

Jobs offers these recipes excerpted from her book Sensational Stevia Desserts:

Sensational Stevia Desserts

(the sugar replacement)

By Lisa Jobs



Raspberry or Mango Sorbet

Strawberries in Balsamic Vinegar

Servings Size: ½ cup (4 oz.) o Total Servings: 4 (2 cups or 16 oz.)

- 1 PT. (16 oz.) FRESH STRAWBERRIES
- 2 TSP. BALSAMIC VINEGAR
- 1/8 TSP. STEVIA EXTRACT
(add more based on sweetness preference)

Remove stems, rinse, drain and slice strawberries. Mix balsamic vinegar and stevia in a bowl. Gently stir in strawberries. Let stand for 5 minutes. Serve immediately.

Lisa's Note: This simple, yet elegant dessert can be enjoyed by itself, with whipped cream or as a wonderful topping for pound cake, vanilla ice cream or frozen yogurt.

Nutrition Facts/Serving
Calories 29
Carbohydrates 7g
Total Sugars 7g
Fiber 3g
Fat 0g
Cholesterol 0mg
Sodium 1mg
Protein less than 1g

You can purchase balsamic vinegar in grocery stores, kitchen specialty shops and even online. The prices range dramatically from a few dollars to almost \$200.00. You can purchase some of the finest balsamic vinegar from Modena Italy at Williams-Sonoma. The least expensive, aged for 12 months, costs around \$10.00 for 8.8 oz., while the most expensive, aged for 10 years, runs \$42.00 for the same sized bottle. There are also many options available online that cost even more. So explore and experiment based on your culinary taste, palate and budget! (Excerpted from Sensational Stevia Desserts by Lisa Jobs, Healthy Lifestyle Publishing LLC Copyright© 9/05)

Raspberry "Sorbet" Cream

Serving Size: 3 oz. • Total Servings: 4 (1 ½ cups)

- 6 OZ. UNSWEETENED, FROZEN RED RASPBERRIES, DEFROSTED*
- 1 CUP DRAINED SOFT TOFU, CHOPPED
- ¼ CUP WATER
- 1 TSP. VANILLA EXTRACT
- 1/8 TSP. STEVIA EXTRACT
(add more based on sweetness preference)

Thoroughly puree defrosted berries in blender or food processor. Add tofu and water to berries and blend until mixture is smooth and creamy, about 1 to 2 minutes. Add vanilla and stevia. Mix thoroughly. Taste sorbet and add more stevia if desired. Serve immediately in dessert dishes or stemmed glasses.

*Use mango instead of raspberries for variety.
For a thinner consistency, use silken tofu.

Nutrition Facts/Serving
Calories 58
Carbohydrates 7g
Total Sugars 3g
Fiber 3g
Fat 2g
Cholesterol 0mg
Sodium 4mg
Protein 3g

Lisa's Note: Most of us already recognize many of the health benefits of tofu, but recently scientists have found another reason for us to add tofu to our diets. Tofu has isoflavones that may lower your risk of developing cancer. Tofu also can reduce cholesterol, help kidney disease and may cause calcium to be better utilized to help keep osteoporosis away! (Excerpted from Sensational Stevia Desserts by Lisa Jobs, Healthy Lifestyle Publishing LLC Copyright© 9/05)

Chocolate Cream Pie

Serving Size: 1 slice • Total Servings: 8

1/3 CUP CORNSTARCH
2 TBSP. UNSWEETENED COCOA POWDER
1 ¾ CUP 1% MILK
1 ¼ TSP. STEVIA EXTRACT
(add more based on sweetness preference)
3 STEVIA PACKETS (optional)
1 OZ. UNSWEETENED BAKING CHOCOLATE (chopped)
1 LARGE EGG, BEATEN
1 TSP. VANILLA EXTRACT
1 TBSP. UNSALTED BUTTER
PREPARED PIECRUST
(preferably Arrowhead Mills brand chocolate cookie crust)

Sift cornstarch and cocoa powder into a bowl and then combine them in a small saucepan. Measure milk in measuring cup and thoroughly stir in stevia extract and packets; set aside. Place chocolate in microwave- safe bowl and melt for 30 to 40 seconds. Stir. Be sure not to burn, microwave in 5 to 10 second intervals after 30 seconds until thoroughly melted. Slowly add milk/stevia mixture and melted chocolate to cornstarch/cocoa mixture in saucepan, stirring over medium heat. Stir constantly until thick. Add a small amount of mixture to beaten egg, stir, then put in the saucepan. Add vanilla and butter. Cook a few more minutes until very thick and then pour into a piecrust. Cover with plastic wrap to prevent skin from forming. Refrigerate for two hours and serve. This pie also freezes well.

Optional: When cooled, spread pie with Whipped Cream Topping and serve.

Nutrition Facts/Serving -1 slice
Sugar Comparison

This Recipe

Calories 187
Carbohydrates 22g
Total Sugars 9g
Fiber 1g
Fat 11g
Cholesterol 33mg
Sodium 117mg
Protein 4g

Traditional "Sugar " Recipe

15- More than double!
60g- 2.7 times more!
41g- 4.5 times more!
2g
19g- More than 60% more!
90mg- 2.7 times more!
324mg- Almost 3 times more!
7g

Lisa's Note: This recipe works without stevia packets, but I think they really add to the flavor. (Excerpted from Sensational Stevia Desserts by Lisa Jobs, Healthy Lifestyle Publishing LLC Copyright© 9/05)

Homemade Applesauce

Serving Size: ½ cup (4 oz.) • Total Servings: 3 (1 ½ cups)

2 LARGE APPLES
4 TBSP. WATER
PINCH OF STEVIA EXTRACT
(add more based on sweetness preference)
1/8 TSP. GROUND CINNAMON
1 TBSP. WHEAT GERM

Peel and core apples. Cut apples into small chunks. Place half of the apples and 2 Tbsp. of water in the processor and puree.* Scrape sides of processor for apple pieces that stick to the sides and puree again. Remove pureed apples from processor and pour into a bowl. Place the other half of the apples in the processor

with the remaining 2 Tbsp. of water and puree. Add stevia, cinnamon and wheat germ and process again. Pour first half of pureed apples back into the processor and mix thoroughly. Puree until sauce reaches desired consistency. Serve immediately.

**Food processors that hold three cups or less cannot fit all of the apples at the same time, so you have to process the apples in two steps. But, if you have a larger food processor, the apples can be processed at the same time.*

Nutrition Facts/Serving

Calories 63
Carbohydrates 15g
Total Sugars 13g
Fiber 2g
Fat less than 1g
Cholesterol 0mg
Sodium less than 1mg
Protein less than 1g

Lisa's Note: This applesauce tastes delicious without wheat germ, but if it's included it adds a slightly nutty taste that's full of nutrients, especially vitamin E.

SUGAR COMPARISON

Take a look at the carb differences between two popular commercial applesauce brands versus this stevia recipe. The store-bought brands also contain high fructose corn syrup, corn syrup and/or water in addition to apples. Carbohydrates- 22g and 27g versus 15g for stevia recipe. Of the carbs, 18g and 25g are sugar versus 12! That's 1.5 to two times the sugar! (Excerpted from Sensational Stevia Desserts by Lisa Jobs, Healthy Lifestyle Publishing LLC Copyright© 9/05)

