If you want to lose weight without sacrificing taste, look no further than the CaloriesCount.com “Light is Right” Recipe Guide. From breakfast to dinner, appetizers and dessert, you’ll find these recipes are not only calorie-controlled, but delicious, too. Remember that losing weight is not about dieting and deprivation. Instead, let the CaloriesCount.com Recipe Guide help you incorporate great tasting recipes into your lifestyle – your taste buds won’t notice the difference, but your waistline will.

The “Light is Right” Recipe Guide contains almost 100 great-tasting, calorie-controlled recipes. You will find that the words delectable, tasty and divine can be synonymous with healthy.

The staff at CaloriesCount.com wish you the best of luck as you sizzle, sear, bake and broil your way toward healthier cooking.
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**Chilled Apple Oatmeal**

Oatmeal is a great way to start the day and here's an easy and healthy recipe your whole family will enjoy. Add some fresh fruit such as peaches, blueberries or strawberries and you've got a delightful and nutritious start to your day.

**Ingredients**
(Makes 2 servings)

- 1/2 cup oats (quick or old fashioned)
- 1/2 cup low-fat milk
- 1/2 cup plain non-fat yogurt
- 1/4 cup unsweetened applesauce
- 1 tsp. coarsely chopped almonds
- 1 tsp. pumpkin seeds (optional)
- 1/4 tsp. Sweet'N Low® brand sugar substitute
- Pinch each ground cinnamon and ground nutmeg

**Directions**

Combine all ingredients in a cereal bowl. Stir well, cover with plastic wrap and refrigerate overnight. Serve chilled.

Serving size: ¾ cup  
Calories: 177  
Protein: 9 g  
Carbohydrate: 30 g  
Fat: 3 g  
Saturated Fat: 1 g  
Cholesterol: 4 mg  
Sodium 80 mg

Recipe Courtesy of Cumberland Packaging Corporation

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**Buff Bran Muffins**

**Ingredients**

- 1/4 cup egg substitute  
- 1 1/4 cup fat-free milk  
- 2 tbsp. light margarine melted (50% less fat & calories)  
- 1 cup bran cereal (not flakes)  
- 1 cup all purpose flour  
- 1 1/2 tsp. baking powder  
- 1 1/2 tsp. baking soda  
- 1 cup SPLENDA® Granular  
- 1/4 tsp. cream of tartar

**Directions**

Preheat oven to 375°F. Spray muffin pan cups with vegetable cooking spray or line with paper liners. In large bowl, combine egg substitute, milk, margarine and bran cereal. Stir until moist, about 30 seconds. Let stand for 10 minutes.

In small bowl, stir together flour, baking soda, baking powder, SPLENDA® Granular and cream of tartar. Add flour mixture to moistened bran mixture and stir gently until blended, about 45 seconds. Do not over mix. Spoon batter into muffin cups until they are half full. Bake for 20 minutes or until toothpick comes out clean when inserted into the center of muffin. Remove pan from oven and let sit for 5 minutes. Remove muffins and place on wire rack to cool.

Serves: 12

Serving Size: 1 muffin  
Calories: 80 calories  
Carbohydrates: 15 grams  
Total Fat: 2 grams  
Protein: 3 grams  
Cholesterol: 0 mg  
Sodium: 310 mg

Recipe Courtesy of Splenda.com
CaloriesCount.com Recipe Guide

**Breakfast**

**Cinnamon French Toast “Delite”**

**Ingredients**
- 1/2 cup skim milk
- 1/4 cup liquefied Butter Buds Mix
- 1 large egg
- 3 large egg whites
- 1 teaspoon vanilla extract
- 2 packets Sweet’N Low granulated sugar substitute
- 1/2 teaspoon ground cinnamon, plus more for sprinkling
- 6 slices reduced-calorie bread

**Directions**
In a shallow dish, whisk together the milk, Butter Buds, egg, egg whites, vanilla, Sweet’N Low and 1/2 teaspoon cinnamon until well blended.
Spray a large nonstick skillet with nonstick cooking spray; heat over medium-low heat.
Dip the bread slices, one at a time, into the egg mixture, turning once to coat.
Place in a skillet and cook 2 to 3 minutes on each side or until golden. Sprinkle with additional cinnamon. Transfer to a serving platter.
Serve with your favorite syrup, if desired. Makes 6 slices.

*Serving Size: 1 slice
Calories: 90
Carbohydrates: 13 grams
Protein: 5 grams
Total Fat: 2 grams
Saturated Fat: <1 gram
Cholesterol: 35 mg
Sodium: 205 mg

Recipe courtesy of Cumberland Packing Corporation

**Mexican Scrambled Eggs**

Tired of the serving (and eating) the same scrambled eggs? If so, add some kick to this morning standby! High in protein, low in fat and tasty too, this recipe is one you can file under “favorites.”

**Ingredients**
- 1/2 cup chopped onion
- 1 tablespoon reduced-calorie margarine
- 1 can (4 ounces) diced mild green chilies, drained
- 1 fresh tomato, diced
- 4 eggs
- 2 egg whites
- 1/3 cup low fat milk
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Sweet’N Low® granulated sugar substitute
- 2 ounces reduced-fat cheddar cheese, shredded
- Chopped green onion and minced fresh parsley for garnish

**Directions**
In a shallow 8- or 9-inch round microwave dish, cook onions and margarine, covered, on high power 2 minutes. Stir in chilies and tomato; cook, uncovered, 1 minute. In medium size bowl, beat together eggs, egg whites, milk, garlic powder and Sweet ‘N Low®; pour over vegetables. Continue cooking, uncovered, 4 to 5 minutes, stirring frequently to move mixture from outside of dish toward center. Just before eggs are firm, sprinkle with cheese. Do not overcook, as mixture will continue to cook after being removed from microwave. Sprinkle with green onion and parsley. Serve immediately. Serves 4

*Serving size: one egg (or ¼ of recipe)
Calories: 163
Protein: 13 g
Carbohydrate: 7 g
Fat: 9 g
Saturated fat: 3 g
Cholesterol: 218 mg
Sodium: 344 mg

Recipe Courtesy of The Cumberland Packing Corp.
Orange Vanilla Muffins

These Orange Vanilla Muffins are the perfect solution to the “breakfast blahs.” Instead of the standard bagel or English muffin, go for one of these low-calorie, tasty muffins. Pair with a glass of skim milk, banana, and maybe even a small cup of yogurt and you’ve got a breakfast that is not only good-tasting but one that’s also satisfying. Start your morning off right and do something good for yourself.

**Ingredients**
- 2 cups sifted all-purpose flour
- 2 tablespoons sugar
- 6 packets (or 2 teaspoons bulk) Sweet ’N Low®
- 2-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 cup buttermilk
- 1/4 cup reduced-calorie tub margarine, melted
- 1/4 cup orange juice
- 1 large egg
- 2 teaspoons finely grated orange rind
- 1 teaspoon vanilla extract

**Directions**
Preheat oven to 400°F. Spray a 12-cup muffin pan with nonstick cooking spray or line with paper muffin cups. In a large bowl, sift the dry ingredients. In another bowl, combine the buttermilk, margarine, orange juice, egg, orange rind, and vanilla. Make a well in the center of the dry ingredients. Pour in the liquid ingredients; stir until moistened. Spoon equal amounts of batter into the prepared muffin cups. Bake 15 to 18 minutes, or until golden brown and a toothpick inserted in the center comes out clean. Cool in the pan on a wire rack 5 minutes. Remove from the pan; serve warm or cold.

Serves 12
Serving size: 1 muffin
Calories: 120 calories
Protein: 3 grams
Carbohydrate: 20 grams
Fat: 3 grams
Saturated fat: 1 gram
Cholesterol: 20 mg
Sodium: 85 mg

Recipe courtesy of Cumberland Packing Corporation

“Ooh La La” Orange Breakfast Shake

**Ingredients**
- 1/2 cup low-fat vanilla yogurt
- 1/4 cup skim milk
- 2 tablespoons frozen orange juice concentrate
- 1 tablespoon wheat germ
- 2 packets Sweet’N Low®
- 1/2 teaspoon vanilla extract
- 3 ice cubes

**Directions**
In a blender at medium speed, blend all the ingredients until smooth and frothy. Pour into a glass.

**Variation**
Add 1/2 cup sliced bananas; blend as directed.

Serves: 1
Serving size: 1 1/2 cups
Calories: 220
Protein: 10 grams
Carbohydrate: 42 grams
Fat: 1 gram
Saturated fat: <1 gram
Cholesterol: <1 mg
Sodium: 100 mg

Recipe courtesy of Cumberland Packing Corporation
Swedish Nuts

**Ingredients**
- 1 egg white slightly beaten
- 2 cups pecan or walnut halves
- 1/3 cup SPLENDA® Granular
- 2 tsp. ground cardamom or cinnamon
- 1 egg white slightly beaten

**Directions**
Heat oven to 300°F. Grease a 15x10x1" jellyroll pan. Mix egg white and pecan halves in medium bowl until pecans are coated and sticky. Stir SPLENDA® Granular and cardamom or cinnamon and sprinkle over pecans. Stir until pecans are completely coated. Spread pecans in single layer in pan. Bake about 30 minutes or until toasted. Cool completely or serve slightly warm.

