- ½ cup extra-virgin olive oil
- ½ cup unsalted butter, chopped into cubes

### Filling

- 6 large eggs
- 1 ½ cups freshly squeezed lemon juice
- 1 ½ cups **Stevia In The Raw Bakers Bag**
- 1 ½ cups **Sugar In The Raw Organic White**
- ¾ cup all-purpose flour
- 2 tablespoons lemon zest (from about 5 lemons)

### Topping

- ¼ cup shelled pistachios, chopped
- ½ cup unsweetened coconut flakes, toasted

Please see end of cookbook for Nutrition Facts.

## DIRECTIONS:

Preheat the oven to 350°F. Coat a 9 x 13 x 2 baking dish with cooking spray and line with parchment paper allowing ends to overhang.

Make the crust: In a food processor, combine the pistachios and coconut flakes and process until a finely ground flour forms, about 20 seconds. Add the sugars, flours, and salt and pulse to combine. Add the olive oil and butter and pulse until the mixture just comes together to form a wet dough.

Press the dough firmly into the prepared baking dish to form the crust. Bake the crust for 15 minutes, until lightly browned. Remove from oven and let cool while making the filling, keeping the oven on.

In a large mixing bowl, whisk the eggs lightly. To the eggs, add the lemon juice, sugars, flour, and lemon zest. Pour the mixture over the crust and bake for 30 minutes, until the filling is set. Remove from oven and immediately top with chopped pistachios and coconut flakes; pressing gently into place. Let cool for 2 to 3 hours. Store the squares in an airtight container in the refrigerator for up to 1 week. Best served chilled.



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# LEMON OLIVE OIL CAKE WITH FIGS

Serves 12, makes one 8" cake

## INGREDIENTS:

Using ½ Stevia lowers overall sugar by 13 grams or 40%

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 ½ teaspoons kosher salt
- ¾ cup **Stevia In The Raw Bakers Bag**
- ¾ cup **Sugar In The Raw Organic White**
- 2 tablespoons grated lemon zest (from about 4 to 5 lemons)
- 1 ¼ cups extra-virgin olive oil
- 1 ¼ cups whole milk
- 3 large eggs
- ½ cup fresh lemon juice
- 6 to 8 fresh figs, halved or quartered (or 1 ½ cups fresh berries)

### Lemon Syrup

- 1 tablespoon **Stevia In The Raw Bakers Bag**
- 1 tablespoon **Sugar In The Raw Organic White**
- 2 tablespoons fresh lemon juice

Please see end of cookbook for Nutrition Facts.

## DIRECTIONS:

Preheat the oven to 350°F. Grease an 8" cake pan or spring form pan and line with parchment paper.

In a medium mixing bowl, combine the flour, baking powder, baking soda, and salt. Set aside.

In a large mixing bowl, add the sugars and lemon zest, using your fingers to rub the zest into the sugars until evenly distributed. Add the olive oil, milk, eggs, and lemon juice, whisking until they are well combined. Pour the dry ingredients over the wet, and stir gently until evenly distributed.

Pour the batter into the cake pan and bake until golden brown and a toothpick inserted into middle comes out clean, about 1 hour. Let cool in the pan on a wire rack for 10 minutes. Remove the cake pan and parchment paper and let cake cool completely, about 30 minutes.

Make the syrup: In a small saucepan, combine both the sugars and lemon juice. Cook over medium-high heat until the sugars have dissolved and the mixture is bubbling.

Drizzle syrup over the cake and top with fresh figs.

Cake without fruit topping will keep well in an airtight container for 3 days, or in the refrigerator for up to 5 days.



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## STRAWBERRY NECTARINE PIE

Serves 12 (makes one, 10" double crust pie)

### DIRECTIONS:

Make the crust: In a large mixing bowl, whisk the flours, sugars, and salt. Using a box grater, grate the frozen butter over the mixture. Gently rub the butter into the flour to incorporate. Set aside.

In a medium mixing bowl, stir to combine the buttermilk, vinegar, and ice. Pour half of the wet mixture over the dry mixture and gently toss to combine. Incorporate more of the wet mixture and gently knead until the dough just comes together into a shaggy mass. Divide in half, flatten into discs, wrap in plastic wrap, and chill at least 1 hour or overnight.

Lightly flour a work surface and place half of the chilled dough on it. Lightly flour a rolling pin. Roll out dough, applying even pressure with the rolling pin, into a 14" circle. Loosely roll dough around rolling pin and transfer and secure into a 10" pie pan. Trim edges of dough to have a 1" overhang and chill in the refrigerator. Place second dough round on work surface and roll out as above. Cut dough into ten, 1 ½" strips. Place the strips on a sheet pan and chill in the refrigerator.

Make the filling: In a large mixing bowl, combine the strawberries and nectarines and sprinkle with 2 tablespoons each of the sugars. Stir gently to combine and allow the fruit to macerate at room temperature for 20 minutes. Drain the fruit mixture of excess liquid and add the grated apple and lemon juice. Set aside.

In a small mixing bowl, combine ½ cup each of the sugars, flour, and salt. Gently fold the dry mixture into the fruit mixture. Pour into chilled pie shell. To arrange lattice crust over the filling, place dough strips 1/2" apart on the pie, weaving remaining dough strips through them in a basket-weave pattern. Trim lattice edges to meet the overhanging dough of bottom crust. Cut or crimp edges. Chill the pie in the refrigerator for at least 15 minutes to set the pastry.

Preheat oven to 425° F. Line a large rimmed baking sheet with parchment paper.

Remove the pie from refrigerator and brush lattice with egg wash and sprinkle with 1 tablespoon each of the sugars. Place the pie on the prepared baking sheet and bake 30 minutes, then reduce oven temperature to 375° F and bake 40 to 50 minutes more, or until browned and bubbly. If the crust begins to get too dark, cover with foil and continue a few minutes longer. Remove to a rack and cool at least 1 hour.

Pie will keep well in an airtight container for 1 day, or in the refrigerator for up to 3 days. Pie dough will keep well wrapped in the refrigerator for up to 3 days, or in the freezer for up to 1 month.

### INGREDIENTS:

*Using ½ Stevia lowers overall sugar by 12 grams or 29%*

#### Pie Crust

- 1 ½ cups spelt or whole-wheat flour
- 1 ½ cups all-purpose flour
- 1 tablespoon **Stevia In The Raw Bakers Bag**
- 1 tablespoon **Sugar In The Raw Organic White**
- 1 teaspoon kosher salt
- ¾ cup unsalted butter, frozen
- 1 cup low-fat buttermilk
- 1 tablespoon vinegar (such as apple cider vinegar or distilled white vinegar)

#### Filling

- 2 pounds ripe strawberries, hulled and quartered
- 4 large ripe nectarines, pitted and sliced into wedges
- ½ cup + 2 tablespoons **Stevia In The Raw Bakers Bag**
- ½ cup + 2 tablespoons **Sugar In The Raw Organic White**
- 1 small apple, peeled and grated
- 1 tablespoon fresh lemon juice
- 3 tablespoons all-purpose flour
- ½ teaspoon kosher salt

#### Topping

- 1 large egg, lightly beaten for egg wash
- 1 tablespoon **Stevia In The Raw Bakers Bag**
- 1 tablespoon **Sugar In The Raw Organic White**

*Please see end of cookbook for Nutrition Facts.*



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# RECIPE NUTRITION FACTS

A comparative nutrition analysis illustrating the percentage of sugar and calories saved by replacing half of the sugar in each recipe with Stevia In The Raw® Bakers Bag

## APRICOT BLUEBERRY GALETTES



With 1/2 Sugar + 1/2 Stevia (35% reduced sugar; 7 grams lower)

| Nutrition Facts  |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|--|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 8g  |  |                | <b>12%</b>     | <b>Potassium</b> 110mg        | <b>3%</b>      |
| Saturated Fat 4.5g   |  |                | <b>23%</b>     | <b>Total Carbohydrate</b> 31g | <b>10%</b>     |
| Trans Fat 0g   |  |                |                | Dietary Fiber 3g              | <b>12%</b>     |
| <b>Cholesterol</b> 30mg  |  |                | <b>10%</b>     | Sugars 13g                    |                |
| <b>Sodium</b> 140mg  |  |                | <b>6%</b>      | <b>Protein</b> 4g             |                |
| Vitamin A 10% • Vitamin C 10% • Calcium 2% • Iron 15% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 slice (105g)  
Servings Per Container: 18  
**Calories** 210  
Calories from Fat 70

