



Truvia Holiday Recipes

Reduced-Sugar Shortbread Cookies

1 cup unsalted butter, room temperature

12 packets Truvia

1/4 cup sugar

1 large egg

1 tsp vanilla extract

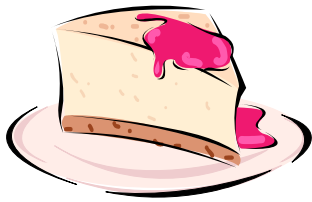
1 1/2 cups all purpose flour

2 Tbsp cornstarch

1/4 tsp salt

- 1) Assemble all ingredients; preheat oven to 350 degrees F.
- 2) Place butter, Truvia, sugar, egg and vanilla extract in large mixing bowl with paddle attachment; cream together ingredients for 1 1/2 minutes; set aside.
- 3) Blend flour, cornstarch and salt together in a medium bowl; fold dry ingredient mixture into the creamed mixture.
- 4) Roll tablespoons of dough into 1" balls and place on cookie sheet approximately 2" apart.
- 5) Flatten cookies gently with the bottom of a glass dipped into cornstarch; bake in oven for 16-18 minutes or until edges of cookies are light golden brown.
- 6) Place cookie sheet on cooling rack for 20-30 minutes before removing cookies. Makes 36 cookies (2 cookies per serving)

Shortbread Cookies: Per 2 cookies 160 calories, 10 gm fat, 6 gm saturated fat, 40 mg cholesterol, 20 mg sodium, 16 gm carbohydrate, 0 gm dietary fiber, 2 gm protein



Classic Cheesecake

Crust:

- 1 1/2 cups graham cracker crumbs
- 1/4 cup butter or margarine, melted
- 1/2 tsp vanilla extract
- 5 packets Truvia

Filling:

- 1 lb (2 cups) cream cheese
- 8 oz (1 cup) 1/3 less fat cream cheese
- 4 whole eggs (or 1 cup egg substitute)
- 1 Tbsp fresh lemon zest
- 4 Tbsp fresh lemon juice
- 1/8 tsp salt
- 20 packets Truvia

- 1) Place graham cracker crumbs and Truvia into mixing bowl; mix well. Pour melted butter and vanilla over crumb mixture; blend until mixture is moist.
- 2) Press crumb mixture into 10" ungreased spring form pan, covering bottom and sides; refrigerate for 10 minutes.
- 3) Place cream cheeses and salt into mixing bowl; blend at low speed for 1 minute. Scrape sides of bowl and mixing paddle.
- 4) Mixing at low speed, add one egg at a time over 5 minutes; scrape sides of bowl and paddle. Mix at medium speed for 2 minutes while adding lemon zest and juice; scrape bowl and mixing paddle.
- 5) Pour batter into graham cracker crust; bake at 325 degrees in oven for 55-60 minutes. Remove from oven; cool on wire rack for 1 hour.
- 6) Refrigerate; cut into 12 slices using a serrated knife dipped into water, and serve. (Each slice contains 270 calories and 4 grams sugar)

Cheesecake: Per serving 1/12th of cheesecake 270 calories, 22 gm fat, 14 gm saturated fat, 65 mg cholesterol, 200 mg sodium, 20 gm carbohydrate, 1 gm fiber, 6 gm protein



Reduced Sugar Chocolate Chip Cookies

1 cup unsalted butter, room temperature

16 packets Truvia

1/3 cup brown sugar, packed

2 large eggs

1 tsp vanilla extract

2 Tbsp skim milk

2/3 cup rolled oats

2 1/4 cups all purpose flour

1 tsp baking soda

1 tsp salt

2 cups mini semi-sweet chocolate chips

- 1) Preheat oven to 375 degrees F.
- 2) Place butter, Truvia, and brown sugar in a mixing bowl; cream together ingredients for 1 1/2 minutes, then add eggs, vanilla and milk. Mix for 1 minute.
- 3) Blend rolled oats, flour, baking soda and salt together in a medium bowl. Mix dry ingredients into egg mixture until well combined.
- 4) Stir in chocolate chips until evenly distributed. Roll tablespoons of dough into 1" balls and place on nonstick cookie sheet approximately 2" apart.
- 5) Flatten cookies gently with the bottom of a glass dipped into cornstarch or flour. Bake in oven for 10-12 minutes to a light brown color.
- 6) Place cookie sheet on cooling rack for 20-30 minutes before removing cookies. Makes 48 cookies (2 cookies per serving)

Calories 160; Total Fat, 6g; Saturated Fat, 2.5g; Trans Fat, 0g; Cholesterol, 20mg; Sodium, 100mg; Total Carbohydrate, 16g; Dietary Fiber, 1g, protein, 2 gm.



Fudgy Brownies

3 oz unsweetened baking chocolate
1/4 cup unsalted butter
1/4 cup canola oil
2 eggs, large
12 packets Truvia
1/4 cup granulated sugar
1/2 tsp salt
1 tsp vanilla extract
2 Tbsp skim milk
3/4 cup all purpose flour
1/2 tsp baking powder

- 1) Preheat oven to 325 degrees.
- 2) Place baking chocolate, butter and canola oil in large microwaveable bowl; heat for 30 seconds; stir. Repeat and stir to melt the chocolate.
- 3) Whisk together the eggs, Truvia, sugar, salt, vanilla and milk in a separate small bowl; add egg mixture to the chocolate mixture and stir until well combined.
- 4) Sift together flour and baking powder; fold flour mixture into the chocolate mixture using a rubber scraper, until just combined. Do not over-mix.
- 5) Pour batter into an 8"x8" baking pan; bake for 22-25 minutes. Do not over-bake. Remove from oven and place on a cooling rack for at least 20 minutes. Cut into 16 squares. (Each brownie contains 130 calories and 3 grams of sugar)

