



**Zero Calorie** ❁ **Natural Sweeteners**

# SWEET MOMENTS

A collection of healthier, low-sugar recipes from ZSweet® natural sweeteners

## **SPA DAY**

SANGRIA-STYLE ICED TEA  
BABY SALAD WITH RASPBERRY VINAIGRETTE

## **LAST MINUTE GET-TOGETHER**

SWEET 'N' SIMPLE CHEESECAKE  
CASI MOJITO

## **AFTER SCHOOL TREAT**

CHOCOLATE BANANA SMOOTHIE  
CHOCOLATE-CHIP COOKIES

## **FAMILY NIGHT DESSERT**

APPLE PIE DELIGHT

# SPA DAY

Sometimes a delicious day planned at your own home can be more relaxing than any trip to the spa. A classic beverage paired with a light and healthy salad can add to the refreshing atmosphere you create.



## SANGRIA-STYLE ICED TEA

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### SERVES 4

4 cups water

2 tea bags

5 tbsp Zsweet® (or to desired sweetness)

1 peach or apple, peeled, pitted or seeded, chopped

1/2 cup strawberries, hulled, halved

1 orange, all peel and white pith removed

cut into 3/4-inch pieces

Ice cubes

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Zsweet® granular  
10.5 oz pouch



Bring water to boil in medium saucepan. Remove from heat. Add tea bags; steep 3 minutes. Remove tea bags; pour tea into pitcher. Add Zsweet® to taste, stir until dissolved. Cool. Mix fruit in bowl. Divide among four 16-ounce glasses. Add ice to the glasses and pour 1 cup tea into each glass. Garnish and serve.

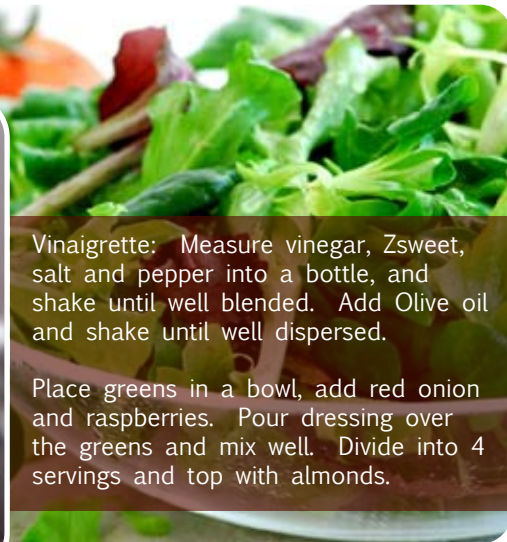
## BABY SALAD WITH RASPBERRY BALSAMIC VINAIGRETTE

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### SERVES 4

- 4 packets Zsweet®
- 1/2 cup balsamic vinegar
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 4 cups of mixed baby greens
- 1 cup fresh raspberries
- 1/4 medium red onion
- 2 tbsp sliced almonds

Zsweet® packets  
100-count box



Vinaigrette: Measure vinegar, Zsweet, salt and pepper into a bottle, and shake until well blended. Add Olive oil and shake until well dispersed.

Place greens in a bowl, add red onion and raspberries. Pour dressing over the greens and mix well. Divide into 4 servings and top with almonds.

# LAST MINUTE GET-TOGETHER

Turn a last minute frenzy into a delicious and memorable event. Simple yet delicious food and drink can bring some sophistication to a casual get-together. Impress the guests with an easy, no-sugar-added cheesecake on graham crackers. Then, watch them go wild for your Casí Mojito, a light, fresh, and unique drink made with mint and lime.



## SWEET 'N' SIMPLE CHEESECAKE

### SERVES 4

- 2 teaspoons Zsweet®
- 4 ounces ricotta cheese – part skim milk
- 4 ounces low-fat whipped cream cheese
- 1/2 tsp vanilla extract
- 1/4 tsp lemon zest
- 1/2 cup strawberries
- 2 squares graham cracker

In a food processor bowl combine Zsweet, ricotta and whipped cream cheese, vanilla and lemon zest. Process until smooth. Cover and chill. Cut each graham cracker in half along the perforation making a long narrow base. Top each graham cracker piece with about a tablespoon of the cheesecake mixture, and garnish with a sliced strawberry.