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500  
Total Fat Less than 65g 80g  
Sat Fat Less than 20g 25g  
Cholesterol Less than 300mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Potassium Less than 3,500mg 3,500mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g

With Full Sugar

| Nutrition Facts  |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|--|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 8g  |  |                | <b>12%</b>     | <b>Potassium</b> 110mg        | <b>3%</b>      |
| Saturated Fat 4.5g   |  |                | <b>23%</b>     | <b>Total Carbohydrate</b> 38g | <b>13%</b>     |
| Trans Fat 0g   |  |                |                | Dietary Fiber 3g              | <b>12%</b>     |
| <b>Cholesterol</b> 30mg  |  |                | <b>10%</b>     | Sugars 20g                    |                |
| <b>Sodium</b> 140mg  |  |                | <b>6%</b>      | <b>Protein</b> 4g             |                |
| Vitamin A 10% • Vitamin C 10% • Calcium 2% • Iron 15% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 slice (112g)  
Servings Per Container: 18  
**Calories** 230  
Calories from Fat 70

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500  
Total Fat Less than 65g 80g  
Sat Fat Less than 20g 25g  
Cholesterol Less than 300mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Potassium Less than 3,500mg 3,500mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g

## BANANA CHOCOLATE CHUNK MUFFINS



With 1/2 Sugar + 1/2 Stevia (26% reduced sugar; 5 grams lower)

| Nutrition Facts   |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 15g  |  |                | <b>23%</b>     | <b>Potassium</b> 300mg        | <b>9%</b>      |
| Saturated Fat 3g  |  |                | <b>15%</b>     | <b>Total Carbohydrate</b> 36g | <b>12%</b>     |
| Trans Fat 0g  |  |                |                | Dietary Fiber 4g              | <b>16%</b>     |
| <b>Cholesterol</b> 30mg   |  |                | <b>10%</b>     | Sugars 14g                    |                |
| <b>Sodium</b> 420mg   |  |                | <b>18%</b>     | <b>Protein</b> 7g             |                |
| Vitamin A 2% • Vitamin C 6% • Calcium 10% • Iron 10% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 muffin (119g)  
Servings Per Container: 14  
**Calories** 290  
Calories from Fat 130

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500  
Total Fat Less than 65g 80g  
Sat Fat Less than 20g 25g  
Cholesterol Less than 300mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Potassium Less than 3,500mg 3,500mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g

With Full Sugar

| Nutrition Facts   |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 15g  |  |                | <b>23%</b>     | <b>Potassium</b> 300mg        | <b>9%</b>      |
| Saturated Fat 3g  |  |                | <b>15%</b>     | <b>Total Carbohydrate</b> 41g | <b>14%</b>     |
| Trans Fat 0g  |  |                |                | Dietary Fiber 4g              | <b>16%</b>     |
| <b>Cholesterol</b> 30mg   |  |                | <b>10%</b>     | Sugars 19g                    |                |
| <b>Sodium</b> 420mg   |  |                | <b>18%</b>     | <b>Protein</b> 7g             |                |
| Vitamin A 2% • Vitamin C 6% • Calcium 10% • Iron 10% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 muffin (120g)  
Servings Per Container: 14  
**Calories** 310  
Calories from Fat 130

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500  
Total Fat Less than 65g 80g  
Sat Fat Less than 20g 25g  
Cholesterol Less than 300mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Potassium Less than 3,500mg 3,500mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g

## SAUCY PEACH POPPY SEED MUFFINS



With 1/2 Sugar + 1/2 Stevia (26% reduced sugar; 5 grams lower)

| Nutrition Facts   |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 8g   |  |                | <b>12%</b>     | <b>Potassium</b> 140mg        | <b>4%</b>      |
| Saturated Fat 2g  |  |                | <b>10%</b>     | <b>Total Carbohydrate</b> 25g | <b>8%</b>      |
| Trans Fat 0g  |  |                |                | Dietary Fiber 2g              | <b>8%</b>      |
| <b>Cholesterol</b> 20mg   |  |                | <b>7%</b>      | Sugars 14g                    |                |
| <b>Sodium</b> 350mg   |  |                | <b>15%</b>     | <b>Protein</b> 4g             |                |
| Vitamin A 6% • Vitamin C 6% • Calcium 8% • Iron 6% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 muffin (104g)  
Servings Per Container: 12  
**Calories** 180  
Calories from Fat 70

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500  
Total Fat Less than 65g 80g  
Sat Fat Less than 20g 25g  
Cholesterol Less than 300mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Potassium Less than 3,500mg 3,500mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g

With Full Sugar

| Nutrition Facts   |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 8g   |  |                | <b>12%</b>     | <b>Potassium</b> 140mg        | <b>4%</b>      |
| Saturated Fat 2g  |  |                | <b>10%</b>     | <b>Total Carbohydrate</b> 30g | <b>10%</b>     |
| Trans Fat 0g  |  |                |                | Dietary Fiber 2g              | <b>8%</b>      |
| <b>Cholesterol</b> 20mg   |  |                | <b>7%</b>      | Sugars 19g                    |                |
| <b>Sodium</b> 350mg   |  |                | <b>15%</b>     | <b>Protein</b> 4g             |                |
| Vitamin A 6% • Vitamin C 6% • Calcium 8% • Iron 6% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 muffin (108g)  
Servings Per Container: 12  
**Calories** 200  
Calories from Fat 70

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500  
Total Fat Less than 65g 80g  
Sat Fat Less than 20g 25g  
Cholesterol Less than 300mg 300mg  
Sodium Less than 2,400mg 2,400mg  
Potassium Less than 3,500mg 3,500mg  
Total Carbohydrate 300g 375g  
Dietary Fiber 25g 30g



# RECIPE NUTRITION FACTS

## BANOFFEE BREAKFAST COOKIES WITH ESPRESSO DRIZZLE



With 1/2 Sugar + 1/2 Stevia (23% reduced sugar; 3 grams lower)

| Nutrition Facts   |  | Amount/serving    | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|-------------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 19g  |  |                   | <b>29%</b>     | <b>Potassium</b> 290mg        | <b>8%</b>      |
| Saturated Fat 2g  |  |                   | <b>10%</b>     | <b>Total Carbohydrate</b> 24g | <b>8%</b>      |
| Trans Fat 0g  |  |                   |                | Dietary Fiber 4g              | <b>16%</b>     |
| <b>Cholesterol</b> 25mg   |  |                   | <b>8%</b>      | Sugars 10g                    |                |
| <b>Sodium</b> 160mg   |  |                   | <b>7%</b>      | <b>Protein</b> 7g             |                |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |                   |                |                               |                |
| Calories: 2,000 2,500   |  |                   |                |                               |                |
| Total Fat   |  | Less than 65g     | 80g            |                               |                |
| Sat Fat   |  | Less than 20g     | 25g            |                               |                |
| Cholesterol   |  | Less than 300mg   | 300mg          |                               |                |
| Sodium  |  | Less than 2,400mg | 2,400mg        |                               |                |
| Potassium   |  | Less than 3,500mg | 3,500mg        |                               |                |
| Total Carbohydrate  |  | 300g              | 375g           |                               |                |
| Dietary Fiber   |  | 25g               | 30g            |                               |                |

With Full Sugar

| Nutrition Facts   |  | Amount/serving    | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|-------------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 19g  |  |                   | <b>29%</b>     | <b>Potassium</b> 290mg        | <b>8%</b>      |
| Saturated Fat 2g  |  |                   | <b>10%</b>     | <b>Total Carbohydrate</b> 27g | <b>9%</b>      |
| Trans Fat 0g  |  |                   |                | Dietary Fiber 4g              | <b>16%</b>     |
| <b>Cholesterol</b> 25mg   |  |                   | <b>8%</b>      | Sugars 13g                    |                |
| <b>Sodium</b> 160mg   |  |                   | <b>7%</b>      | <b>Protein</b> 7g             |                |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |                   |                |                               |                |
| Calories: 2,000 2,500   |  |                   |                |                               |                |
| Total Fat   |  | Less than 65g     | 80g            |                               |                |
| Sat Fat   |  | Less than 20g     | 25g            |                               |                |
| Cholesterol   |  | Less than 300mg   | 300mg          |                               |                |
| Sodium  |  | Less than 2,400mg | 2,400mg        |                               |                |
| Potassium   |  | Less than 3,500mg | 3,500mg        |                               |                |
| Total Carbohydrate  |  | 300g              | 375g           |                               |                |
| Dietary Fiber   |  | 25g               | 30g            |                               |                |

## FLOURLESS CHOCOLATE SUNKEN LAVA CAKE WITH RASPBERRIES



With 1/2 Sugar + 1/2 Stevia (30% reduced sugar; 9 grams lower)

| Nutrition Facts   |  | Amount/serving    | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|-------------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 23g  |  |                   | <b>35%</b>     | <b>Potassium</b> 70mg         | <b>2%</b>      |
| Saturated Fat 5g  |  |                   | <b>25%</b>     | <b>Total Carbohydrate</b> 26g | <b>9%</b>      |
| Trans Fat 0g  |  |                   |                | Dietary Fiber 2g              | <b>8%</b>      |
| <b>Cholesterol</b> 95mg   |  |                   | <b>32%</b>     | Sugars 21g                    |                |
| <b>Sodium</b> 105mg   |  |                   | <b>4%</b>      | <b>Protein</b> 5g             |                |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |                   |                |                               |                |
| Calories: 2,000 2,500   |  |                   |                |                               |                |
| Total Fat   |  | Less than 65g     | 80g            |                               |                |
| Sat Fat   |  | Less than 20g     | 25g            |                               |                |
| Cholesterol   |  | Less than 300mg   | 300mg          |                               |                |
| Sodium  |  | Less than 2,400mg | 2,400mg        |                               |                |
| Potassium   |  | Less than 3,500mg | 3,500mg        |                               |                |
| Total Carbohydrate  |  | 300g              | 375g           |                               |                |
| Dietary Fiber   |  | 25g               | 30g            |                               |                |

With Full Sugar

| Nutrition Facts   |  | Amount/serving    | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|-------------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 23g  |  |                   | <b>35%</b>     | <b>Potassium</b> 70mg         | <b>2%</b>      |
| Saturated Fat 5g  |  |                   | <b>25%</b>     | <b>Total Carbohydrate</b> 35g | <b>12%</b>     |
| Trans Fat 0g  |  |                   |                | Dietary Fiber 2g              | <b>8%</b>      |
| <b>Cholesterol</b> 95mg   |  |                   | <b>32%</b>     | Sugars 30g                    |                |
| <b>Sodium</b> 105mg   |  |                   | <b>4%</b>      | <b>Protein</b> 5g             |                |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |                   |                |                               |                |
| Calories: 2,000 2,500   |  |                   |                |                               |                |
| Total Fat   |  | Less than 65g     | 80g            |                               |                |
| Sat Fat   |  | Less than 20g     | 25g            |                               |                |
| Cholesterol   |  | Less than 300mg   | 300mg          |                               |                |
| Sodium  |  | Less than 2,400mg | 2,400mg        |                               |                |
| Potassium   |  | Less than 3,500mg | 3,500mg        |                               |                |
| Total Carbohydrate  |  | 300g              | 375g           |                               |                |
| Dietary Fiber   |  | 25g               | 30g            |                               |                |

