



7 Sweet & Healthy Recipes with low/no calorie sweeteners



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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

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

Serves 2

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.



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

Hints & Tips

Use a non-stick pan or griddle to prevent the pancakes from sticking and make flipping easier.



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

400g strawberries

100ml reduced-fat crème fraiche or soured cream

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

$\frac{1}{2}$ lime or lemon


Serves 6

150g 0% fat Greek yogurt



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 fraiche/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.

Baked apples with Greek yoghurt and walnuts

Our suggestion for a winter dessert with protein and no added sugars

Nutritional Information per serving

Energy 232kcal	Fat 7.5g	Saturated fat 1.5g	Carbohydrate 34g	Sugars 28.8g	Protein 7g	Fibre 5.3g	Salt 0.03g
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Ingredients

Serves 4

4 medium apples

4 teaspoons granulated low/no calorie sweetener for baking

1 teaspoon ground cinnamon

1 teaspoon whole cloves

100 ml water (or fruit juice)


200g Greek yogurt 2% fat

40g chopped walnuts



Instructions

15'  preparation

45'  cook

Step 1

Preheat the oven to 180°C.

Step 2

Peel and halve each apple before removing the cores.

Step 3

Put the apple slices and the cloves into a baking dish and pour the water (or fruit juice) into the bottom. Sprinkle over the sweetener and cinnamon

Hints & Tips

Choose an apple variety that's known for its crisp, firm texture such as Granny Smith, Fuji or Pink Lady.

Step 4

Bake in the oven for 45 minutes at 180°C, or until the apples are soft.

Step 5

Serve the baked apples into four bowls and top with 2 tablespoons of Greek yoghurt, before adding 1 tablespoon of chopped walnuts onto each serving. You may pour over the leftover syrup from the baking dish and sprinkle additional cinnamon.

Summer fruits jam



Try this easy recipe for a delicious, summery fruit jam with low/no calorie sweeteners.

Nutritional Information per serving (tablespoon)

Energy 22kcal	Fat 0g	Saturated fat 0g	Carbohydrate 5.2g	Sugars 4g	Protein 0.5g	Fibre 0.7g	Salt 0g
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Ingredients

2 medium peaches

½ cup granulated low/no calorie sweeteners

6 apricots

Juice from **½** lemon

15 servings

100g cherries



Instructions

15' 
preparation

30' 
cook

15' 
to cool

Step 1

Wash the fruits and remove the stones, before cutting them into slices.

Step 2

Place the sliced fruits into a large saucepan, along with the lemon juice.



Hints & Tips

To preserve the jam, bottle it whilst it is still hot. Ladle it into the hot, sterilised jar and seal immediately.

Step 3

Bring to a gentle simmer over medium heat. The fruit will start to release liquid as the temperature rises.

Step 4

After 10 minutes, add the sweetener and stir. Cook for another 20 minutes, or until the jam becomes sticky and thick. Stir occasionally.

Step 5

When the jam is ready, set it aside for 10 minutes and then pour into a sterilised jar.

Green smoothie

This spinach smoothie recipe combines fruits and vegetables with low/no calorie sweeteners for a delicious, nutrient-rich drink that takes only 5 minutes to make.

Nutritional Information per serving

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
76kcal	0g	0g	17.5g	11.5g	1.5g	3g	0.1g

Ingredients

1 cup baby spinach leaves

1 cup water

1 pear

3 packets of tabletop low/no calorie sweeteners

Serves 3

1 banana

Juice from ½ lime



Instructions

5'  preparation



Hints & Tips

Try adding mint leaves to enhance the flavour of the smoothie.

Step 1

Wash the spinach leaves and peel the fruits.

Step 3

Blend until smooth.

Step 2

Add all the ingredients into a blender. You can also add ice if you prefer your smoothie to be served cold (optional).

Step 4

Serve the smoothie into 3 glasses.



Rice pudding



We turned this classic recipe into a low-fat, low/no calorie sweetened version packed with great taste, fewer calories and no added sugars.

Nutritional Information per serving

Energy	Fat	Saturated fat	Carbohydrate	Sugars	Protein	Fibre	Salt
172kcal	3.5g	2g	26g	10g	9g	0g	0.2g

Ingredients

100g Arborio rice

1L semi-skimmed milk

Zest of 1 orange or
lemon

5 tablespoons of low/no
calorie sweeteners


1 teaspoon vanilla extract

1 teaspoon ground cinnamon

Serves 5

Instructions

40' 
cook

1-2 hours 
to cool

Hints & Tips

To reduce the cooking time, try adding corn flour to thicken up the rice pudding more quickly.

Step 1

In a saucepan, add the milk, rice and orange/lemon zest, and bring to boil. Once it comes to boil, reduce to a low heat.

Step 2

Allow to gently simmer at a low heat for 30-40 minutes, or until the mixture thickens up to the same consistency as a yoghurt. Stir constantly to ensure that it does not stick to the bottom of the saucepan.

Step 3

Once thickened, add the sweetener and vanilla extract. Stir well to dissolve.

Step 4

Remove from the heat. After 5-10 minutes, serve the rice pudding into bowls and leave them to cool at room temperature. Then place the bowls in the fridge for a cold rice pudding.

Step 5

Sprinkle with cinnamon before you eat (optional).



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:

