



5+1 Sweet & Healthy Recipes with low/no calorie sweeteners



Contents

Porridge with mixed seeds and tahini	03
Homemade granola bars	04
Oat bran pancakes with mixed berries	05
Strawberry fool	06
Lemon tarts	07
Hot chocolate with no added sugar	08



Porridge with mixed seeds and tahini

Start your day with a bowl of porridge with mixed seeds and tahini sweetened with low/no calorie sweeteners

Nutritional Information per serving

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
283kcal	12.3g	2.8g	31.6g	5.3g	11g	4.1g	0.16g

Ingredients

Serves 2

- 80g oat bran
- 200ml water
- 200ml semi-skimmed milk
- 10g sunflower seeds
- 10g pumpkin seeds
- 2 teaspoons tahini (alternatively: peanut or almond butter)
- 2 teaspoons granulated low/no calorie sweetener
- A pinch of cinnamon



Instructions



5' preparation



5' cook

Step 1

Mix the water and the milk with the oats in a small pan. Cook over a low heat for 5 minutes.

Step 2

Remove from heat and divide the porridge into two bowls. Add one teaspoon of sweetener in each bowl. Top with the sunflower and pumpkin seeds, add 1tsp of tahini in each bowl, and sprinkle over the cinnamon.

Hints & Tips

What's great with porridge is that you can add your favourite toppings and have a different version for breakfast every day! Try grating some apple and stirring it in the porridge, or adding blackberries and chopped pecan for extra crunch.



Homemade granola bars

Prepare delicious, homemade granola bars with nuts, seeds, dried fruits, and a tabletop sweetener suitable for baking

Nutritional Information per serving

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
180kcal	9.4g	1g	20g	4g	4g	3g	0.1g

Ingredients

Serves 10

200g oats

50g walnuts (chopped)

30g seeds (try pumpkin, sunflower, flax seeds, or a combination of them all)

2 tablespoons olive oil

1 teaspoon vanilla extract

100g dried fruit (chopped) (try prunes, dates, red berries or figs, or a combination of them all)

2 tablespoons low/no calorie sweetener

A **pinch** of salt

1 teaspoon cinnamon



Instructions

10' 
preparation

15' 
baking

Hints & Tips

Use a mixture of rolled oats (also known as old-fashioned) and quick oats for a chewy texture and added crunch.

Step 1

Preheat the oven to 160°C.
Line a baking tray with baking parchment.

Step 2

Add all the ingredients to a large bowl and mix well.

Step 3

Lay the mixture across the baker tray using a spatula to create a thin layer.

Step 4

Bake in the oven for 15 minutes, or until golden brown.

Step 5

Let cool before cutting in equal sized bars and serve.



Oat bran pancakes with mixed berries

Sweeten your pancakes with mixed berries and low/no calorie sweeteners and sprinkle over cinnamon for extra taste

Nutritional Information per serving (2 pancakes)

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
135kcal	1.5g	0.5g	23.8g	9.4g	6.5g	4.6g	1g

Ingredients

Serves 6
(12 pancakes)

- 1 cup oats
- ½ cup all-purpose flour
- 6 teaspoon granulated low/no calorie sweetener
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 300 ml semi-skimmed milk
- 2 eggs
- 300g fresh mixed berries
- Cinnamon



Instructions

40' 
preparation

Step 1

In a large bowl, stir together the oats, flour, low/no calorie sweeteners, baking powder, baking soda, and salt.

Step 2

In a second bowl, whisk together the milk and the eggs. Pour the mixture over dry ingredients; stir just until ingredients are blended with no large lumps of flour.

Step 3

Heat a non-stick griddle or skillet over medium heat.

Step 4

Pour batter, about ¼ cup at a time, onto hot griddle. Cook pancakes until puffed, browned, and slightly dry around the edges. Flip over and cook other side until golden brown.

Step 5

Serve the pancakes with fresh fruit, some extra low/no calorie sweetener (optional) and sprinkle over the cinnamon.