## PISTACHIO COCONUT LEMON SQUARES



With 1/2 Sugar + 1/2 Stevia (50% reduced sugar; 17 grams lower)

| Nutrition Facts   |  | Amount/serving    | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|-------------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 14g  |  |                   | <b>22%</b>     | <b>Potassium</b> 85mg         | <b>2%</b>      |
| Saturated Fat 5g  |  |                   | <b>25%</b>     | <b>Total Carbohydrate</b> 34g | <b>11%</b>     |
| Trans Fat 0g  |  |                   |                | Dietary Fiber 2g              | <b>8%</b>      |
| <b>Cholesterol</b> 65mg   |  |                   | <b>22%</b>     | Sugars 18g                    |                |
| <b>Sodium</b> 80mg  |  |                   | <b>3%</b>      | <b>Protein</b> 5g             |                |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |                   |                |                               |                |
| Calories: 2,000 2,500   |  |                   |                |                               |                |
| Total Fat   |  | Less than 65g     | 80g            |                               |                |
| Sat Fat   |  | Less than 20g     | 25g            |                               |                |
| Cholesterol   |  | Less than 300mg   | 300mg          |                               |                |
| Sodium  |  | Less than 2,400mg | 2,400mg        |                               |                |
| Potassium   |  | Less than 3,500mg | 3,500mg        |                               |                |
| Total Carbohydrate  |  | 300g              | 375g           |                               |                |
| Dietary Fiber   |  | 25g               | 30g            |                               |                |

With Full Sugar

| Nutrition Facts   |  | Amount/serving    | % Daily Value* | Amount/serving                | % Daily Value* |
|---|--|-------------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 14g  |  |                   | <b>22%</b>     | <b>Potassium</b> 85mg         | <b>2%</b>      |
| Saturated Fat 5g  |  |                   | <b>25%</b>     | <b>Total Carbohydrate</b> 51g | <b>17%</b>     |
| Trans Fat 0g  |  |                   |                | Dietary Fiber 2g              | <b>8%</b>      |
| <b>Cholesterol</b> 65mg   |  |                   | <b>22%</b>     | Sugars 35g                    |                |
| <b>Sodium</b> 80mg  |  |                   | <b>3%</b>      | <b>Protein</b> 5g             |                |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |                   |                |                               |                |
| Calories: 2,000 2,500   |  |                   |                |                               |                |
| Total Fat   |  | Less than 65g     | 80g            |                               |                |
| Sat Fat   |  | Less than 20g     | 25g            |                               |                |
| Cholesterol   |  | Less than 300mg   | 300mg          |                               |                |
| Sodium  |  | Less than 2,400mg | 2,400mg        |                               |                |
| Potassium   |  | Less than 3,500mg | 3,500mg        |                               |                |
| Total Carbohydrate  |  | 300g              | 375g           |                               |                |
| Dietary Fiber   |  | 25g               | 30g            |                               |                |



# RECIPE NUTRITION FACTS

## LEMON OLIVE OIL CAKE WITH FIGS



With 1/2 Sugar + 1/2 Stevia (40% reduced sugar; 13 grams lower)

| Nutrition Facts  |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|--|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 26g   |  |                | <b>40%</b>     | <b>Potassium</b> 120mg        | <b>3%</b>      |
| Saturated Fat 4g   |  |                | <b>20%</b>     | <b>Total Carbohydrate</b> 37g | <b>12%</b>     |
| Trans Fat 0g   |  |                |                | Dietary Fiber 1g              | <b>4%</b>      |
| <b>Cholesterol</b> 50mg  |  |                | <b>17%</b>     | Sugars 19g                    |                |
| <b>Sodium</b> 390mg  |  |                | <b>16%</b>     | <b>Protein</b> 5g             |                |
| Vitamin A 2% • Vitamin C 10% • Calcium 8% • Iron 8% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 slice (138g)  
Servings Per Container: 12  
**Calories** 380  
Calories from Fat 230

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

|                    |                   |           |
|--------------------|-------------------|-----------|
| Total Fat          | Less than 65g     | 80g       |
| Sat Fat            | Less than 20g     | 25g       |
| Cholesterol        | Less than 300mg   | 300mg     |
| Sodium             | Less than 2,400mg | 2,400mg   |
| Potassium          | Less than 3,500mg | 3,500mg   |
| Total Carbohydrate |                   | 300g 375g |
| Dietary Fiber      | 25g               | 30g       |

With Full Sugar

| Nutrition Facts  |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|--|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 26g   |  |                | <b>40%</b>     | <b>Potassium</b> 120mg        | <b>3%</b>      |
| Saturated Fat 4g   |  |                | <b>20%</b>     | <b>Total Carbohydrate</b> 50g | <b>17%</b>     |
| Trans Fat 0g   |  |                |                | Dietary Fiber 1g              | <b>4%</b>      |
| <b>Cholesterol</b> 50mg  |  |                | <b>17%</b>     | Sugars 32g                    |                |
| <b>Sodium</b> 390mg  |  |                | <b>16%</b>     | <b>Protein</b> 5g             |                |
| Vitamin A 2% • Vitamin C 10% • Calcium 8% • Iron 8% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 slice (151g)  
Servings Per Container: 12  
**Calories** 430  
Calories from Fat 230

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

|                    |                   |           |
|--------------------|-------------------|-----------|
| Total Fat          | Less than 65g     | 80g       |
| Sat Fat            | Less than 20g     | 25g       |
| Cholesterol        | Less than 300mg   | 300mg     |
| Sodium             | Less than 2,400mg | 2,400mg   |
| Potassium          | Less than 3,500mg | 3,500mg   |
| Total Carbohydrate |                   | 300g 375g |
| Dietary Fiber      | 25g               | 30g       |

## STRAWBERRY NECTARINE PIE



With 1/2 Sugar + 1/2 Stevia (29% reduced sugar; 12 grams lower)

| Nutrition Facts  |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|--|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 12g   |  |                | <b>18%</b>     | <b>Potassium</b> 490mg        | <b>14%</b>     |
| Saturated Fat 7g   |  |                | <b>35%</b>     | <b>Total Carbohydrate</b> 62g | <b>21%</b>     |
| Trans Fat 0g   |  |                |                | Dietary Fiber 7g              | <b>28%</b>     |
| <b>Cholesterol</b> 45mg  |  |                | <b>15%</b>     | Sugars 30g                    |                |
| <b>Sodium</b> 310mg  |  |                | <b>13%</b>     | <b>Protein</b> 7g             |                |
| Vitamin A 15% • Vitamin C 90% • Calcium 6% • Iron 25% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 slice (324g)  
Servings Per Container: 12  
**Calories** 380  
Calories from Fat 110

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

|                    |                   |           |
|--------------------|-------------------|-----------|
| Total Fat          | Less than 65g     | 80g       |
| Sat Fat            | Less than 20g     | 25g       |
| Cholesterol        | Less than 300mg   | 300mg     |
| Sodium             | Less than 2,400mg | 2,400mg   |
| Potassium          | Less than 3,500mg | 3,500mg   |
| Total Carbohydrate |                   | 300g 375g |
| Dietary Fiber      | 25g               | 30g       |

With Full Sugar

| Nutrition Facts  |  | Amount/serving | % Daily Value* | Amount/serving                | % Daily Value* |
|--|--|----------------|----------------|-------------------------------|----------------|
| <b>Total Fat</b> 12g   |  |                | <b>18%</b>     | <b>Potassium</b> 490mg        | <b>14%</b>     |
| Saturated Fat 7g   |  |                | <b>35%</b>     | <b>Total Carbohydrate</b> 74g | <b>25%</b>     |
| Trans Fat 0g   |  |                |                | Dietary Fiber 7g              | <b>28%</b>     |
| <b>Cholesterol</b> 45mg  |  |                | <b>15%</b>     | Sugars 42g                    |                |
| <b>Sodium</b> 310mg  |  |                | <b>13%</b>     | <b>Protein</b> 7g             |                |
| Vitamin A 15% • Vitamin C 90% • Calcium 6% • Iron 25% • Vitamin D 2% |  |                |                |                               |                |

Serving Size: 1 slice (336g)  
Servings Per Container: 12  
**Calories** 420  
Calories from Fat 110

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

|                    |                   |           |
|--------------------|-------------------|-----------|
| Total Fat          | Less than 65g     | 80g       |
| Sat Fat            | Less than 20g     | 25g       |
| Cholesterol        | Less than 300mg   | 300mg     |
| Sodium             | Less than 2,400mg | 2,400mg   |
| Potassium          | Less than 3,500mg | 3,500mg   |
| Total Carbohydrate |                   | 300g 375g |
| Dietary Fiber      | 25g               | 30g       |



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