Serving Size: 2 tbsp
Calories: 30
Carbohydrate: 2 grams
Protein: 5 grams
Total fat: <1 g
Saturated Fat: <1
Cholesterol: 10 mg
Sodium: 155 mg

Recipe courtesy of Cumberland Packing Corporation

Crabmeat Dip

**Ingredients**
- 1 container (8 ounces) nonfat pasteurized process cream cheese product, softened
- 1/4 cup nonfat sour cream
- 1/3 cup finely chopped onion
- 1 tablespoon prepared horseradish
- 1-1/2 teaspoons Butter Buds Sprinkles
- Freshly ground black pepper, to taste
- 1 can (6-1/2 ounces) crabmeat, drained, rinsed and flaked
- 1 tablespoon fresh lemon juice
- 1 packet Sweet’N Low
- Assorted raw vegetables

**Directions**
In a food processor, process the cream cheese until smooth. Transfer to a medium bowl and stir in the sour cream until well blended, then the onion, horseradish, Butter Buds and pepper to taste. Stir in the crabmeat, lemon juice and Sweet 'N Low. Chill 30 minutes for the flavors to blend. Serve with assorted raw vegetables.

Serving Size: 1/4 cup (30g)
Serves: 8
Calories: 200 calories
Carbohydrates: 5 grams
Protein: 3 grams
Dietary Fiber: 2 g
Total Fat: 20 grams
Saturated Fat: 2 grams
Cholesterol: 0 mg
Sodium: 10 mg

Recipe Courtesy of Splenda.com
**Tuscan Bean Salad/ Gorgonzola Bruschetta**

The perfect way to start an Italian meal — bruschetta. This recipe packs a powerful health punch with tomatoes, salad greens, beans and more. This is a great way to start off any meal or engagement.

**Ingredients**
- 1/2 cup (2 oz.) crumbled Gorgonzola cheese
- 2 tsp. olive oil
- 1/4 tsp. coarsely ground black pepper
- 16 slices French baguette (1 pound loaf), each 1/2-inch thick

**Salad:**
- 2 cans (19 oz. each) cannelloni beans, rinsed, drained*
- 2 medium fennel bulbs, thinly sliced (optional)
- 4 medium plum tomatoes, diced
- 3 cloves garlic, minced
- 3/4 cup light or fat free mayonnaise
- 3/4 cup white wine vinegar
- 1/4 cup Equal® Spoonful**
- 3 tbsp. Dijon mustard
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1 package (10 oz.) mixed salad greens

* May substitute canned Great Northern Beans
** May substitute 6 packets Equal sweetener

**Directions**

Preheat oven to 350°F. For Bruschetta, combine Gorgonzola, oil and black pepper. Spread on bread slices. Place on baking sheet. Bake 10 to 15 minutes or until edges of bread are golden. Remove slices to wire rack to cool. Meanwhile, for Salad, combine beans, fennel, tomatoes and garlic in large bowl. Whisk mayonnaise, vinegar, Equal®, mustard, salt and pepper to blend. Toss greens with enough mayonnaise mixture to coat. Place greens in center of a large serving platter. Toss bean mixture with remaining dressing. Place over greens. Place bruschetta around edges of platter. Makes 16 servings

Serving size: 1/16 of recipe
Calories: 181
Protein: 7 g
Carbohydrate: 28 g
Fat: 7 g
Cholesterol: 7 mg
Sodium: 701 mg

Recipe Courtesy of Equal.com

**Grilled Tomato-Onion Dip**

**Ingredients**
- 5 ripe Roma tomatoes (or other small firm, fresh tomatoes)
- 1 medium red Spanish onion
- Olive oil spray
- 1 cup light sour cream
- 3 ounces reduced fat cream cheese, softened
- 1 tablespoon mayonnaise
- 3 tablespoons fresh chopped basil
- 1 small clove garlic, finely minced
- Salt and Tabasco, to taste

**Directions**

Core the tomatoes and cut in half lengthwise. Spray with the olive oil spray and sprinkle the cut side lightly with salt. Peel the onion and cut into 3 or 4 thick, crosswise slices. Spray with the oil spray. Grill the vegetables on a medium-hot grill or spread in a single layer on a baking sheet and roast in a 500 °F. for 10 to 12 minutes or until the tomatoes are cooked and soft. The onions should be “crisp-tender.” Remove and cool. Remove peel from the tomatoes and squeeze out the seeds. Chop both tomatoes and onions. Whisk together the sour cream, cream cheese and mayonnaise. Fold in the tomatoes, onions, basil and garlic. Season to taste with the salt and Tabasco. Serve immediately, or cover and chill until ready to serve. Garnish with whole basil leaves. Serve with fresh crisp fresh vegetables or low-fat chips for dipping.

Serves: 6
Serving size: 1/3 cups
Calories 30.81
Fat-total 2.01 g
Protein 1.24 g
Saturated Fat 1.16 g
Carbohydrates 1.97 g
Dietary Fiber 0.24 g

Recipe Courtesy of CaloriesCount.com
**Grilled Asian Steak Salad**

Something light, yet hearty enough to fill you up. That’s what this week’s recipe offers those who want to add a “kick” to their usual salad. It’s got all the healthy and tasty veggies but with a unique appeal. Bring this Asian-influenced salad to your dinner table tonight, a recipe that will surely keep your and your family’s weight in check. Preparation Time: 30 minutes

**Serving Size:** 8 oz  
**Serves:** 6

**Ingredients**

**Dressing**
- 1/8 cup soy sauce, lite
- 1/2 tsp. ginger, minced
- 2 tsp. garlic, minced
- 1 tbsp. SPLENDA® Granular
- 1/8 cup lemon juice, fresh
- 2 tsp. sesame oil
- 2 tsp. white wine vinegar
- 1 tsp. olive oil, extra virgin
- 1/4 tsp. crushed red pepper
- 1/4 tsp. Tabasco® Sauce*

**Salad**
- 7 cups romaine lettuce, chopped, rinsed
- 3/4 cup snow peas, cut in thirds
- 1/2 red pepper, medium, sliced thin
- 1/2 yellow pepper, medium, sliced thin
- 1 1/2 cup grape tomatoes, halved
- 1 1/2 cup baby carrots, sliced
- 8 oz. flank steak, trimmed, grilled and chilled

**Directions**

Whisk together first 10 ingredients. Set dressing aside. Toss salad ingredients in large bowl. Slice grilled flank steak and add to salad. Pour dressing over salad and toss. Serve cold.

**Serving Size:** 8 oz  
**Calories:** 160  
**Carbohydrates:** 11 grams  
**Protein:** 15 grams  
**Total Fat:** 7 grams  
**Saturated Fat:** 2 grams  
**Fiber:** 3 grams  
**Cholesterol:** 20 mg  
**Sodium:** 250 mg

Recipe courtesy of Splenda.com

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**Grilled Fish with Pineapple-Cilantro Sauce**

With the beginning of summer in sight it’s time to start grilling outdoors. You can turn off the oven with this recipe. Not only does this dish taste great, it’s virtually “guilt-free” as well.

**Ingredients**

- 1 can (20 oz.) sliced pineapple in juice, drained, reserving juice  
- 3/4 cup reserved pineapple juice  
- 2 tablespoons lime juice  
- 2 cloves garlic, minced  
- 2 tablespoons water  
- 1 tablespoon cornstarch  
- 2 tablespoons minced cilantro  
- 1/2 to 1 teaspoon minced jalapeno pepper  
- 2 tablespoons Equal® Spoonful*  
- Salt and pepper  
- 6 halibut, haddock or salmon steaks or fillets (about 4 ounces each), grilled

* May substitute 3 packets Equal® sweetener

**Directions**

Cut pineapple slices into 1/2-inch pieces. Combine pineapple, pineapple juice, lime juice and garlic in medium saucepan. Heat to boiling. Reduce heat and simmer, uncovered, 2 to 3 minutes. Mix cold water and cornstarch; stir into boiling mixture. Boil, stirring constantly, until thickened. Remove from heat. Stir in cilantro and jalapeno pepper. Stir in Equal®; season to taste with salt and pepper. Serve warm sauce over fish.

**Serves:** 6  
**Serving size:** 4 oz  
**Calories:** 185  
**Protein:** 24 g  
**Carbohydrate:** 16 g  
**Fat:** 3 g  
**Cholesterol:** 36 mg  
**Sodium:** 159 mg

**Cooking Tip:**

When using a stovetop to cook pasta sauces, vegetable salads, etc., add Equal after the dish has been removed from the heat. This will ensure that the food does not lose its flavor, as prolonged heating can reduce Equal’s sweetness.

Courtesy of Equal.com
Holiday Ham and Cherry Sauce

**Ingredients**
- 5 pounds fully cooked boneless ham
- Whole cloves
- Cherry Sauce (recipe follows)
- Parsley sprigs

**Directions**
Place ham in roasting pan; stud with cloves. Roast ham at 325°F until thermometer inserted in center of ham registers 160°F, about 1-1/2 hours. Slice ham and arrange on platter with bowl of Cherry Sauce in the center. Garnish with parsley.

Serves: 16

Serving size: 3 oz.
calories: 246
Protein: 30g
carbohydrate: 12 g
fat: 8 g
cholesterol: 75 mg
sodium: 1710 mg

Courtesy of Splenda.com

Cherry Sauce

**Ingredients**
- 2/3 to 3/4 cup unsweetened pineapple juice
- 4 teaspoons lemon juice
- 1/4 cup cornstarch
- 7-1/4 to 10-3/4 teaspoons Equal® for Recipes
  or 24 to 36 packets Equal® sweetener
  or 1 to 1-1/2 cups Equal® Spoonful™
- 2 cans (16-ounces each) red tart pitted cherries in juice, undrained
- Red food coloring (optional)

**Directions**
Drain cherries, reserving juice in 2-cup glass measure; add enough pineapple juice to make 2 cups. Pour juice mixture and lemon juice into medium saucepan; whisk in cornstarch until smooth. Heat to boiling, whisking constantly; boil until smooth. Heat to boiling, whisking constantly; boil until thickened, whisking constantly, about 1 minute. Add cherries to saucepan; cook over medium heat until hot throughout, 3 to 4 minutes. Stir in Equal® and food coloring.

Makes about 4-2/3 cups.

**Tip:**
Packages (16-ounces each) frozen no-sugar-added pitted cherries, thawed, can be substituted for the canned cherries; drain cherries thoroughly and add enough pineapple juice to make 2 cups. Proceed with recipe as above.

Calories: 246
Protein: 30g
Carbohydrate: 12 g
Fat: 8 g
Cholesterol: 75 mg
Sodium: 1710 mg
Serving size: 4 oz
Calories: 185
Protein: 24 g
Carbohydrate: 16 g
Fat: 3 g
Cholesterol: 36 mg
Sodium: 159 mg

Courtesy of Splenda.com
Stuffed Pork Tenderloin

If you thought you couldn’t eat pork on your “diet,” think again. This delicious Stuffed Pork Tenderloin is easy to make and has a delicious taste. Serve at your next dinner party or family gathering.

Ingredients

- 1/3 cup chopped onion
- 1 clove garlic, minced
- 1 tbsp. stick butter or margarine
- 1 small tart apple, peeled, cored, and finely chopped
- 1/4 cup chopped pitted prunes
- 1/4 cup dry white wine or unsweetened apple juice
- 2 tbsp. Equal® Spoonful®
- 3/4 tsp. dried rosemary leaves
- 3/4 tsp. dried thyme leaves
- 1/4 cup cornbread stuffing crumbs
- Salt and pepper
- 1 whole pork tenderloin (about 16 ounces)
- 1 clove garlic, minced

*May substitute 3 packets Equal® sweetener

Directions

Saute onion and 1 clove garlic in butter in medium skillet until tender, about 5 minutes. Add apple and prunes; cook 2 to 3 minutes. Add wine, Equal®, and 1/2 teaspoon each rosemary and thyme; cover, over medium heat about 5 minutes or until wine is evaporated. Stir in stuffing crumbs; season to taste with salt and pepper.

Cut lengthwise slit about 2-inch deep in pork tenderloin. Mix remaining herbs and 1 clove garlic; rub over outside surface of pork. Spoon fruit stuffing into pork and place in baking pan. Roast meat, uncovered, in preheated 350°F oven about 45 minutes (meat thermometer will register 160°F) or until no longer pink in center. Let stand 5 to 10 minutes before slicing.

Tip: The stuffing can also be used to stuff lean pork chops. Cut pockets in chops with a sharp knife, or have a butcher cut the pockets for you.

Makes 4 servings.

Serving size: ¼ of recipe
Calories: 243
Protein: 25 g
Carbohydrates: 18 g
Fat: 7 g
Cholesterol: 74 mg
Sodium: 117 mg

Recipe courtesy of Equal.com
Sweet and Sour Stir-Fry

The vegetables, chicken and fruit in this recipe combine for a wonderful medley of flavors. Serve over a bed of brown rice for a filling and satisfying meal.

Ingredients

- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken breasts, cut into 3-inch strips
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 cup 2x1/2-inch red bell pepper strips
- 1/4 cup chopped onion
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 1 tablespoon white vinegar
- 1 can (8 ounces) pineapple chunks, packed in juice, undrained
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1-3/4 teaspoons Equal® for Recipes or 6 packets Equal® sweetener or 1/4 cup Equal® Spoonful™
- 1 package (6 ounces) frozen pea pods

Directions

Heat oil in wok or skillet. Add chicken; cook until chicken is no longer pink, 5 to 6 minutes. Remove and set aside. Add water chestnuts, pepper and onion to wok; cook until vegetables are tender, 3 to 4 minutes, stirring constantly. Combine cornstarch, soy sauce and vinegar in small bowl; stir to dissolve cornstarch. Add pineapple with juice, ginger and salt. Add to vegetable mixture; cook until sauce thickens, 2 to 3 minutes, stirring constantly. Stir in Equal®. Add pea pods and chicken; cook until pea pods and chicken are heated through, 2 to 3 minutes.

Serves: 4
Serving size: 4 oz.
Calories: 272
Protein: 29 grams
Carbohydrates: 27 grams
Fat: 5 grams
Cholesterol: 66 mg
Sodium: 620 mg

Recipe Courtesy of Equal.com
**Vegetarian Chili**

With the days getting shorter and the nights getting colder, you’ll want to warm up with a nice hot bowl of chili — vegetarian style. This recipe is great after a long day at the office, a day of raking leaves or playing touch football. Not only is this chili hearty and tasty, it’s also low in calories!

**Ingredients**

- 1 Tbl. extra virgin, olive oil
- 1 jalapeno pepper, seeds removed, finely chopped
- 1/2 cup onion, chopped
- 1 1/3 cup red & yellow peppers, chopped
- 6 tsp. chili powder
- 1 1/2 tsp. paprika
- 1/4 tsp. garlic powder
- 3/4 tsp. ground (cayenne) red pepper
- 1/2 cup SPLENDA® Granular
- 3 Tbl. balsamic vinegar
- 1 28-oz. can crushed tomatoes with thick tomato puree
- 1 19-oz. can black beans, undrained
- 2 19-oz. cans dark red kidney beans, undrained
- 1 19-oz. can cannellini beans, undrained
- 1 10-oz. box Corn kernels, frozen

**Directions**

In a large, non-stick, stock pot heat olive oil. Sauté jalapeno pepper, onions, and red & yellow peppers over medium heat until onions are translucent (5-8 minutes). Add the remaining ingredients and slowly bring to a boil. Cover pot and simmer on low heat for 20 minutes. Serve hot.

* Chili tastes best when allowed to sit overnight. Refrigerate chili in covered pot overnight. Bring to a boil over a low heat, stirring constantly.

* Note: If hot chili is preferred, increase the ground cayenne red pepper to 1 teaspoon, & increase the chili powder to 7 teaspoons. If sweeter chili is preferred, increase SPLENDA® to 2/3 cup.

**Serves:** 16

**Serving size:** 1 cup

**Calories:** 160

**Carbohydrates:** 30 g

**Protein:** 9 g

**Total Fat:** 1.5 g

**Saturated Fat:** 0 g  **Cholesterol:** 0 mg

**Sodium:** 480 mg

Recipe courtesy of Splenda.com

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**Sweet and Spicy Shrimp**

A little sweet, a little spicy — it's the best of both worlds! This Asian-inspired dish is sure to be a hit with any crowd. Serve over rice, or for an unexpected twist try serving this dish over risotto.

**Preparation Time:** 10 minutes

**Baking Time:** 3-5 minutes

**Serving Size:** 4.5 ounces

**Serves:** 4

**Ingredients**

- 1/4 cup soy sauce
- 2 tsp. SPLENDA® Granular
- 2 tsp. cornstarch
- 1/2 tsp. crushed pepper
- 1/2 tsp. sesame or peanut oil
- 1 small onion, sliced
- 1 small, green bell pepper, sliced
- 1 medium carrot, thinly sliced (1/2 cup)
- 3/4 lbs. uncooked, peeled, de-veined large shrimp, thawed if frozen

**Directions**

Mix soy sauce, SPLENDA® Granular, cornstarch and red pepper. Set aside. Heat vegetable oil in 10” skillet over medium-high heat. Cook onion, bell pepper and carrot in oil 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in soy sauce mixture and shrimp. Cook 3 to 5 minutes, stirring occasionally, until shrimp are pink and firm and sauce is thickened.

**Serving Size:** 4.5 oz

**Calories:** 110

**Carbohydrates:** 8 grams

**Protein:** 14 grams

**Total Fat:** 1.5 grams

**Saturated Fat:** 0 grams

**Fiber:** 1 gram

**Cholesterol:** 120 mg

**Sodium:** 1180 mg

Recipe courtesy of Splenda.com
CaloriesCount.com Recipe Guide

Chinese Green Beans

Looking for a new twist and a unique way to serve green beans? With this Asian inspired vegetable dish, green beans will take on a unique flavor. And, at 50 calories per serving this is one dish in which you can over indulge.

Ingredients

1 16-oz. package frozen green beans
1 packet chicken broth granules
1 bunch scallion (6-7)
2 large cloves of garlic
1/2 tsp. ground ginger
1 tsp. Soy sauce, low sodium
1 tsp. SPLENDA® Granular
1 tbsp. creamy peanut butter
1/8 tsp. sesame oil

Directions

In a 2-quart microwave-safe casserole dish, combine green beans and broth granules. Cover and microwave on high for 4 minutes. Meanwhile, slice white bulbs of scallions into rings and mince garlic. In small bowl, combine ginger, soy sauce and SPLENDA® Granular. Add scallion rings and garlic. Set aside. Remove green beans from microwave and uncover. Pour sauce over beans and stir. Cover and microwave on high for 4 minutes. Stir in peanut butter and sesame oil until sauce coats the beans and serve immediately.