## CASÍ MOJITO

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### SERVES 4

32 ounces mineral water or club soda  
1/4 fresh lime juice  
1/4 cup mint leaves  
4 tbsp Zsweet®

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Place the mint leaves in a tall pitcher and crush them using a wooden spoon. Add lime juice, Zsweet®, and club soda, stir until well blended. Fill glasses with ice and pour the mojito mix. Garnish with a lime slice and serve.

Note: To make a Cuban Mojito, just add rum and music... but don't forget to count the calories.



# AFTER SCHOOL TREAT

If you're being careful with sugar intake, hungry tummies require extra attention. Satisfy the most choosy child by whipping up a healthy Chocolate Banana Smoothie. Follow that with a Chocolate Chip Cookie made with zero calorie Zsweet<sup>®</sup>, and you have a delicious snack that you can feel great about.



## CHOCOLATE BANANA SMOOTHIE

### SERVES 2

- 2 tbsp Zsweet®
- 1 medium ripe banana, peeled
- 1 tbsp unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 1/2 cup non-fat yogurt
- 1 ½ cups chilled skim milk
- Ice

In a blender, add milk, Zsweet® peeled banana, cocoa powder, vanilla and yogurt. Cover and blend until smooth. Add ice cubes if a thicker shake is desired and blend again.

Zsweet® granular  
250g canister



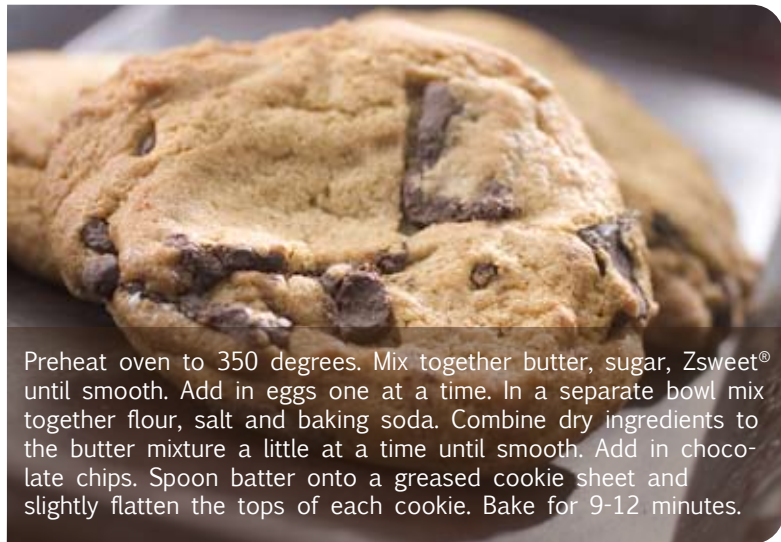
# CHOCOLATE CHIP COOKIES

## SERVES 4

- 1 cup butter (softened)
- 2 eggs
- 2 tsp vanilla
- 1 cup Zsweet®
- 1/2 packed brown sugar
- 2 1/4 cups flour
- 3/4 tsp baking soda
- 3/4 tsp salt
- 12 oz semi-sweet chocolate chips



Zsweet® granular  
1.5 lb pouch



Preheat oven to 350 degrees. Mix together butter, sugar, Zsweet® until smooth. Add in eggs one at a time. In a separate bowl mix together flour, salt and baking soda. Combine dry ingredients to the butter mixture a little at a time until smooth. Add in chocolate chips. Spoon batter onto a greased cookie sheet and slightly flatten the tops of each cookie. Bake for 9-12 minutes.

# FAMILY NIGHT DESSERT

There's nothing more comforting than a good-old-fashioned apple pie. Surprise the in-laws with this low sugar version of an American Classic. Apple Pie Delight is sure to please them all.



## APPLE PIE DELIGHT

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Yields about 8 slices

### CRUST INGREDIENTS

- 2 cups flour
- 2 tbsp Zsweet®
- 1 tsp salt
- 6 oz unsalted butter
- 6 tbsp cold water

### FILLING INGREDIENTS

- 6 cups Granny Smith apples, sliced
- 2 tbsp lemon juice
- 1/2 cup Zsweet®
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp corn starch
- 5 spritzes butter spray

{ SEE NEXT PAGE  
FOR INSTRUCTIONS }



## APPLE PIE DELIGHT (continued)

To prepare crust: Preheat oven to 400 degrees. Mix together flour, Zsweet®, salt. Using a pastry blender, cut in butter until mixture becomes crumbly (like cornmeal). Add ice water and mix with fingers until mixture forms a ball. Cover and set aside pastry until well chilled (about 30 minutes). Divide pastry into half and roll out between pieces of wax paper. Fit pastry into a 9" pie pan and bake for approximately 7 minutes. Roll out remaining pastry dough and set aside.

To prepare filling: Peel and cut apples evenly into 1/2 inch slices. Sprinkle lemon juice over the apple slices. Mix together Zsweet®, nutmeg, cinnamon,

and corn starch, and combine with apple mixture. Pour apple mixture into the pie shell and spritz with butter spray. Use remaining pastry to form a lattice topping or cut a vented top crust. Protect edges of crust with foil to prevent over-browning. Bake approximately 40 minutes until crust is golden brown and apples are to desired softness (juices will bubble).

Zsweet® Organic granular  
1.5 lb pouch



# NUTRITION FACTS

Zsweet® granular

## Nutrition Facts

Serving Size: 4g (1 tsp)

Amount Per Serving

Calories 0

% Daily Value\*

Total Fat 0g 0%

Cholesterol 0g 0%

Sodium 0g 0%

Total Carbohydrate\*\* 4g 2%

Dietary Fiber 0g 0%

Sugars 0g 0%

Erythritol # 4g

Protein 0g 0%

\*Percent daily values are based on a 2,000 calorie per day diet.

**Ingredients:** Erythritol (natural sweetener), natural flavors.

#Erythritol is a naturally occurring sweetener found in many common foods. It is made from sugar using a natural process (fermentation).

\*\*Erythritol is a zero glycemic carbohydrate (unavailable for calories).

**Sugar Free:** This product does not promote tooth decay.



**VEGAN**



## NUTRITIONAL GUIDE

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### Baby Salad Raspberry Balsamic Vinaigrette

Per serving

Calories	125
Fat	8 g
Protein	1 g
Carbohydrates	11 g
Fiber	3 g
Cholesterol	0 mg



## NUTRITIONAL GUIDE

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### Sangria Style Iced Tea

Per serving

Calories	35
Fat	0 g
Protein	1 g
Carbohydrates	8 g
Fiber	1.5 g
Cholesterol	0 mg



## NUTRITIONAL GUIDE

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### Casí Mojito

Per serving

Calories	5
Fat	0 g
Protein	0 g
Carbohydrates	1 g
Fiber	0 g
Cholesterol	0



## NUTRITIONAL GUIDE

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### Sweet 'n' Simple Cheesecake

Per serving

Calories	130
Fat	8 g
Protein	6 g
Carbohydrates	8 g
Fiber	Less than 1 g
Cholesterol	25 mg



## NUTRITIONAL GUIDE

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### Chocolate Chip Cookies

Per Cookie

Calories	85
Fat	5 g
Protein	Less than 1 g
Carbohydrates	9 g
Fiber	Less than 1 g
Cholesterol	15 mg



## NUTRITIONAL GUIDE

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### Chocolate Banana Smoothie

Per serving

Calories	175
Fat	3 g
Protein	12 g
Carbohydrates	30 g
Fiber	2 g
Cholesterol	5 mg



## NUTRITIONAL GUIDE

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### Apple Pie Delight

Per slice

Calories	180
Fat	10 g
Protein	2 g
Carbohydrates	20 g
Fiber	2 g
Cholesterol	40 mg



For more recipes and information about ZSweet®, visit [www.ZSweet.com](http://www.ZSweet.com) or call toll free (866) 22-SWEET.

