

# 15 Low Carb HEALTHY TREATS



*Brought to you by*



**SWEETERLIFE** *Club*



# SWEETERLIFE *Club*

## Discover the New Sweeter Life Club

We think life's sweeter when it's **SUGAR-FREE**.

We also think it's better when we join together as a community of people who want to make the switch to healthier, tastier and more creative eating culture! Sweeter Life Club is the home of Health Revolutionaries. This is where we share and grow our huge library of the world's best sugar-free recipes submitted by the Sweeter Life Club team, professional cooks and celebrated foodies – not to mention our talented SLC fans. Submitting your recipe is easy – simply visit [www.sweeterlifeclub.com](http://www.sweeterlifeclub.com) and click on “Share a recipe”. Upload your recipe and photos and that's it! Your masterpiece will be available to everyone to try it.

Sweeter Life Club is also where we share healthy eating stories in our What's Cooking section, we teach you how to use amazing sugar-free ingredients like **Natvia, Norbu, Du Chocolat and Fangks**, as well as introducing you to a growing universe of inspirational food bloggers.

Jump aboard, tell your friends and enjoy the Sweeter Life!

## Thank you Ditch the Carbs for all the delicious recipes!

Libby Jenkinson is the founder of [ditchthecarbs.com](http://ditchthecarbs.com). She is a mother of 3 young children, a registered pharmacist and an advocate for low carb, sugar free living, especially for families.

Ditch The Carbs is a low carb recipe site packed with inspiration and practical ideas to make giving up sugar, carbs and wheat as easy as possible. All her recipes on [ditchthecarbs.com](http://ditchthecarbs.com) are low carb, sugar free, wheat free, gluten free and grain free. Ditch The Carbs shows you just how easy and nutritious it is to ditch processed food and eat real food.

Ditch the Carbs is one of New Zealand's Top 5 recipe website.

Join Libby at [www.ditchthecarbs.com](http://www.ditchthecarbs.com) and learn how to make “real food, real easy”.



### USER GUIDE



GLUTEN FREE



DAIRY FREE



EGG FREE



VEGAN

# Tips on How to Bake with Natvia

## Helps baking rise

If you need your recipe to rise (even if the recipe does not include baking powder), 2-3 teaspoons of baking powder may be added to your recipe to help the baking rise.

## Light and Fluffy

When baking cakes, normally the sugar the chemical reaction of beating sugar and butter together creates a lot of air. As **Natvia** is different in chemical structure to sugar, the butter has to be beaten on its own until light and fluffy and then add the **Natvia** and continue to beat. The biggest tip and the best secret to success when baking with **Natvia** is to really beat or cream your initial mixture.

## Moisture

For moist cakes, replace butter with oil as the 'fats' ingredient. Use a touch more liquid to your recipe but not too much! 1-2 tablespoons of milk to a recipe for 12 cupcakes will do.

## Caramelisation

Preheat oven in 160°C, pour **Natvia** into an oven proof dish and cook it in the oven for about 40 minutes or until caramel coloured. Try adding some fruits such as bananas or figs to assist in caramelisation.

## Meringue-based dishes

When making meringue based dishes, (eg. Pavlova) **Natvia** can be added at the start prior to whisking up the egg whites. **Natvia** does not need to be added gradually as it doesn't affect the end volume of the whisked egg whites.

## Jams & Sauces

When making jam, or sauces, use Icing mix for a finer texture or blitz **Natvia** in a food processor until desired consistency is achieved. Use a bit of xanthan gum to prevent the **Natvia** from recrystallising.

To make it finer:

If your recipe requires Natvia to be finer, you can use a food processor to refine the granules further.





DITCH  
THE  
CARBS

# CHOCOLATE HEAVEN CAKE

## INGREDIENTS

300g dark 75% chocolate  
175g butter  
2 tsp vanilla extract  
6 eggs  
6 tbs double cream  
4 tsp Natvia

Melt the chocolate and butter together over a low heat in a saucepan. Remove from the heat and allow to cool slightly before adding the vanilla extract.

In another bowl beat the eggs, cream and Natvia together for 3-4 minutes (use a stick blender or hand whisk). It will go frothy and remain runny.

Slowly add the egg mixture to the chocolate mixture in the saucepan, stirring all the time. As you add more egg mixture, the chocolate and butter will thicken to the consistency of custard.

Pour into a prepared tin. Grease a loose bottom cake tin with butter then line the loose bottom with baking paper and push through the outer ring so the baking paper adds a seal and stops the cake mixture from leaking.

Bake at 180°C for 40 minutes or until just cooked in the centre.

Serving size: 15

GF

Recipe by Ditch the Carbs

*Nutrition Information* Serving size: 1 slice

*Calories: 237, Fat: 19.7g, Carbohydrates: 12.1g, Sugar: 11.2g, Protein: 3.9g*

# BEETROOT BROWNIES

## INGREDIENTS

150g butter softened  
4 tbs Natvia  
4 eggs  
50g cocoa powder  
1 tsp baking powder  
140g ground almonds  
1 tsp vanilla paste/essence  
150g beetroot grated

Cream the softened butter and Natvia together until light and pale.

Add the eggs, one at a time, mixing in between each one.

Add the cocoa powder, baking powder, ground almonds, vanilla and grated beetroot.

Mix gently until well combined.

Pour into a 20cmx20cm baking dish that has been buttered and lined with baking paper.

Bake at 180°C for 20-25 minutes, and it is cooked in the centre.

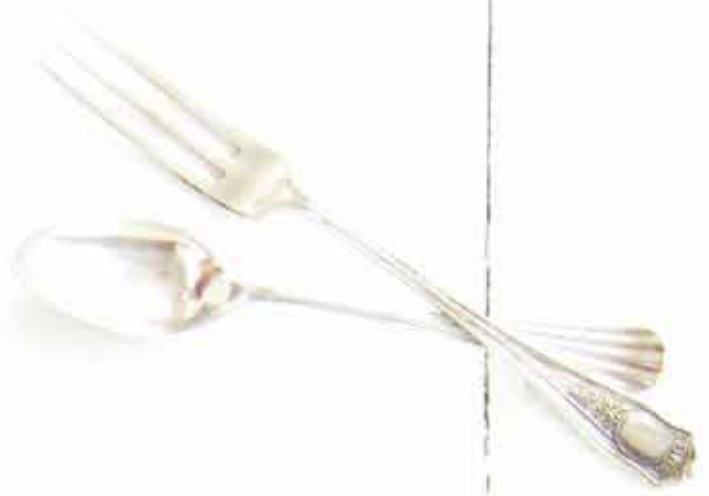
Serving size: 12

GF

Recipe by Ditch the Carbs

## SWEET TIP!

Can be served with cream and berries for an extra special dessert.







# SUGAR FREE MACAROONS

## INGREDIENTS

4 egg whites  
2 tbs Natvia  
1 tsp vanilla extract  
150g unsweetened desiccated coconut

Clean a large bowl with kitchen paper to ensure it is free of grease or oil, otherwise your egg whites won't whisk well. Whisk the egg whites with the Natvia, to form stiff peaks.

Add the vanilla and the coconut and gently mix to combine.

Line a baking tray with a non stick liner or baking paper. Roll a spoonful of macaroon mixture into a small firm ball and place evenly on the baking tray.

Bake at 180°C for 10-12 minutes depending on your oven and the humidity.

Serving size: 20

GF

DF

Recipe by Ditch the Carbs



# LOW CARB CUPCAKES

## INGREDIENTS

100g melted butter  
2 tbs Natvia  
3 eggs  
25g cocoa powder  
100g ground almonds  
100g desiccated coconut  
2 tsp baking powder  
2 tsp psyllium husk

Melt the butter and Natvia in the microwave for 20 seconds to soften, then cream together until light.

Add the eggs one at a time and mix.

Mix in all the other ingredients,

Allow the cupcake mixture to stand for 5 minutes while the psyllium husk swells and absorbs the liquid.

Divide the mixture between 12 cupcake cases and press gently, smoothing out the top with the back of a spoon.

Bake at 180°C for 10-12 minutes.

Serving size: 12

GF

Recipe by Ditch the Carbs

*Nutrition Information Serving size: 1 Low Carb*

*Cupcake Calories: 186, Fat: 17.7g, Carbohydrates: 5.8g, Sugar: 1.1g, Fibre: 3.6g, Protein: 4.2g*

DITCH  
THE  
CARBS



# Healthy. Baki



All about Natvia, Health tips & Sugar Free Recipes

[www.natvia.co.nz](http://www.natvia.co.nz)

# ng

## NATVIA FAST FACTS:

- 97% less calories than sugar
- Suitable for Diabetics
- No fructose
- Nothing artificial
- No bitter aftertaste
- We use Organic Stevia



Available at



and selected independent stores



DITCH  
THE  
CARBS

# LOW CARB LEMON COCONUT CAKE

## INGREDIENTS

### Low Carb Lemon Coconut Cake

100g ground almonds  
100g desiccated coconut  
2 tsp baking powder  
2 tbs Natvia  
1 tsp psyllium husk  
50g melted butter or coconut oil  
3 eggs  
zest and juice of 2 lemons

### Lemon Cream Cheese and Yogurt Icing

100g cream cheese softened  
100g natural yogurt  
zest of 1 lemon  
1 tbs granulated Natvia

### Low Carb Lemon Cake

Mix ground almonds, coconut, baking powder, Natvia and psyllium husk together.

Add the melted butter into the centre and mix gently.

Add the eggs, mix.

Add the lemon juice. Mix, then pour into a greased and lined ring tin.

Bake at 180°C for 25-30 minutes.

### Lemon Cream Cheese and Yogurt Icing

Mix the softened cream cheese with the natural yogurt.

Add the Natvia and lemon zest. Mix and carefully ice the cake or serve on the side.

Serving size: 12

GF

Recipe by Ditch the Carbs

*Nutrition Information Serving size: 1 slice with icing*

*Calories: 161, Fat: 17.9g, Carbohydrates: 3.9g, Sugar: 0.9g, Fibre: 2.1g, Protein: 4.7g*

# CHOCOLATE SWIRL BAKED CHEESECAKE

## INGREDIENTS

### Chocolate Base

50g butter melted  
2 tsp Natvia  
2 tbs cocoa powder  
100g ground almonds

### Chocolate Swirl Cheesecake

500g cream cheese  
130g natural unsweetened yoghurt  
4 eggs  
2 tbs Natvia  
150g dark chocolate melted  
1 tbs cocoa powder



### Chocolate Base

Melt the butter then add the Natvia, cocoa and almonds.

Press onto the lined base of the baking dish.

Bake at 180°C for 10 minutes.

### Chocolate Swirl Cheesecake

Using a stick blender with a whisk attachment, or food processor, mix the cream cheese with the Natvia to soften the cream cheese and remove any lumps.

Add the natural yoghurt, whisk gently.

Add the eggs one at a time, mixing between each egg.

Remove half the mixture into another bowl. Add the cocoa powder and the melted chocolate a few tablespoons at a time.

In the baking dish that has the chocolate crust, place big spoons of white cheesecake mixture, alternating with chocolate cheesecake mixture. Using a knife, gently swirl through the mixtures so they swirl but do not mix.

Bake at 180°C for 30-40 minutes, or until the cheesecake is cooked and no longer 'wobbles' in the middle.

If serving warm, allow to cool slightly before slicing.

Drizzle with melted dark chocolate.

Serving size: 12

GF

Recipe by Ditch the Carbs





'Fangks'™ MUM  
FOR MONSTER TASTE

THAT'S **FANG** FRIENDLY



COZ WE USE  
**natVia**  
& NO ADDED SUGAR!



**NEW!**

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

**NEW!**

NOW THE BIRTHDAY PARTY'S OVER,  
*du* SOMETHING FOR YOURSELF.

---



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



DITCH  
THE  
CARBS

# CHOCOLATE MINT TRUFFLES

## INGREDIENTS

250g cream cheese  
100g 70% dark chocolate  
2 tbs Natvia  
¼ - ½ tsp peppermint essence  
2 tbs cocoa powder

Warm the cream cheese in the microwave for 15 seconds then stir to soften.

Melt the chocolate and allow to cool to the same temperature as the cream cheese, otherwise the chocolate will harden into lumps as it mixes with cold cream cheese.

Mix the softened cream cheese, chocolate, cocoa, Natvia and peppermint essence.

Cool in the fridge until firm enough to roll into balls.

Roll generous teaspoons of the truffle mixture and cool again in the refrigerator.

Dust with a little cocoa powder to serve.

Serving size: 22

GF

EF

Recipe by Ditch the Carbs

*Nutrition Information Serving size: 1 ball*

*Calories: 67, Fat: 5.4g, Carbohydrates: 3.8g, Sugar: 3.2g, Fibre: 0.1g, Protein: 0.9g*

# NO BAKE BLUEBERRY CHEESECAKE

## INGREDIENTS

### Base

50g butter  
1-2 tsp Natvia  
¼ cup desiccated coconut  
140g packets ground almonds

### Cheesecake Filling

2 sugar free sachets of jelly (I use weight watchers black currant jelly which would make 500ml each sachet)  
2 x 250g soft cream cheese  
1 cup frozen blueberries

Melt the butter and Natvia together in the microwave for 30 seconds.

Add the ground almonds and coconut, mix then press into a greased, lined, loose bottom flan dish. Refrigerate whilst making the topping.

Dissolve both the sachets in 400ml boiling water.

Slowly add the hot jelly to the cream cheese and mix slowly to almost melt the cream cheese and get a smooth, lump free consistency. or use a stick blender to get it really smooth.

Again use the blade attachment on your stick blender and process the frozen blueberries until smooth and pureed.

Fold the blueberries to the cheesecake mixture and stir until thoroughly combined.

Pour onto the prepared base, then refrigerate until ready to serve.

You can add more berries on top.

Serving size: 12

GF

EF

Recipe by Ditch the Carbs





DITCH  
THE  
CARBS



Mocha  
Chia







Cinnamon  
Coconut  
Chia

# LOW CARB CHIA BREAKFASTS

## Mocha Chia

150ml cold 'good' coffee  
150ml coconut cream  
1 tbs tahini (or another nut butter)  
1 tsp vanilla paste  
2 tbs Natvia  
40g chia seeds  
+/- cinnamon to taste

## Berry Coconut Chia

300ml coconut cream  
100ml water  
40g chia seeds  
60g berries  
2 tbs Natvia

## Cinnamon Coconut Chia

300ml coconut cream  
120ml water  
40g chia seeds  
4 tbs ground almonds  
2 tbs desiccated coconut  
1 tsp vanilla paste  
1 tbs Natvia  
2 tsp ground cinnamon

## Chocolate Coconut Chia

300ml coconut cream  
100ml water  
40g chia seeds  
25g cocoa powder  
pinch salt  
2 tbs Natvia  
+/- cinnamon to taste



Berry  
Coconut  
Chia

## Mocha Chia

Put all the ingredients in a bowl. Mix and refrigerate overnight.

## Cinnamon Coconut Chia

Put all the ingredients in a bowl. Mix and refrigerate overnight.

## Berry Coconut Chia

Break up the berries with a fork, then mix all the ingredients together until nice and pink. Mix and refrigerate overnight.

## Chocolate Coconut Chia

Put all the ingredients in a bowl. Mix and refrigerate overnight.

Serving size: 20

GF

DF

V

EF

Recipe by Ditch the Carbs

*Mocha Chia Breakfast - 1.4g net carbs, 27.1g fat, 5.9g protein*  
*Cinnamon Coconut Chia - 5.8g net carbs, 55.9g fat, 10.2g protein*  
*Berry Coconut Chia - 5.3g net carbs, 40.9g fat, 6.5g protein*  
*Chocolate Coconut Chia - 5.3g net carbs, 42.3g fat, 8.3g protein*



Chocolate  
Coconut  
Chia

# MOCHA CUSTARDS

## INGREDIENTS

120ml double (heavy) cream  
60ml strong black coffee (I used my Nespresso)  
3 egg yolks  
1 tbs Natvia  
50g dark chocolate (above 80% to get the full antioxidant and low carb effect)

In a small saucepan, gently warm the cream, coffee and chocolate pieces together until almost simmering, but do not let it boil. Remove from the heat.

In another bowl, whisk the eggs yolks and Natvia together until pale and fluffy.

With the saucepan off the heat, whisk in slowly the egg yolk mixture. Stir constantly to stop the eggs from cooking or curdling.

Place the saucepan back on the low heat and whisk slowly until the mixture thickens.

Pour into tiny espresso cups and refrigerate until set.

Serving size: 4

GF

Recipe by Ditch the Carbs

## SWEET TIP!

Serve with whipped cream, grated chocolate, nuts, or chocolate covered coffee beans. You can also add a coffee liqueur such as Baileys, whiskey, Kahlua once the custard has thickened at the end of step 4. This will obviously increase the carbs and is not intended for children.

*Nutrition Information Serving size: 1  
Espresso cup Carbohydrates: 8g*







# RAW CHIA JAM

## INGREDIENTS

125g boysenberries  
1 tsp lemon juice  
1 tsp Natvia  
3 tbs chia seeds  
80ml water

Using just a fork, mash the berries with the lemon juice and Natvia.  
Add the water and chia seeds, and stir to incorporate all the little chia seeds.  
Pour into a jam jar and place in the fridge overnight.



*Recipe by Ditch the Carbs*

# NUT FREE PEANUT BUTTER COOKIES

## INGREDIENTS

100g butter softened  
75g tahini (sesame seed paste)  
1 tbs Natvia  
1 egg  
2 tsp vanilla paste/essence  
30g coconut flour  
¼ tsp baking soda

In a bowl, add the softened butter, tahini and Natvia.

Cream together for a few minutes until light and smooth.

Add the egg and mix again until smooth.

Add the coconut flour and baking soda. Mix then leave to thicken while you line a baking tray with baking paper.

Mix again then place large teaspoons of the mixture on the baking paper. Smooth the top of each biscuit.

Bake at 180°C for 10 minutes or until golden.

Once cooled, drizzle with melted chocolate.

Eat and enjoy!!!

Serving size: 12

GF

Recipe by Ditch the Carbs

*Nutrition Information* Serving size: 1 cookie

*Calories: 109, Fat: 10.2g, Carbohydrates: 1.3g, Sugar: 0.4g Fibre: 1g, Protein: 2.3g*





# Guilt free sweetness from a Fruit

Made from Monk Fruit



## Norbu benefits

- 100% all Natural
- Made from Monk Fruit
- Nothing Artificial
- Tooth Friendly
- Great for Cooking & Baking
- Only 0.5 Calories
- Fructose Free
- Low GI

Available in

40  
STICKS

200g  
CAN

200  
TABLETS

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

Available at



countdown



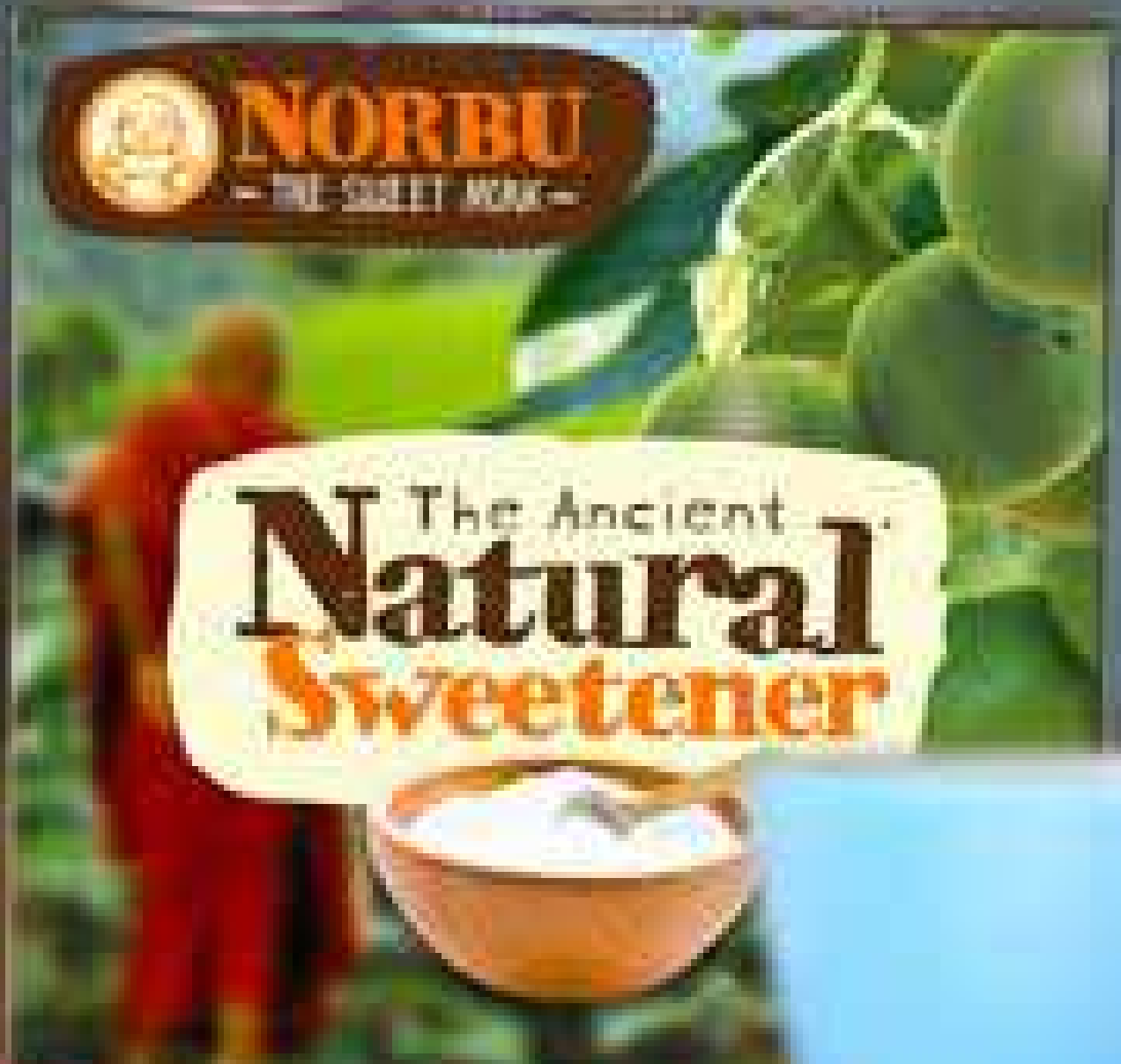
NEW WORLD

PAK'nSAVE

and selected independent stores



e





Exclusive Recipe

# GINGER-NUTS

## INGREDIENTS

100g butter softened  
2 tbs Natvia  
1 egg  
2 tbs fresh ginger finely diced  
1 ½ tsp ground ginger  
140g ground almonds  
pinch salt

Cream the butter and Natvia together until smooth and pale.

Add the egg and beat until smooth.

Add the fresh and ground ginger, the salt and the ground almonds.

Mix until well combined.

Drop spoons of the mixture onto a baking tray lined with baking paper.

Bake at 180°C for 12-15 minutes or until golden.

GF

Recipe by Ditch the Carbs

# BERRY TAHINI SMOOTHIE & MAGIC GREEN SMOOTHIE

## BERRY TAHINI SMOOTHIE

### INGREDIENTS

100ml coconut cream  
100ml natural unsweetened yoghurt  
60g mixed frozen berries  
2 tbs tahini  
1 tsp Natvia

Throw everything in the blender and whiz up until smooth.  
Serve in a cute smoothie jar, or take to school in an insulated container.  
Note: These are great for after sports.

## MAGIC GREEN SMOOTHIE

### INGREDIENTS

½ avocado  
60g mixed frozen berries  
1 tsp Natvia  
100 ml natural unsweetened yogurt  
100ml full fat milk  
a huge handful of spinach

Scoop out the avocado into the blender.  
Add all the other ingredients and blend until smooth.  
Note: Some cocoa powder and more Natvia can be added if you need to disguise the green spinach and avocado further.



Recipe by Ditch the Carbs



Exclusive Recipe



# YOGO-BERRY-POPS

## INGREDIENTS

125g frozen or fresh berries  
2 tbs Natvia  
150ml natural unsweetened yoghurt  
150ml coconut cream

Mash the berries and Natvia in a large measuring jug using a fork.  
Add the yoghurt and coconut cream, mix gently to combine.  
Pour into ice block molds or little tubs.  
Freeze overnight.

GF

EF

*Recipe by Ditch the Carbs*



# Discover the **SWEETERLIFE** Club



Hundreds of SUGAR FREE RECIPE at  
**WWW.SWEETERLIFECLUB.COM**