Serving size: 4 oz
Calories: 50
Carbohydrates: 8 g
Protein: 2 g
Dietary Fiber: 2 g
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 190 mg

Recipe Courtesy of Splenda.com

Broccoli with Garlic Sauce

Ingredients

1 large bunch fresh broccoli, about 1 1/3 lb.
1 bunch scallions (6-7)
3 large cloves garlic
1/4 cup beef broth
1 tbsp. low-sodium soy sauce (40 percent less salt)
1 tbsp. cornstarch
1 tsp. SPLENDA® Granular
1 tbsp. minced cilantro
1/2 tsp. sesame oil

Directions

Trim broccoli and cut into florets (retain about 60% of the bunch). Rinse broccoli, shake off excess water and place in 3-quart microwave-safe casserole dish. Set aside. Slice white scallion bulbs into rings and mince garlic. Stir together scallions, garlic, beef broth, soy sauce, cornstarch, SPLENDA® Granular and cilantro. Pour sauce over broccoli, cover and microwave on high for 4 minutes. Stir broccoli, replace cover, and microwave on high for 3 minutes or until broccoli is desired texture and sauce has thickened to coat broccoli. Stir in sesame oil and serve hot.

Serves: 4

Serving Size: 4 oz (113g)
Calories: 40
Carbohydrates: 8 g
Protein: 3 g
Dietary Fiber: 1 g
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 180 mg

Courtesy of Equal.com
Orange-Almond Salad

Looking for a unique and tasty twist for your next salad? Try this delicious and reduced-calorie salad. Another plus — it's easy to make. In fact, you probably have most of the ingredients already on hand!

Ingredients
- 3 cups Assorted Greens
- 2 Navel Oranges, peeled & separated into sections
- 1/2 cup thinly sliced celery
- 2 Tbsp. chopped green onion
- 1/4 cup cider vinegar
- 1/4 cup SPLENDA® Granular
- 2 tsp. vegetable oil
- 1/4 cup toasted slivered almonds

Directions
Combine greens, orange sections, celery, and green onion in a large bowl. Set aside. Combine vinegar, SPLENDA® Granular, and vegetable oil in a small mixing bowl. Stir with a whisk until well blended. Drizzle dressing mixture evenly over greens mixture. Toss gently to coat. To serve place 1 cup salad mixture on a serving plate and garnish by sprinkling 1 Tbsp. almonds over the top of the salad. Serve immediately.

Serves: 4
Serving Size: ¼ of recipe
Calories: 123
Calories from Fat: 63
Total Fat: 7
Saturated Fat: 0.6 g
Cholesterol: 0 mg
Sodium: 25 mg
Carbohydrate: 16 g
Dietary Fiber: 5.3 g
Sugars: 9 g
Protein: 3 g

Recipe Courtesy of Splenda.com

Jamaican Curried Rice

Looking for something to “spice up” Monday night dinner? Serve with steamed vegetables and baked chicken or fish and you’ve got a recipe that turns a plain dish of rice into something really nice!

Ingredients
- 2 tsp. olive oil
- 1 cup diced red bell pepper
- 1/2 cup sliced green onions
- 2 tbsp. curry powder
- 3 cups hot cooked rice
- 1/4 cup Equal® Spoonful®
- 2 tbsp. lime juice
- 1/2 tsp. salt
- 1 can (20 oz.) pineapple chunks, drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1/2 cup salted cashews
  * May substitute 6 packets Equal® sweetener

Directions
Heat olive oil in medium skillet. Cook and stir bell pepper and onions 2 to 3 minutes. Add curry powder and stir 30 seconds. Combine cooked rice, Equal®, lime juice and salt in medium-size bowl. Stir in cooked vegetable mixture, pineapple and black beans. Rice may be served warm or at room temperature. Sprinkle with cashews just before serving.

Serving Size: 8
Calories: 195
Protein: 6 g
Carbohydrates: 31 g
Fat: 6 g
Cholesterol: 0 mg
Sodium: 474 mg

Recipe courtesy of Equal.com
## Penne Salad Primavera

This dish is great as a side salad, or try adding your favorite lean chicken or beef to make it a hearty meal! The many vegetables not only add taste and health benefits, they also add a variety of color — meaning this recipe almost looks too good to eat! Penne Salad Primavera is quick and easy to prepare, so it’s sure to be a hit with any cook.

### Ingredients
- 1 pound penne or medium pasta shells, cooked and cooled
- 1/2 cup fresh or thawed frozen peas, cooked
- 1 large yellow or red bell pepper, sliced
- 1/2 cup sliced green onions
- 1/2 cup blanched sugar snap peas
- 1/2 cup sliced carrots
- 1 cup skim milk
- 1/2 cup fat-free mayonnaise
- 1/2 cup red wine vinegar
- 1/4 cup minced parsley
- 2 teaspoons drained green peppercorns, crushed (optional)
- 1-3/4 teaspoons Equal® for Recipes or 6 packets Equal® sweetener or 1/4 cup Equal® Spoonful™
- Salt and pepper

### Directions
Combine pasta, peas, bell pepper, green onions, snap peas and carrots in salad bowl. Pour boiling water over mixture to cover. Let stand 1 minute; drain. Combine noodles, pea pods, bean sprouts, mushrooms, baby corn and bell pepper in large bowl. Shake dressing and add to noodle mixture; toss to coat. Cover and chill 2 to 24 hours. Just before serving, add shredded cabbage; toss to combine. Sprinkle with cashews, if desired.

Serves: 6
Serving size: 1 cup
Calories: 190
Fat: 1 g
Protein: 8 g
Carbohydrates: 36 g
Cholesterol: 26 mg
Sodium: 188 mg

Recipe Courtesy of Equal.com

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## Oriental Garden Toss

### Ingredients
- 1/3 cup thinly sliced green onions
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons water
- 1-1/2 teaspoons roasted sesame oil
- 1 teaspoon Equal® for Recipes or 3 packets Equal® sweetener or 2 tablespoons Equal® Spoonful™
- 1/4 teaspoon garlic powder
- 1/8 teaspoon crushed red pepper flakes
- 1 package (3 ounces) low fat ramen noodle soup
- 1 cup fresh bean sprouts
- 1 cup sliced fresh mushrooms
- 1 can (8-3/4 ounces) baby corn, drained and halved crosswise
- 1 red bell pepper, cut into bite-size strips
- 3 cups shredded Chinese cabbage
- 1/3 cup chopped lightly salted cashews (optional)

### Directions
Combine green onions, soy sauce, water, sesame oil, Equal®, garlic powder and red pepper flakes in screw-top jar; set aside. Break up ramen noodles (discard seasoning packet); combine with pea pods in large bowl. Pour boiling water over mixture to cover. Let stand 1 minute; drain. Combine noodles, pea pods, bean sprouts, mushrooms, baby corn and bell pepper in large bowl. Shake dressing and add to noodle mixture; toss to coat. Cover and chill 2 to 24 hours. Just before serving, add shredded cabbage; toss to combine. Sprinkle with cashews, if desired.

Serves: 6
Serving size: 1 cup
Calories: 124
Protein: 6 g
Carbohydrates: 21 g
Fat: 2 g
Cholesterol: 0 mg
Sodium: 605 mg

Recipe Courtesy of Equal.com
**Ratatouille**

Looking for something a little different to serve over cooked pasta? This recipe is more than just a sauce — it’s a meal. It’s easy to make and great for a big family dinner. It also makes a handy hot lunch. Just fix, divide, and store into smaller containers. When you’re ready to eat, zap it with the microwave. Viola — a great tasting and good-for-you meal.

**Ingredients**
- 1 tablespoon olive oil
- 1 large onion, diced (about 2 cups)
- 1 large garlic clove, minced
- 1 packet Butter Buds Mix, liquefied
- 1 medium eggplant, cut into chunks (about 5 cups)
- 1 large green bell pepper, cut into chunks (about 1-1/2 cups)
- 3 medium zucchini, cut into 1-inch pieces (about 6 cups)
- 2 teaspoons dried oregano, crumbled
- 1/2 teaspoon dried thyme, crumbled
- 2 packets Sweet’N Low® granulated sugar substitute
- Freshly ground black pepper, to taste
- 2 large tomatoes, peeled and cut into wedges

**Directions**

In a large saucepan over medium heat, heat the oil. When hot, add the onion and garlic; cook, stirring 3 to 4 minutes. Add the Butter Buds, eggplant and green pepper; cook stirring frequently, about 5 minutes. Stir in the zucchini, oregano, thyme, Sweet’N Low® and pepper. Bring to a boil; reduce the heat and cook, partially covered, 15 to 20 minutes or until the vegetables are tender. Stir in the tomatoes; cook an additional 5 minutes. Serve hot or refrigerate and serve cold.

Serves: 16

Serving Size: 1/2 cup
Calories: 45
Protein: 2 g
Carbohydrate: 8 g
Fat: 1 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 40 mg

Tip: Sprinkle with grated Parmesan cheese or fat-free grated Parmesan Italian topping. Stir in drained and rinsed canned chickpeas or white beans; serve over cooked rice or a baked potato.

Recipe courtesy of Cumberland Packing Corporation

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**Rosemary Sweet Potatoes**

**Ingredients**
- 3 large sweet potatoes
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons coarse sea salt
- 1 tablespoon finely chopped fresh rosemary leaves

**Directions**

Peel the potatoes. Cut into 1” slices. Place in a single layer on a baking sheet. Sprinkle over the olive oil, salt and rosemary. Toss with fingertips to coat. Place in a preheated 450 °F. oven. Roast for 20 minutes or until potatoes are fork tender.