Strawberry fool

Enjoy a low-sugar pudding with Greek yogurt and strawberries (or another fruit of your choice) sweetened with low/no calorie sweeteners

Nutritional Information per serving

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
60kcal	2.4g	1.4g	6.6g	3.8g	3.5g	1.3g	0.03g

Ingredients

Serves 6

400g strawberries

6 teaspoon granulated low/no calorie sweetener (equivalent to 6 tsp sugar)

150g 0% fat Greek yogurt

100ml reduced-fat crème fraîche or soured cream

½ lime or lemon



Instructions

15'

preparation

30'-60'

to cool

Step 1

Wash and remove the stalks from the strawberries. Cut them in 1/2cm dice size. Crush $\frac{3}{4}$ of the strawberries until you have a lumpy puree.

Step 2

Place the puree and chopped strawberries in a bowl, add the low/no calorie sweetener and the lime/lemon juice. Mix well and reserve for 10 minutes.

Step 3

In a second bowl, mix the yogurt and crème fraîche/soured cream together. Fold in the strawberries until all the strawberries are folded and there is no more white cream.

Hints & Tips

Did you know research has shown that food presentation can actually make a dish taste better? Consider garnishing the dessert with fresh mint leaves to improve the visual appeal of the dish.

Step 4

Place in glasses to serve and top with chopped strawberries (optional). Leave them in the fridge to cool.

Step 5

This recipe also works well with rhubarb or fruit such as gooseberries, redcurrants, raspberries, cherries, apricots or peaches.

Lemon tarts

Try this alternative, low-sugar lemon tart recipe for a delicious dessert

Nutritional Information per serving

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
155kcal	7g	3.5g	17g	2g	6.5g	1g	0.2g

Ingredients

Serves 8



Dough

125g flour

35g butter

1 egg yolk

100ml semi-skimmed milk

2 tablespoons low/no
calorie sweetener

Filling

4 lemons

4 eggs

10g corn flour

5 tablespoons low/no
calorie sweetener



Instructions

20'

preparation

40'

cook

Step 1

Preheat the oven to 180°C. Grease small tart tins or a cupcake tin with cooking spray, butter or low-fat spread.

Step 2

Begin by preparing the dough. With your fingers, cut the butter into the flour and low/no calorie sweetener to obtain a thin, shortcrust pastry dough.

Step 3

Bind butter and flour with the milk and egg yolk and form into a ball; chill for 30 mins.

Hints & Tips

Prefer using freshly squeezed lemon juice for the lemon filling. This will give your tart a brighter and more intense lemon flavour.

Step 4

For the filling, extract the pulp and the juice from the lemons and purée. Add the low/no calorie sweetener, cornflour and eggs and blend.

Step 5

Roll out the chilled dough and cut into round circles the size of the tart tins. Mould into the tins.

Step 6

Pour in the filling and cook for 40 minutes.

Hot chocolate with no added sugar

Enjoy a homemade hot chocolate beverage as the cold days draw in.
You can add a pinch of cinnamon or chili if you like!

Nutritional Information per serving

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
111kcal	3.5g	3g	12g	11g	8g	0.5g	0.1g

Ingredients

Serves 1

200ml (⅓ pint) semi-skimmed milk

1 teaspoon cocoa powder

1–2 teaspoons low/no calorie sweetener
(equivalent to 1–2 tsp sugar)

Pinch of cinnamon (optional)



Instructions

5'

preparation

Step 1

Heat the milk in a small saucepan.

Step 2

Whisk the cocoa (and cinnamon) into the hot milk
add low/no calorie sweetener to taste.

Step 3

Serve immediately.

Hints & Tips

For a delicious hot chocolate, consider using
dark chocolate cocoa powder.





International
Sweeteners
Association

Low/no calorie sweeteners provide a simple way to **reduce the amount of sugars and calories** in our diet when used as part of a healthy diet and lifestyle. They can also help us adapt traditional recipes and prepare home-made foods and beverages with zero or less sugar, while still enjoying great tasting, healthy meals.

Read more about low/no calorie sweeteners:

<https://www.sweeteners.org/resources/>

Endorsed by:

