

Nature's Calorie-Free Sweetener  
**truvia**

## Truvia™ Natural Sweetener Recipes

DEMONSTRATED AT THE 2010  
ADA FOOD & NUTRITION  
CONFERENCE & EXPO

November 6-9, 2010  
Boston, MA



## What is Truvia™ natural sweetener?

Truvia™ natural sweetener is calorie-free sweetness. It is made with rebiana, the best-tasting part of the stevia leaf. Your whole family will enjoy the clean sweet taste of Truvia™ natural sweetener. Add it to your favorite coffee and tea. Sprinkle it on fruit and cereal or for healthy dessert ideas try it on one of the following recipes. Discover more at [www.truvia.com](http://www.truvia.com).



TRUVÍA™ RECIPES BROUGHT TO YOU BY  
**Chef Marisa Churchill**

Marisa's love of cooking began early in life. As a young girl she cooked in the kitchen with her Greek grandmother. By her grandmother's side Marisa learned how to cure her own olives, make homemade breads and pastas, and how to make a wide variety of authentic Greek dishes.

In 1999 Marisa decided to turn her life-long passion for cooking into a career. She graduated from the California Culinary Academy, and later continued her culinary education in savory cooking and advanced pastry skills at the Culinary Institute of America at Greystone. Marisa has worked at such notable restaurants as Tra Vigne, Rubicon, The Slanted Door, LuLu, Ame, and Yoshi's. She's currently the head of recipe development for the Mezzetta product line, and is the consulting pastry chef for several Bay Area restaurants.

Marisa's work and particularly her low-fat desserts have been featured in the San Francisco Chronicle, Food and Wine, and Bon Appetit. In 2007 she was chosen as one of the top 40 pastry chefs in the country by Food Arts magazine. Marisa has appeared on Bravo's Top Chef, NBC, Comcast, Tokyo TV, Plum TV, and The Food Network!

Marisa will be launching a dessert cookbook titled "Sweet & Skinny" in the fall of 2010.

In addition to her culinary accomplishments, Marisa is also an accomplished athlete. She's received numerous swimming awards. With her athletic physique, good looks, and warm personality Marisa has become a popular spokesperson in the areas of health, food and fitness. Her laidback and tom-boyish personality makes her a hit with the guys, and her healthy approach to food and fitness makes her an excellent role model for young women.

When she isn't cooking or playing sports Marisa spends time giving back to the community. As a volunteer she created a cooking program for the children's wing of the Cal Pacific Hospital, and she's also an active member of CHEFS (Conquering Homelessness through Employment in Food Service) in San Francisco.



# Elderflower Spritzer with Truvia™ natural sweetener

Makes 10 servings

## INGREDIENTS

1 bottle (approx. 3 cups)	White wine, preferably Sauvignon Blanc
⅔ cup	Elderflower liqueur (available at most local wine stores)
2 cups	Sparkling water
1 Tbsp + 2 ¼ tsp	Truvia™ natural sweetener spoonable (or 6 packets of Truvia™ natural sweetener)
½	Large lemon, sliced into ¼" circles
1	Small orange, sliced into ¼" circles
⅔ cup	Red flame or green grapes, sliced in half

## PREPARATION

1. In a drinks pitcher, stir together the white wine, elderflower liqueur, and Truvia™ natural sweetener.
2. Add in the fruit.
3. Refrigerate for 1 hour, or up to overnight so the fruit absorbs some of the flavors.
4. Right before serving, stir the drink and add in the sparkling water.

## NUTRITION FACTS (Per Serving)

Calories 120; Total Fat 0g;  
Saturated Fat 0g; Trans Fat 0g;  
Cholesterol 0mg; Sodium 0mg; Total  
Carbohydrate 13g; Dietary Fiber 1g;  
Sugars 9g; Erythritol 2g; Protein 0g

This beverage has 120 calories and 9 grams of sugar per serving as compared to the sugar sweetened version that has 140 calories and 14 grams of sugar per serving.



Nature's Calorie-Free Sweetener

truvia™

# Exotic Hot Chocolate with Truvia™ natural sweetener

Makes 3, 6 oz. servings

## INGREDIENTS

2 cups	1% milk
1 Tbsp + 2 ¼ tsp	Truvia™ natural sweetener spoonable (or 6 packets of Truvia™ natural sweetener)
2 Tbsp	Unsweetened cocoa powder
⅛ tsp	Cinnamon
⅛ tsp	Cayenne
½	Vanilla bean
⅓ cup	Unsweetened chocolate, chopped
3 whole	Star anise (available in the spice aisle of the supermarket)
Pinch	Salt
2 whole	Cinnamon sticks (optional for garnish)

## NUTRITION FACTS (Per Serving)

Calories 150; Total Fat 9g; Saturated Fat 6g; Trans Fat 0g; Cholesterol 5mg; Sodium 80mg; Total Carbohydrate 21g; Dietary Fiber 4g; Sugars 7g; Erythritol 7g; Protein 8g

This beverage has 150 calories and 7 grams of sugar per serving as compared to the sugar sweetened version that has 220 calories and 26 grams of sugar per serving.

## PREPARATION

1. In a small pot, combine the Truvia™ natural sweetener, cocoa powder, cinnamon, star anise, salt, and cayenne.
2. Cut the vanilla bean in half length wise, scrape the black seeds out of the pod using the back of a knife, and add it into the pot.
3. Whisk in the milk.
4. Place the pot on the stove over medium heat. Whisk frequently so that nothing settles to the bottom of the pot and burns.
5. Once the mixture comes to a boil, remove the pot from the heat.
6. Add in the chopped chocolate and whisk until melted.
7. Pour the hot chocolate into the mugs. Garnish with a cinnamon stick and serve immediately.

Note: This hot chocolate can also be made several days in advance, refrigerated, and reheated before serving.



Nature's Calorie-Free Sweetener

truvia™

# Italian Style Custard (Panna Cotta) with Truvia™ natural sweetener

Makes 4 servings

## INGREDIENTS (Italian Buttermilk Custard)

¼ cup	2% milk
¾ cup	Low-fat buttermilk
1 ¼ tsp	Powdered gelatin
1 Tbsp + 1 ½ tsp	Truvia™ natural sweetener spoonable (or 5 packets of Truvia™ natural sweetener)

## INGREDIENTS (Fresh Berry Medley)

½ cup	Raspberries
½ cup	Blueberries
½ cup	Strawberries
¼	Vanilla bean
2 ½ tsp	Truvia™ natural sweetener spoonable (or 3 packets of Truvia™ natural sweetener)

## PREPARATION (Italian Buttermilk Custard)

1. Pour the milk into a small pot.
2. Sprinkle the gelatin on top, whisk, and allow the mixture to sit for 3 minutes, so that the gelatin can soften.
3. Whisk in the Truvia™ natural sweetener.
4. Place the pot on the stove over medium heat. Whisk frequently until the milk is slightly hot and the gelatin has melted. Do not bring the mixture to a boil.
5. Remove the pot from the heat.
6. Whisk in the buttermilk.
7. Pour the custard mixture into 4 small ramekins; about 3-4 ounces in size each.
8. Place in the refrigerator and allow 3 hours to set, or leave in overnight.

## PREPARATION (Fresh Berry Medley)

1. Prepare the berries right before serving. Gently rinse berries, and quarter the strawberries. Place the berries into a bowl. (If fresh raspberries and blueberries are not available, or in season, you can substitute more strawberries.)
2. Split the vanilla bean open.
3. Using the back of a knife scrape the black seeds out of the vanilla pod. Place the vanilla seeds into a small bowl with the Truvia™ natural sweetener. Rub between your fingers until the Truvia™ natural sweetener and vanilla are well blended.
4. Pour the Truvia™ natural sweetener mixture on top of the berries and mix for 1 minute, by hand, or with a spoon, until the berries are well coated and begin to release their juices.
5. Spoon equal portions of the berries, and their juice, on top of the buttermilk custards, and serve.

## NUTRITION FACTS (Per Serving)

Calories 70; Total Fat 1.5g; Saturated Fat 1g; Trans Fat 0g; Cholesterol 5mg; Sodium 70mg; Total Carbohydrate 16g; Dietary Fiber 2g; Sugars 7g; Erythritol 7g; Protein 5g

This dessert has 70 calories and 7 grams of sugar per serving as compared to the sugar sweetened version that has 100 calories and 21 grams of sugar per serving.



Nature's Calorie-Free Sweetener  
**truvia**™

# Pear and Sour Cherry Crisp with Truvia™ natural sweetener

Makes 6 servings

## INGREDIENTS (Crisp Topping)

1 cup	All purpose flour (or $\frac{3}{4}$ cup all purpose & $\frac{1}{4}$ cup whole wheat flour)
$\frac{3}{8}$ cup	Truvia™ natural sweetener spoonable (or 37 packets of Truvia™ natural sweetener)
$\frac{1}{4}$ tsp	Cinnamon
$\frac{1}{4}$ tsp	Ginger
$\frac{1}{4}$ tsp	Nutmeg
$\frac{1}{4}$ tsp	Salt
$\frac{1}{4}$ cup	Oats
$\frac{1}{4}$ cup	Unsweetened coconut, untoasted
$\frac{1}{4}$ cup	Roughly chopped pecans, untoasted and unsalted
$\frac{1}{2}$ Tbsp	Vanilla extract
2 $\frac{1}{2}$ oz	Unsalted butter, cut into $\frac{1}{4}$ " cubes
1 $\frac{1}{2}$ oz	Reduced fat cream cheese, preferably Kraft® brand, cut into $\frac{1}{4}$ " cubes

## INGREDIENTS (Filling)

4 $\frac{1}{2}$ cups	Diced fresh pear, very ripe, preferably Bartlett
$\frac{3}{4}$ cup	Dried sour cherries
1 Tbsp	Lemon juice
3 $\frac{1}{2}$ Tbsp	Truvia™ natural sweetener spoonable (or 12 packets of Truvia™ natural sweetener)
1 Tbsp	Flour
$\frac{1}{4}$ tsp	Cinnamon

## PREPARATION

1. Cut the cream cheese and butter into cubes, and place into the freezer for 20 minutes, or until it is firm enough that you can't press your finger into it, but not frozen solid!
2. In a stand mixer, or using a mixing bowl, combine everything but the butter and cream cheese. Mix for 1 minute, just to blend together.
3. Add in the chilled butter and cream cheese all at once. Mix in on medium speed, or with pastry cutters, mix until the dough is crumbly with small pebble sized pieces of butter.
4. Preheat your oven to 365 degrees.
5. Peel the pears, and chop them into  $\frac{1}{2}$ " cubes.
6. Place the pieces of pear into a mixing bowl.

## PREPARATION (Continued)

7. In a separate bowl, soften the dried cherries by filling the bowl with hot water. Allow them to sit in the water for several minutes.
8. In the meantime, combine the Truvia™ natural sweetener, flour and cinnamon.
9. Remove the cherries from the water. Add them to the chopped pears, and pour the lemon juice on top. Add the flour mixture and stir together until well blended.
10. Place approximately  $\frac{2}{3}$  cup of the filling into each 4 ounce ramekin. Place the ramekins on a baking sheet, and lightly cover with foil. At the same time, transfer the crisp topping to a rimmed baking sheet approximately 17x12 inches in size. Spread the crisp topping in a thin layer evenly over the pan.
11. Place the crisp topping into the oven on the center rack. Place the covered crisps on the rack underneath.
12. Bake the crisp topping for 25 minutes, stirring with a fork every 10 minutes to break up the pieces.
13. After 25 minutes, remove the topping from the oven. Place the pear filling up on the center rack, and continue to bake for an additional 10-15 minutes, until the pears are soft, and the juice is thick and bubbly.
14. Remove the filling from the oven. Top each ramekin with  $\frac{1}{3}$  cup of the crisp topping. Serve warm.

Note: This crisp topping keeps nicely for several days. Place any leftover topping into a storage container or zip top bag and keep at room temperature. Sprinkle on top of yogurt, or enjoy on its own as a sweet snack.

Kraft® is a registered trademark of Kraft Foods, Inc

## NUTRITION FACTS (Per Serving)

Calories 230; Total Fat 13g;  
Saturated Fat 7g; Trans Fat 0g;  
Cholesterol 20mg; Sodium 85mg;  
Total Carbohydrate 46g; Dietary  
Fiber 3g; Sugars 7g; Erythritol 21g;  
Protein 4g

This dessert has 230 calories and 7 grams of sugar per serving as compared to the sugar sweetened version that has 340 calories and 42 grams of sugar per serving.



Nature's Calorie-Free Sweetener  
**truvia**™

# Strawberry Rouge with Truvia™ natural sweetener

Makes 2 servings

## INGREDIENTS

½ cup	Cachaca or good quality rum (for a non-alcoholic version substitute ⅔ cup club soda)
1 tsp	Aged balsamic vinegar
6	Medium sized strawberries, rinsed and quartered
10	Medium sized basil leaves, roughly chopped
⅔ cup	Pineapple juice, with no added sugar
2 Tbsp	Lime juice (approximately 2 limes)
1 ¼ tsp	Truvia™ natural sweetener spoonable (or 2 packets of Truvia™ natural sweetener)
½ cup	Crushed ice

## PREPARATION

1. In a tumbler, combine the basil, strawberries and lime juice. Muddle the mixture by pounding to break up the berries and release the basil flavor.
2. Add the cachaca or rum, balsamic vinegar, pineapple juice, Truvia™ natural sweetener, and ice into the tumbler. Shake for several minutes, until the drink is chilled and well blended.
3. Strain only half of the mixture, so that you still get a few pieces of basil and strawberry in each glass.
4. Serve the drink in a well chilled martini glass.