Serves: 12

Serving size: 1/12
Calories: 56
Fat-total: 2.45 g
Protein: 0.54 g
Saturated Fat: 0.33 g
Carbohydrates: 7.96 g
Dietary Fiber: 0.28 g
Smoked Salmon Spread on Cucumbers

Ingredients
- 12 ounces reduced fat cream cheese, softened
- 1/4 cup fat-free half and half
- 8 ounces smoked salmon, cut into pieces
- 2 tablespoons chopped scallions
- 1 tablespoon chopped parsley
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon finely chopped lemon zest
- Generous dash hot pepper sauce
- 2 European style fresh crisp cucumbers
- Salmon caviar

Directions
In food processor with steel blade, blend together the cheese, cream and salmon until smooth. Add the scallions, parsley, lemon juice and zest and hot pepper sauce to taste. Spoon into a pastry bag fitted with a large star tip (7-8 mm). Wash and trim the cucumbers. Cut crosswise into 1/4-inch slices. Pipe the cheese mixture onto the cucumbers and top each with a dollop of salmon caviar.

Serves: 12

Serving size: 4
Calories: 84
Fat-total: 7g
Protein: 4g
Saturated Fat: 4.27 g
Carbohydrates: 1.53 g
Dietary Fiber: 0.18 g

White and Black Bean Salad

Ingredients
- 1 cup finely chopped red onions
- 2 cloves garlic, minced
- 2 tablespoons olive oil or vegetable oil
- 1/3 cup red wine vinegar
- 1/4 cup chopped red pepper
- 1/4 cup chopped green pepper
- 2 tablespoons minced parsley
- 3 packets Equal® sweetener (or 1 teaspoon Equal® for Recipes, or 2 tablespoons Equal® Spoonful™)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) great northern beans, rinsed, drained
- 1 can (15 ounces) black beans, rinsed, drained
- Red and green pepper rings

Directions
Saute onions and garlic in oil until crisp-tender in medium skillet; remove from heat and cool until warm. Stir vinegar, peppers, parsley, Equal®, salt and pepper into onions. Pour onion mixture over combined beans in a bowl; mix well. Garnish with pepper rings.

Makes 8 servings.

Serving Size: 1/8 of recipe
Calories: 174 calories
Carbohydrate: 27 grams
Total Fat: 4 grams
Cholesterol: 0 mg
Sodium: 78 mg

Recipe Courtesy of Equal.com
Zucchini Bread

Looking for a healthier way to start off the New Year? Try this zucchini bread. It makes a great bread to serve with dinner or as a delicious start to a healthier morning. It’s easy to prepare so why not try something “new” this year?

**Ingredients**
- 2 3/4 cups all-purpose flour
- 1/2 cup wheat germ
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/2 teaspoon each ground nutmeg, mace and cloves
- 1/2 cup skim milk
- 1/4 cup vegetable oil
- 6 packets Sweet’N Low granulated sugar substitute
- 1/2 cup sugar
- 4 egg whites (or scant 1/2 cup liquid egg substitute)
- 3 cups shredded unpeeled zucchini

**Directions**
Preheat oven to 350°F. Spray one 9- x 5-inch loaf pan with nonstick cooking spray. In a medium bowl combine all ingredients up to the milk. In a large bowl combine milk, oil, Sweet’N Low, sugar and egg whites. Stir in dry ingredients and zucchini; blend well. Pour batter into prepared pan. Bake 1 hour 10 minutes to 1 hour 20 minutes, or until a wooden pick inserted in center comes out clean. Cool on wire rack 5 minutes. Remove from pan and cool completely on rack.

Makes one large loaf.

Serving Size: 1 slice (14 slices per loaf)
- Calories: 180
- Carbohydrate: 30 grams
- Protein: 5 grams
- Total Fat: 5 grams
- Cholesterol: 0 mg
- Sodium: 278 mg

Recipe courtesy of Cumberland Packing Corporation

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Wilted Spinach Salad

**Ingredients**
- 1/2 cup sliced mushrooms
- 2 slices bacon
- 1/4 cup finely chopped red onion
- 1/2 teaspoon cornstarch
- 1/4 cup apple juice
- 2 tablespoons cider vinegar
- 1/2 teaspoon Equal® for Recipes (or 2 packets Equal® sweetener, or 1-1/2 tablespoons Equal® Spoonful™)
- 1 to 2 hard-cooked eggs, chopped or quartered
- 3 small red potatoes, unpeeled, cooked, sliced
- 8 cups lightly packed spinach leaves, torn into bite-size pieces
- Salt and pepper, to taste

**Directions**
Combine spinach, potatoes, and mushrooms in salad bowl. In small skillet cook bacon until crisp; drain well, crumble and reserve. Discard all but 1 tablespoon bacon fat in skillet; cook onion in fat until tender, 2 to 3 minutes. Mix cornstarch, apple juice and vinegar; add to skillet and heat to boiling. Boil, stirring constantly, until slightly thickened, about 1 minute. Stir in Equal®. Pour hot dressing over spinach mixture and toss; add hard-cooked egg and reserved bacon and toss. Season to taste with salt and pepper.

Makes 4 servings.

Serving Size: ¼ or recipe
- Calories: 165
- Carbohydrate: 21 grams
- Total Fat: 7 grams
- Cholesterol: 59 mg
- Sodium: 178 mg

Recipe Courtesy of Equal.com
Sweet-and-Sour Sauce

Looking for something to perk up your chicken or vegetables? Try this versatile guilt-free sweet-and-sour sauce. It's great for brushing on chicken, pork and steamed vegetables. You can also use it as a dipping sauce for egg rolls or chicken fingers.

**Ingredients**
- 1/4 cup minced carrot
- 1/4 cup minced green bell pepper
- 1 large garlic clove, minced
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons white vinegar
- 1 teaspoon reduced-sodium soy sauce
- 1 tablespoon cornstarch dissolved in 2 tablespoons cold water
- 2 packets Sweet’N Low®, or to taste

**Directions**
Spray a small nonstick skillet with nonstick cooking spray and heat over medium-high heat. Add the carrot, green pepper and garlic; cook, stirring about 3 minutes, or until the vegetables begin to brown slightly. Stir in the broth, vinegar and soy sauce; bring to a boil. Boil 1 minute. Add the cornstarch mixture and cook, stirring constantly until sauce thickens. Stir in the Sweet’N Low®. The recipe may be doubled.

Makes 3/4 cup or 6 servings.

Serving size: 2 tbsp
Serves: 6
Calories: 15
Protein: <1 g
Carbohydrate: 3 g
Fat: <1 g
Saturated fat: <1 g
Cholesterol: 0 mg
Sodium: 40 mg

Tip: One large garlic clove yields approximately 1 teaspoon minced garlic. Minced garlic can be stored in an airtight container in the refrigerator for 1 to 2 days.

Courtesy of Cumberland Packing Corporation

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Citrus Salsa

**Ingredients**
- 4 Roma tomatoes, red, ripe
- 2 oranges, large, peeled, diced
- 1 Vidalia onion, large, chopped
- 2 jalapeno chile, large, seeded and minced
- 2 Tbl. lime juice, fresh
- 1/4 cup orange juice, fresh
- 3 SPLENDA® Packets
- 1 Tbl. cilantro, fresh, chopped
- 1 tsp. salt

**Directions**
Bring small saucepan of water to a boil. Blanch tomatoes for 30 seconds, and then rinse with cold water. Peel and chop tomatoes. Place all ingredients in a large bowl and stir until mixed thoroughly. Allow to stand at room temperature for one hour. Mix and serve. Refrigerate any unused salsa.

Makes 5 servings

Serving Size: 1/5 of recipe
Calories: 50 calories
Carbohydrates: 12 grams
Total Fat: 0 grams
Protein: 1 gram
Cholesterol: 0 grams
Sodium: 410 mg

Recipe Courtesy of Splenda.com
**Cinnamon Bread Pudding**

Looking for something to curb your sweet but won’t add any extra “curves” around the middle? Look no further. This delicious Cinnamon Bread Pudding will certainly hit the “sweet tooth” spot. And, it’s perfect for an after-dinner treat almost any night of the week.

**Ingredients**
- 2 cups skim milk
- 4 tablespoons margarine, cut into pieces
- 1 egg
- 2 egg whites
- 5 teaspoons Equal® for Recipes or 16 packets Equal® sweetener or 2/3 cup Equal® Spoonful™
- 1-1/2 teaspoons ground cinnamon
- 1/8 teaspoon ground cloves
- 3 dashes ground mace (optional)
- 1/4 teaspoon salt
- 4 cups cubed day-old French or Italian bread (3/4-inch)

**Directions**
Heat milk and margarine to simmering in medium saucepan; remove from heat and stir until margarine is melted. Mix milk mixture into egg mixture; mix in bread. Place casserole in roasting pan on oven rack; add 1 inch hot water. Bake, uncovered, in preheated 350°F oven until pudding is set and sharp knife inserted halfway between center and edge comes out clean, 40-45 minutes.

Servings: 6

Serving size: 1 cup
Calories: 202
Protein: 8 g
Carbohydrate: 21 g
Fat: 10 g
Cholesterol: 37 mg
Sodium: 422 mg

Recipe Courtesy of Equal.com

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**Chunky Peanut Butter Cookies**

Who doesn’t love cookies — especially on Valentine’s Day. At 57 calories per cookie, this is one recipe you’ll fall in love with.

**Ingredients**
- 1 cup all-purpose flour
- 1/2 tsp. baking powder
- 1/3 cup margarine, softened
- 1/3 cup crunchy peanut butter
- 1/3 cup granulated sugar
- 1-1/4 tsp. Sweet’N Low
- 1 egg
- 1/2 tsp. vanilla extract
- 2 tbsp. chopped, unsalted peanuts

**Directions**
In small bowl, mix flour and baking powder. In large bowl, with mixer at medium speed, beat margarine, peanut butter, sugar and Sweet’N Low until light and fluffy. Beat in egg and vanilla. Stir in flour mixture and peanuts. On waxed paper, shape dough into a roll about 1 x 9-1/2 inches. Dough will be slightly sticky. Wrap in waxed paper; refrigerate until firm, about 4 hours.

Preheat oven to 375°F. With sharp knife, mark dough at 1/4-inch intervals, then slice; place 1 inch apart on ungreased cookie sheet. If necessary, reshape cookies gently with fingers. Bake 6 to 8 minutes or until lightly browned on bottom. Immediately remove cookies to wire rack; cool.

Makes 3 dozen cookies.

Serving Size: 2 cookies
Calories: 114
Protein: 3 g
Carbohydrate: 11 g
Fat: 7 g
Saturated fat: 1 g
Cholesterol: 12 mg
Sodium: 72 mg

Recipe Courtesy of Cumberland Packaging Corporation
"Flourless" Chocolate Hazelnut Torte with Frangelico

This delicious torte is so decadent your tastebuds will think you’re eating the full-calorie version! However, you and your waistline will know the difference. This recipe makes a great holiday treat for family, friends and other guests.

**Ingredients**

**Cake**
- 3/4 cup Finely Chopped Hazelnuts
- 2 1/2 oz. Unsweetened Baker’s Chocolate
- 3/4 cup SPLENDA® Granular
- 1/2 cup Plain Bread Crumbs
- 2 Tbsp. Corn Starch
- 1 tsp. Baking Powder
- 1/4 cup Egg Substitute
- 3/4 cup Brewed Coffee
- 2 Tbsp. Vegetable Oil
- 2 Tbsp. Unsweetened Applesauce
- 2 Tbsp. Frangelico

**Glaze**
- 3 oz. Sugar-Free Chocolate
- 2 Tbsp. Frangelico

**Directions**


Place cake on a serving plate. Place chocolate and Frangelico in a small saucepan. Heat over low heat while stirring constantly. Pour melted chocolate glaze over torte. Refrigerate torte until ready to serve. Makes 12 tortes.

Serving size: 1 torte
Calories: 170
Calories from Fat: 110
Total Fat: 12 g
Saturated Fat: 4 g
Cholesterol: 0 mg
Sodium: 80 g
Total Carbohydrate: 15 g, Dietary Fiber: 2 g
Sugars: 4 g, Protein: 3 g

Recipe Courtesy of Splenda.com

Country Peach Tart

**Ingredients**

Pastry for single-crust 9-inch pie
- 1 tablespoon flour
- 2-1/2 teaspoons Equal® for Recipes (or 8 packets Equal® Sweetener or 1/3 cup Equal® Spoonful™)

4 cups sliced pitted, peeled fresh peaches — about 4 medium (or frozen peaches, thawed)

Ground nutmeg

**Directions**

Roll pastry on floured surface into 12-inch circle; transfer to ungreased cookie sheet. Combine flour and Equal®; sprinkle over peaches and toss. Arrange peaches on pastry, leaving 2-inch border around edge of pastry. Sprinkle peaches lightly with nutmeg. Fold edge of pastry in.

Bake tart in preheated 425°F oven until crust is browned and fruit is tender, 25 to 30 minutes.

Makes 8 servings.

Serving Size: 1/8th of tart
Calories: 124
Carbohydrate: 20 grams
Total Fat: 5 grams

Recipe Courtesy of Equal.com
Espresso Cream Roll

Want to impress your wonderful Mom this Mother’s Day? Try this Espresso Cream Roll. She’ll be impressed by your culinary skills and even more impressed that it fits into her healthy living goals. This dessert is truly guilt-free!

Ingredients
Cake
4 eggs, separated
4 tbsp. granulated sugar, divided
1 tsp. Sweet’N Low
2 tbsp. water
1 tsp. vanilla extract
1/4 cup cake flour
4 tbsp. unsweetened cocoa powder, divided
3/4 tsp. baking powder
1/8 tsp. salt
1 tsp. confectioner’s sugar

Filling
2 tsp. hot water
1 tsp. instant espresso coffee
2 cups part-skim ricotta cheese
2 tbsp. lowfat vanilla yogurt
1 tbsp. unsweetened cocoa powder
3/4 tsp. Sweet’N Low
1 tbsp. granulated sugar

Directions
Preheat oven to 325F. Spray 15-1/2 x 10-1/2-inch jelly-roll pan with nonstick cooking spray; line pan with waxed paper; spray paper with cooking spray. In small bowl with mixer at high speed, beat egg whites until soft peaks form. Gradually add 2 tablespoons sugar, continuing to beat until stiff but not dry. In large bowl, beat egg yolks, 1 teaspoon Sweet’N Low and remaining 2 tablespoons sugar until thick and lemon colored. Beat in water and vanilla.

In small bowl, stir together cake flour, 3 tablespoons cocoa, baking powder and salt; beat into egg-yolk mixture. Gently fold egg whites into egg-yolk mixture. Spread batter in pan. Bake 12 to 15 minutes or until cake springs back when touched in center. Immediately invert cake onto paper towel sprinkled with 1 tablespoon cocoa. Peel waxed paper from cake. Starting at narrow end, roll cake with towel, jelly-roll fashion. Place cake, seam-side down, on wire rack to cool completely.

Meanwhile, prepare filling: In cup, mix hot water with instant espresso coffee until completely dissolved. In large bowl with mixer at medium speed, beat ricotta cheese, yogurt, 1 tablespoon cocoa, 3/4 teaspoon Sweet’N Low, granulated sugar and coffee mixture until smooth. Cover and refrigerate until ready to use.


Makes 12 servings.

Serving size: 1-inch slice
Calories: 121
Protein: 7 grams
Carbohydrate: 11 grams
Fat: 5 grams
Saturated Fat: 3 grams
Cholesterol: 84 mg
Sodium: 103 mg

Recipe Courtesy of Sweetnlow.com
Pumpkin Pie

Ingredients
1 16-ounce can pumpkin
1 1/4 cups evaporated skimmed milk
2 eggs, slightly beaten
1/3 cup sugar
3 packets Sweet 'N Low®
1 1/4 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon ground allspice
1/8 teaspoon salt
1 9-inch Cracker Crumb Crust

Directions
Preheat oven to 450°F. In large bowl combine pumpkin, evaporated skimmed milk, eggs, sugar, Sweet 'N Low, cinnamon, ginger, cloves, allspice, and salt until well blended. Pour into pie crust. Bake 10 minutes. Reduce oven temperature to 325°F and continue to bake pie 45 to 55 minutes or until knife inserted 1” from edge of pie comes out clean. Cool on wire rack. Chill.

Serves: 12
Serving size: 1/12
Calories 97
Cholesterol 37 mg
Fat 1 gram
Protein 4 grams
Carbohydrate 18 grams
Sodium 119 mg

Courtesy of Cumberland Packing Corp.

Fresh Frozen Strawberries

Looking for a frozen treat that will keep you cool, but won’t blow your budget (calorie budget that is)? These frozen strawberries are easy to make and are the perfect summertime snack. Delicious, refreshing and low in calories – what more could you ask for?

(Makes 4 pints)

Ingredients
2 quarts (4 pints) ripe strawberries, rinsed and hulled
2 1/2 teaspoons Sweet 'N Low
1/8 teaspoon granulated ascorbic acid
2/3 cup cold water

Directions
Slice each strawberry into thirds. In a medium-sized bowl, dissolve Sweet ‘N Low and ascorbic acid in cold water. Add strawberries and toss gently to coat. Fill 4 pint-sized jars or plastic containers evenly with strawberries, allowing ½-inch head space. Seal tightly and freeze.

Serving Size: 1 cup
Calories: 65

Recipe Courtesy of Cumberland Packing Corporation
Quick Cobbler

For a quick and easy dessert on those hot summer days, try this Quick Cobbler. It's great for backyard barbeques or picnics. Paired with non-fat frozen yogurt or sugar-free ice cream and you have a sweet treat without any guilt.

Ingredients
- 1 cup flour
- 1/2 cup sugar plus 6 packets Sweet 'N Low®
- 1 teaspoon baking powder
- 3/4 cup canned skimmed evaporated milk
- 1/4 teaspoon salt (optional)
- 1 package dry Butter Buds® Mix
- 1 (21 ounce) can of your choice fruit pie filling (Regular or “lite”: if using lite add 1 packet Sweet ‘N Low® plus 1 teaspoon almond extract)
- 1 packet Sweet ‘N Low® mixed with 1 teaspoon ground cinnamon

Directions
Pour pie filling into a square casserole dish that has been sprayed with a non-fat cooking spray. Mix together flour, sugar, baking powder, salt, and skim milk. Sprinkle Butter Buds on top of fruit. Pour batter mix on top of the fruit. Sprinkle cinnamon-Sweet ‘N Low® mixture on top of the batter. Bake at 350°F for 35-40 minutes or until golden brown. Serve warm with non-fat frozen yogurt or lite whipped topping.

Makes 9 servings

Serving size: 1/9 of cobbler
Calories: 138
Carbohydrate: 30 g
Fiber: 0.5 g
Protein: 3 g
Fat: <1 g
Cholesterol: 0 mg
Sodium: 164 mg

Courtesy of Cumberland Packing Corporation

Rich Chocolate Cheesecake

Who doesn't love cheesecake? But most people think they can't have this treat when trying to lose weight. Well, it's time to think again. At less than 200 calories per serving this cheesecake can be incorporated into almost any healthy diet.

Ingredients
- 1-1/4 cups graham cracker crumbs
- 4 tablespoons margarine, melted
- 3 packets Equal® sweetener
- 2 packages (8 ounces each) reduced-fat cream cheese, softened
- 1 package (8 ounces) fat-free cream cheese, softened
- 5-1/2 teaspoons Equal® for Recipes (or 18 packets Equal® sweetener, or 3/4 cup Equal® Spoonful™)
- 2 eggs
- 2 egg whites
- 2 tablespoons cornstarch
- 1 cup reduced-fat sour cream
- 1/3 cup Dutch or European processed cocoa
- 1 teaspoon vanilla
- Mint sprigs

Directions
Mix graham cracker crumbs, margarine, and 1 teaspoon Equal® for Recipes or 3 packets Equal® or 2 tablespoons Equal® SpoonfulTM in bottom of 9-inch springform pan. Pat mixture evenly on bottom and 1/2-inch up side of pan. Beat cream cheese and 5-1/2 teaspoons Equal® for Recipes or 18 packets Equal® sweetener, or 3/4 cups Equal® Spoonful™) until fluffy in large bowl; beat in eggs, egg whites, and cornstarch. Mix in sour cream, cocoa, and vanilla until well blended. Pour mixture into crust in pan. Place cheesecake in roasting pan on oven rack; add 1-inch hot water. Bake cheesecake in preheated 300oF oven just until set in the center, 45 to 50 minutes. Remove cheesecake from roasting pan; return cheesecake to oven. Turn oven to off and let cheesecake cool in oven with door ajar for 3 hours. Refrigerate 8 hours or overnight. Remove side of pan; place cheesecake on serving plate. Garnish with mint sprigs.

Makes 16 servings

Serving Size: 1 slice (1/16 of cake)
Calories: 189
Carbohydrates: 14 grams
Total Fat: 11 grams
Cholesterol: 51 mg  Sodium: 280
39% calorie reduction from traditional recipe

Recipe Courtesy of Equal.com
Raspberry-Almond Bar Cookies

Tis the season for holiday parties. If you are looking for something light to add to the holiday table, try this recipe. It’s festive and guilt-free and your guests don’t even have to know.

**Ingredients**

2 cups all-purpose flour  
1/2 cup Equal® Spoonful*  
1/8 teaspoon salt  
8 tablespoons cold unsalted stick butter or margarine, cut into pieces  
1 egg  
1 tablespoon water  
1 teaspoon grated lemon peel  
1 jar (10 ounces) seedless raspberry spreadable fruit  
1/4 cup sliced toasted almonds  
* May substitute 12 packets Equal® sweetener

**Directions**

Combine flour, Equal® and salt in medium bowl. Cut in butter with pastry blender until mixture resembles coarse crumbs. Mix in egg, water and lemon peel. Mixture will be crumbly. Press mixture evenly onto bottom of well-sprayed 11 x 7-inch baking pan. Bake in preheated 375°F oven 12 to 15 minutes or until edges of crust are lightly browned. Remove pan from oven and spread raspberry fruit over top. Sprinkle with almonds. Return to oven, and bake an additional 12 to 15 minutes or until raspberry fruit is bubbly. Cool completely on wire rack. Cut into bars.

Serving size: 1 bar  
Serves: 24

Calories: 116  
Protein: 2 g  
Carbohydrate: 15 g  
Fat: 6 g  
Cholesterol: 9 mg  
Sodium: 59 mg

Recipe Courtesy of Equal.com

Raspberry Cheese Tarts

**Ingredients**

Crust  
1 1/4 cup graham cracker crumbs  
1/4 cup SLENDRA® Granular  
5 tbsp. light margarine (50% less fat & calories)

Filling  
4 oz. reduced fat cream cheese  
1/2 cup plain non-fat yogurt  
1 cup SLENDRA® Granular  
1/2 cup egg substitute  
1 cup frozen raspberries

**Directions**

Crust:  
Preheat oven to 350° F. In small bowl, mix together graham cracker crumbs, SLENDRA® Granular and margarine. Press about 1 tablespoon of the crust mixture into 10 muffin pan cups lined with paper liners. Set aside.

Filling:  
In a small bowl, beat cream cheese until soft with an electric mixer on low speed, approximately 30 seconds. Add yogurt and beat on low speed until smooth, approximately 1 minute. Stir in SLENDRA® Granular and egg substitute until well blended. Place 1 1/2 tablespoons of raspberries (4 to 5 berries) into each cup prior to adding filling. Divide filling evenly among muffin cups. Bake at 350° F for 20 minutes or until firm. Chill in refrigerator for 2 hours before serving. Serves 10

Serving Size: 2.6 oz (82 g) one  
Calories: 160  
Carbohydrates: 20 g  
Protein: 4 g  
Dietary Fiber: 2 g  
Total Fat: 7 g  
Saturated Fat: 3 mg  
Cholesterol: 5 mg  
Sodium: 230 mg

Courtesy of Splenda.com
Rum Coconut Pound Cake

If you've got a holiday party on the schedule, this cake makes a great addition to the dessert table (and it's guilt-free). It also makes a great treat after all the holiday hustle and bustle.

**Ingredients**
- 1/2 cup margarine
- 1/2 cup granulated sugar, divided
- 2 teaspoons Sweet 'N Low®
- 1 large egg
- 1 teaspoon coconut-flavored extract
- 1 teaspoon rum-flavored extract
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup reduced-fat frozen whipped topping, thawed

**Directions**
Preheat oven to 325°F. Spray small bundt pan (or 8 1/2 x 4 1/2 x 2 ¾ inch loaf pan) with nonstick cooking spray; set aside. In large bowl with electric mixer at high speed, cream margarine, ¼ cup plus 2 tablespoons sugar and Sweet 'N Low®. Beat in egg, coconut extract and rum extract. In small bowl, combine flour, baking powder and salt. Add to creamed mixture alternately with milk, beating well after each addition. In large metal bowl with electric mixer at high speed, beat egg whites until soft peaks form. Gradually add remaining 2 tablespoons sugar, continuing to beat until stiff; fold into batter. Spoon into prepared pan. Bake 40 to 45 minutes or until wooden toothpick inserted in center comes out clean. Cool on wire rack 10 minutes. Remove from pan and cool completely on rack.

Servings: 12

Serving size: 1/12 of cake
Calories: 175 calories

Courtesy of Cumberland Packing Corp.

Strawberry Shortcake

Looking for a tasty and tantalizing dessert that's guilt-free? This Strawberry Shortcake recipe is the perfect ending to any meal. Enjoy this treat on your porch as you also enjoy the Summer weather.

**Ingredients**
- Berries
  - 1 quart fresh strawberries, sliced (about 4 cups)
  - 2 tablespoons sugar
  - 2 packets Sweet 'N Low®
- Shortcakes
  - 2 cups all-purpose flour
  - 2 tablespoons sugar
  - 2 packets Sweet 'N Low®
  - 1 tablespoon baking powder
  - 1/8 teaspoon salt
  - 6 tablespoons reduced-calorie stick margarine
  - 1/3 cup 1% fat milk
  - 1/3 cup reduced-fat sour cream
  - 3/4 cup reduced-fat frozen whipped topping, thawed

**Directions**
Preheat oven to 450°F. In a large bowl, toss the strawberries, sugar, and Sweet 'N Low®. Cover. Refrigerate until ready to serve.

Preheat oven to 450°F. In large bowl, combine the first 5 ingredients. With a pastry blender or 2 knives used in scissor fashion, cut in the margarine until the mixture resembles coarse crumbs. Stir in the milk and sour cream to make a soft dough. On a lightly floured surface, knead the dough 2 minutes. Press to a 3/4-inch thickness. With a 2-1/2-inch round cookie cutter, cut into 12 biscuits. Spray a cookie sheet with nonstick cooking spray. Place the biscuits on the cookie sheet 1 inch apart. Bake 10 to 12 minutes, or until the tops are golden brown. Cool on a wire rack.

To serve: Split the shortcakes in half. Spoon 1 tablespoon whipped topping onto the bottom half of each shortcake. Top with approximately 2 tablespoons sliced berries. Replace the tops. Arrange the remaining berries on top of each shortcake.

Servings: 12

Serving size: 1 shortcake with berries and whipped topping
Calories: 150
Protein: 3 g
Carbohydrate: 26 g
Fat: 4 g  saturated fat: 1 g  cholesterol: 1 mg
Sodium: 65 mg

Recipe Courtesy of Cumberland Packing Corporation
Tapioca Pudding

This Tapioca Pudding recipe is sure to fit the bill if you’re looking for a delectable treat. And, the best part is 1/2 cup contains just 80 calories. Enjoy this delicious dessert after a lovely dinner or nice lunch.

Ingredients
2 3/4 cups low-fat milk
3 tbsp. quick-cooking tapioca
1/4 cup egg substitute
1/2 cup SPLENDA® Granular
1/8 tsp. salt
1 1/2 tsp. vanilla extract

Directions
In a large saucepan, combine milk, tapioca, egg substitute, SPLENDA® Granular and salt. Stir until blended, approximately 30 seconds. Let stand for 5 minutes. Heat the pudding over medium heat while stirring until pudding comes to a full boil. Remove pudding from heat and add vanilla extract. Let cool at room temperature for 20 minutes. Stir once and serve.