Fudgy Brownies: Per 2"x2" square 130 calories, 9 gm fat, 4 gm saturated fat, 45 mg cholesterol, 85 mg sodium, 13 gm carbohydrate, 1 gm dietary fiber, 2 gm protein



Cranberry Sauce

2 cups fresh or frozen cranberries, rinsed

1/2 tsp ground cinnamon

3/4 cup water

12 packets Truvia

- 1) Place cranberries in a medium pan; add Truvia, cinnamon, water and salt. Cook over medium heat for 25 minutes, stirring occasionally.
- 2) Remove from heat; allow to cool for 25 minutes.
- 3) Transfer into bowl; cover and refrigerate or serve warm. Makes 16 servings. (Each serving contains 10 calories, 5 grams carbohydrate)

Per 3 Tbsp serving 10 calories, 0 fat, 0 cholesterol, 0 sodium, 5 gm carbohydrate, 1 gm dietary fiber, 0 protein

Pecan Pie

1 unbaked 9" pie shell

1/2 cup dark corn syrup

16 packets Truvia

1/2 cup quick oats

1/4 cup unsalted butter, melted

1/4 tsp salt

2 large eggs, beaten

3/4 cu pecans

1/2 tsp vanilla extract

2 Tbsp water

1 tsp molasses

- 1) Preheat oven to 350 degrees.
- 2) In medium mixing bowl, combine corn syrup, Truvia, oats, melted butter, salt, beaten eggs, pecans, vanilla, water and molasses; pour into prepared unbaked pie shell.
- 3) Bake at 350 degrees for 45-50 minutes until set in the middle. (For a crisper bottom crust, preheat a cookie sheet in the oven before placing unbaked pie on sheet to bake.). Allow pie to rest on cooling rack for an hour before slicing. Makes 8 servings.

Per serving: 340 calories, 21 gm fat, 7 gm saturated fat, 115 mg cholesterol, 280 mg sodium, 42 gm carbohydrate, 2 gm dietary fiber, 5 gm protein

No Sugar Added Grape Spread

2 cups water

½ cup unsweetened grape juice concentrate (frozen, thawed)

¼ cup pectin (Sure-Jell Pectin—the pink box)

10 packets Truvia

1) Pour water and grape juice into a 2 qt saucepan.

2) Stir pectin, salt and Truvia together; add to grape juice, whisking well.

3) Over high heat, bring the mixture to a boil; boil for 1 minute, stirring occasionally. The mixture will foam.

4) Reduce heat to medium-low; cook for 20 minutes, stirring once in a while.

5) Either follow the directions on the Sure-Jell package for preserving, or pour into a bowl, allow to cool, then refrigerate if not consuming right away.

Per 1 Tbsp serving: 15 calories, 0 gm fat, 0 gm cholesterol, 0 mg sodium, 5 gm carbohydrate

Easy Chocolate Pudding

3 Tbsp cornstarch

¼ tsp salt

8 packets Truvia

2 ½ cups skim milk

2 oz unsweetened baker's chocolate, cut into smaller pieces

1) In a large microwavable bowl, place corn starch, salt and Truvia; whisk to combine thoroughly. While whisking, add milk to dry ingredients and mix until no lumps or dry spots appear.

2) Add chocolate pieces to milk mixture; place in microwave and heat for 1 minute; stir well. Repeat heating for 1 minute; stir well.

3) Heat mixture in microwave for 2 minutes, stir well, and heat again for 2 more minutes until thickened. Add vanilla and stir.

4) Allow pudding to cool to room temperature for 5 minutes. Portion into individual serving dishes, and cover with plastic (place directly onto pudding surface to prevent skin from forming).

5) Chill in refrigerator and serve. Makes 4 servings

Per serving: 160 calories, 8 gm fat, 4.5 gm saturated fat, 5 mg cholesterol, 280 mg sodium, 26 gm carbohydrate, 2 gm dietary fiber, 7 gm protein

Hot Cocoa Mix

1/3 cup nonfat dry milk
3 Tbsp non-dairy creamer, dry
3 Tbsp cocoa powder
1/8 tsp salt
13 packets Truvia

- 1) Combine all ingredients in a small bowl.
- 2) To serve, combine 3 Tbsp of the mix with 6 oz hot water; stir.

Makes 6 servings

Per serving: 35 calories, 1.5 gm fat, 0 saturated fat, 0 cholesterol, 45 mg sodium, 11 gm carbohydrate, 1 gm dietary fiber

Sweet Potato Pie

Pastry for 9" single crust pie

3 medium sweet potatoes
1/4 cup unsalted butter
16 packets Truvia
3/4 cup skim milk
3 large eggs
2 tsp vanilla extract
1/4 tsp salt
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/8 tsp ground allspice

Light whipped topping, optional

- 1) Preheat oven to 400 degrees F.
- 2) Wash exterior of each potato; prick several times with a fork and bake until tender for 60-75 minutes. Cool potatoes to room temperature.
- 3) Scoop interior flesh of baked potatoes into a medium bowl; mash until smooth.
- 4) Melt butter and add to sweet potatoes.
- 5) In a separate small bowl, whisk together Truvia, eggs, vanilla, salt and spices; add spice-egg mixture to potatoes; mix until well combined and smooth.
- 6) Fill pie shell with potato mixture and carefully transfer pie to oven. Bake on bottom rack until filling is just set (approximately 35-45 minutes); transfer to a wire rack to cool. Makes 8 servings

Per serving: 260 calories, 15 gm fat, 7 gm saturated fat, 135 mg cholesterol, 300 mg sodium, 32 gm carbohydrate, 2 gm dietary fiber, 5 gm protein (220% RDA for Vit A)

All recipes from <http://truvia.com/recipes>