## NUTRITION FACTS (Per Serving)

Calories 210; Total Fat 0g; Saturated Fat 0g; Trans Fat 0g; Cholesterol 0mg; Sodium 5mg; Total Carbohydrate 44g; Dietary Fiber 3g; Sugars 37g; Erythritol 3g; Protein 2g

This beverage has 210 calories and 37 grams of sugar per serving as compared to the sugar sweetened version that has 230 calories and 47 grams of sugar per serving.



Nature's Calorie-Free Sweetener

truvia™

# Pumpkin–Ricotta Cheesecake with Truvia™ natural sweetener

Makes 12 servings

## INGREDIENTS (Cookie Crust)

Can	Non-stick cooking spray
¼ cup	Browned butter, softened
1 Tbsp	Reduced-fat cream cheese (Neufchatel), softened
2 tsp	Non-hydrogenated shortening, such as Spectrum brand
1 Tbsp + 2 ¼ tsp	Truvia™ natural sweetener spoonable (or 6 packets of Truvia™ natural sweetener)
1 Tbsp	Liquid egg substitute
1 tsp	Pure vanilla extract
1 cup	All-purpose flour
⅛ tsp	Salt

## NUTRITION FACTS (Per Serving)

Calories 210; Total Fat 14g; Saturated Fat 7g; Trans Fat 0g; Cholesterol 70mg; Sodium 200mg; Total Carbohydrate 22g; Dietary Fiber 1g; Sugars 1g; Erythritol 8g; Protein 8g; Vitamin A 60% DV; Vitamin C 0% DV; Calcium 10% DV; Iron 6% DV

This cheesecake has 210 calories and 1 gram of sugar per serving as compared to the sugar sweetened version that has 280 calories and 20 grams of sugar per serving.

## INGREDIENTS (Filling)

8 oz (1 cup)	Reduced-fat cream cheese (Neufchatel), softened
⅓ cup + 1 ½ tsp	Truvia™ natural sweetener spoonable (or 20 packets of Truvia™ natural sweetener)
⅓ cup	Nonfat sour cream, at room temperature
2	Large eggs, at room temperature
2	Egg whites, from large eggs, at room temperature
1 tsp	Pure vanilla extract
⅔ cup	Canned pumpkin
½ tsp	Ground cinnamon
¼ tsp	Ground nutmeg
¼ tsp	Ground ginger
¼ tsp	Salt
⅛ tsp	Ground cloves
1 cup + 2 Tbsp	Low-fat ricotta
2 Tbsp	Large pecan pieces, toasted, for garnish
2 Tbsp	Pomegranate seeds, for garnish

## PREPARATION (Cookie Crust)

1. Preheat the oven to 350°F with a rack in the center position.
2. Coat a baking sheet with cooking spray.
3. Using a stand mixer and the paddle attachment beat the butter, cream cheese, shortening, and Truvia™ natural sweetener on medium for 10 minutes. (Alternatively, use a handheld electric mixer.) Add the egg substitute and vanilla; beat for 2 minutes longer. Add the flour and salt; mix 10 minutes more.
4. Transfer the dough to a lightly floured surface and pat it into a ½" thick disk. Cut the dough into 4 strips in one direction, then 4 in the other, to make 16 pieces.
5. Transfer the cookies to the prepared baking sheet, placing them ½" apart (they will not spread). Bake 30 minutes, until the bottoms are golden. Transfer the cookies directly to a wire rack until they are completely cool, about 1 hour.
6. Process the cooled cookies in a food processor until they have the consistency of sand.
7. Press the crumbs into the bottom of the pan. See remaining steps for filling and baking instructions.

## PREPARATION (Filling)

1. Preheat the oven to 325°F with a rack in the lower third of the oven.
2. Using an electric mixer beat the cream cheese and Truvia™ natural sweetener on medium for several minutes, until it is completely smooth and well blended. Add the sour cream, eggs, egg whites, and vanilla; mix for 2 to 3 minutes longer to blend well. Scrape down the sides of the bowl as needed.
3. Add the pumpkin, cinnamon, nutmeg, ginger, salt, and cloves and mix for 1 minute longer. Add the ricotta and mix just until it is incorporated.
4. Transfer the pan to a wire rack to cool for 1 hour. Run a knife around the edge of the pan, if needed, to loosen the cheesecake, then remove the outer pan ring and transfer the cake on its base to a serving plate. Cover the cake loosely with plastic film and refrigerate for at least 3 hours or overnight.
5. Just before serving, garnish with the toasted pecans and pomegranate seeds. Cut into wedges.
6. Refrigerate any leftover cheesecake, tightly covered, for up to 3 days.

Note: Make Ahead! The crumbs can be stored in a re-sealable plastic bag at room temperature for up to 1 week, or frozen for up to 3 weeks; defrost overnight at room temperature before using.





Nature's Calorie-Free Sweetener  
**truvia**™

[www.truvia.com/recipes](http://www.truvia.com/recipes)