Serves: 6
Serving size: ½ cup
Calories: 80 calories
Carbohydrates: 13 grams
Protein: 6 grams
Dietary Fiber: 0 grams
Total Fat: 1 gram
Cholesterol: 2 mg
Sodium: 130 mg

Recipe Courtesy of Splenda.com

Warm Spiced Fruit

Here’s a recipe that’s sure to warm your soul during the winter months. And, it’s a delicious way to add a fruit-serving to your day. Warm Spiced Fruit makes a delicious snack, dessert or side dish. Enjoy!

Ingredients
1/4 cup SPLENDA® Granular
1/2 tsp. molasses
2 tbsp. honey
1/4 tsp. ginger, ground
1/2 tsp. cinnamon, ground
1/4 tsp. nutmeg, ground
1 tbsp. margarine, lite
1/8 cup apple juice, unsweetened
1 1/2 cup Anjou pears, small chop
1 1/2 cup apple, small chop, Cortland or McIntosh
1/8 cup raisins, seedless

Directions
Small chop the pears and apples. In medium non-stick skillet add all ingredients. Stir to mix. Cook over medium heat, stirring occasionally until mixture comes to a simmer. Adjust heat to low and cook for 10 to 15 minutes, until sauce slightly thickens. Serve warm.

Serves: 6
Serving Size: 3.25 g
Calories: 100
Carbohydrates: 24 grams
Protein: 0 grams
Fiber: 2 grams
Total Fat: 1 gram
Saturated Fat: 0 grams
Cholesterol: 0 grams
Sodium: 15 mg

Recipe Courtesy of Splenda.com
Whole Wheat Doughnuts

These Whole Wheat Doughnuts make the perfect “ghoul-lish” delight. And, you can let your children decorate them for added Halloween fun. At less than 200 calories per doughnut, you won’t be “scared away” from this indulgent treat.

Ingredients

- ¼ cup margarine
- ¼ cup of sugar
- 2 large eggs
- 1 ½ cups whole-wheat flour
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 ½ teaspoons Sweet 'N Low brown sugar substitute
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- ¾ cup buttermilk
- 4 cups of vegetable oil

Directions

In large bowl with mixer at medium speed, beat together margarine, sugar and eggs. In another large bowl, stir together dry ingredients and beat into margarine mixture alternately with buttermilk. Dough will be soft and sticky. Refrigerate 1 hour for easy handling. On lightly floured surface with floured rolling pin, roll dough to ½-inch thickness. Cut out doughnuts with 2 ½-inch doughnut cutter (or use 2 ½ inch round cookie cutter and small round cutter for center).

In large pot or dutch oven, heat 4 cups oil to 350° F. Add doughnuts 3 or 4 at a time. Cooke 2 to 3 minutes, turning once, or until golden. Drain on paper towels. (Doughnut holes may be cooked also.) Makes 16 doughnuts.

Calories: 180 calories per doughnut

To make this a “ghoulish delight,” top the doughnuts with light orange icing, or allow kids to decorate with sugar-free Halloween candy. Serve with sugar-free or light “bug juice.”

Courtesy of Cumberland Packing Corp.

Watermelon Raspberry Ice Pops

Celebrate the end of summer with this refreshing treat. It makes a great dessert for a backyard cookout or an after school snack.

Ingredients

- 2 cups Watermelon, seeded and diced
- 1 cup Fresh Raspberries
- 1/3 cup SPLENDA® Granular
- 1 Tbsp. Fresh Lemon Juice
- 1 Tbsp. Light Corn Syrup

Directions

Place all ingredients in blender or food processor. Blend until smooth. Pour ingredients out of blender. Strain through a sieve into a small bowl, pressing firmly to extract as much of the liquid as possible. Discard pulp.

Pour extracted juice into ice pop molds and freeze at least 6 hours or overnight.

Serves: 8

Serving Size: 1 ice pop
Total Calories: 30
Calories from Fat: 0
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0mg
Sodium: 0 mg
Total Carbohydrate: 8 g
Dietary Fiber: 1 g
Sugars: 5 g
Protein: 0 g

Courtesy of Splenda.com
Irish Cream Iced Cappuccino

As things start to heat up during the summer, this delicious treat will be sure to help you cool down. At just 123 calories per serving, this “light” and cool cappuccino is the perfect ending to any great meal.

Ingredients
½ cup unsweetened cocoa powder
½ cup instant coffee granules
1 cup water
½ cup Equal® Spoonful*
6 cups fat-free milk
½ cup liquid Irish cream coffee creamer or flavor of choice

*May substitute 12 packets Equal® sweetener

Directions
Whisk together first 3 ingredients in a large saucepan until smooth. Bring to a boil over medium heat, whisking constantly; boil whisking constantly, 2 minutes. Remove mixture from heat; add Equal®. Cool slightly. Whisk in milk and creamer. Cover and chill at least 4 hours or up to 2 days. Serve over ice.

Makes 8 servings.

Serving size: 1/8 of recipe
Calories: 123 calories
Protein: 9 grams
Carbohydrate: 18 grams
Fat: 2 grams
Cholesterol: 4 mg
Sodium: 102 mg

Recipe Courtesy of Equal.com

“Lite” Lemonade with Ginger

Ingredients
4 1/2 cups water, divided
1/4 cup sugar
4 thin slices fresh ginger
1/4 cup plus 2 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
2 teaspoons Sweet ‘N Low® liquid sugar substitute
Lime slices for garnish

Directions
In medium-size saucepan over medium-high heat, bring 3 1/2 cups water, sugar and ginger to a boil. Remove from heat and cool 10 minutes. Stir in juices, Sweet ‘N Low and enough of remaining water to equal 4 cups. Refrigerate until well chilled. Remove ginger and serve over ice, garnished with lime slices.

Serves: 4

Serving Size: 1 cup
Calories: 60 calories
Carbohydrate: 16 grams
Total Fat: 0 grams
Protein: 0 grams
Cholesterol: 0 mg
Sodium: 1 mg

Recipe courtesy of Cumberland Packing Corporation
### Mulled Cider

This Mulled Cider will take the edge off of any chill. Come in from the cold and enjoy this tasty beverage while you relax. And, at just 105 calories you don't have to worry about this great recipe having a "chilling effect" on your weight loss/weight maintenance goals.

**Ingredients**
- 1 quart apple cider or apple juice
- 1/2 cup water
- 5 whole cloves
- 5 cinnamon sticks
- 3 packets or 1 teaspoon Sweet ‘N Low®
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg

**Directions**

In a large saucepan over medium heat, bring all the ingredients to a boil. Reduce the heat and simmer 20 minutes. Strain the mixture, reserving the cinnamon sticks. Place 1 cinnamon stick in each of 5 mugs and pour 3/4 cup hot cider into each mug.

**Servings:** 5

**Serving size:** ¾ cup
- Calories: 105
- Protein: <1 gram
- Carbohydrate: 28 grams
- Fat: < 1 gram
- Cholesterol: 0 mg
- Sodium: 10 mg

Recipe Courtesy of Cumberland Packing Corporation

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### Mango Madness Beverage

You’ll go absolutely “mad” for this refreshing drink. This beverage can be served for breakfast, as a snack or a tasty dessert. And, at just 120 calories per 8 oz. serving, it can easily fit into anyone’s healthy diet. If you’re looking for a taste of the islands this summer, try a Mango Madness Beverage today. Paradise is just a “sip” away!

**Ingredients**
- 2 cup fresh mango, ripe with yellow skin and red mottling (about 2 large mangoes)
- 1/3 cup Mango juice drink
- 2/3 cup skim milk
- 2/3 cup SPLENDA® Granular
- 1 tsp. Vanilla extract, pure
- 1 cup ice

**Directions**

Peel mangoes. Carefully slice away from the flat seed with a sharp knife, cut into cubes. Freeze mangoes for 20 minutes or until frozen. Add all ingredients to blender. Blender will be full. Mix on low speed for 1-15 seconds. Remove lid, stir with wooden spoon. Mix on medium speed for 15-20 seconds, remove lid and stir again. Mix on high speed for 20-25 seconds, or until smooth. Pour into glasses. Serve immediately.

**Serves:** 4

**Serving Size:** 8 oz.
- Calories: 120
- Carbohydrates: 27 g
- Protein: 2 g
- Dietary Fiber: 0 g
- Total Fat: 0 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 30 mg

Recipe courtesy of Splenda.com
Strawberry Orange Smash

Looking for a cool and refreshing treat that’s also low in calories? This “Strawberry Orange Smash” smoothie is sure to fit the bill. It makes a great ending to a lovely meal, or a nutritious breakfast to start the day. And, if you want to increase your fruit consumption, here’s a tasty way to do it.

Ingredients
- 3 cups frozen strawberries, unsweetened
- 1 1/4 cups orange juice, calcium fortified
- 1 cup yogurt, plain, non fat
- 1/2 tsp. Vanilla extract, pure
- 1/4 cup ice cubes

Directions
Add all ingredients to blender. Blender will be full. Mix on low speed for 10 seconds. Remove lid, stir with wooden spoon. Mix on medium speed for 15-20 seconds, remove lid and stir again. Mix on high speed for 15 to 20 seconds, or until smooth. Pour into glasses. Serve immediately.

Note:
Mixing times will vary depending on frozen state of fruit. Servings can slightly vary depending on size of fruit.

Serving Size: 8 oz.
- Calories: 100
- Carbohydrates: 23 grams
- Protein: 3 grams
- Dietary Fiber: 0 grams
- Total Fat: 0 grams
- Cholesterol: 0 mg
- Sodium: 35 mg

Recipe Courtesy of Splenda.com