

For Immediate Release

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Chocolate Dessert Lovers: Enjoy Stevia Treats With No Sugar or Artificial Sweeteners This Valentine's Day

Chocolate dessert lovers can enjoy delicious, healthier versions of their favorite desserts this Valentine's Day when using the better alternative stevia, instead of sugar or artificial sweeteners, thanks to cookbook author Lisa Jobs. Stevia makes desserts like chocolate-covered strawberries yummy, yet guilt-free, lower in sugar, carbs and calories, and with no sacrifice in flavor.

This Valentine's Day indulge with delicious desserts like chocolate-covered strawberries made with stevia since there's no need for sugar or chemical sweeteners in this and other mouthwatering desserts, according to **Sensational Stevia Desserts** cookbook author Lisa Jobs.

In addition to the lower sugar content, the chocolate sauce used for these strawberries has no high fructose corn syrup, mono-glycerides, di-glycerides, polysorbate 80 or other undesirable ingredients found in commercial chocolate syrups.

"The old adage, 'have your cake and eat it too' really does apply when preparing desserts with stevia. Using stevia lowers your sugar and carbohydrate intake and virtually eliminates the highs and lows associated with sugar. Stevia also has no known side effects, unlike what many suffer from sugar and chemical sweeteners. In addition, diabetics and hypoglycemics can use stevia since it doesn't affect glucose levels," Jobs says. (If unfamiliar with stevia, see below**)

Author and former stevia business owner Lisa Jobs shares her favorite desserts to help diabetics, dieters of all kinds, hypoglycemics, candida sufferers and health conscious consumers who want or need to reduce their sugar or artificial sweetener intake for any health or personal reason.

Jobs offers this recipe for Chocolate-Covered Strawberries excerpted from her book **Sensational Stevia Desserts**:

Chocolate-Covered Strawberries

Serving Size: 2 Tbsp. • Total Servings: approx. 8 (Makes about 1 cup sauce)

1-cup (8 oz.) chocolate chips (preferably Ghirardelli)

¼ cup 2% milk

3/8 tsp. stevia extract (see book, page xii for brand variances)

¼ tsp. vanilla extract

In a 2-cup measuring cup, mix chips and milk. Microwave on high for 1 minute. Stir until chips are melted and mixture becomes smooth (you may have to microwave an additional 15 to 20 seconds).

-more-

Stir in stevia and vanilla. If small clumps are still present, beat with electric or handheld mixer until completely smooth. Hold the strawberries by the stem and dip them individually in the chocolate sauce and place on wax paper-lined cookie sheet. You can either serve immediately or refrigerate for 1 hour or more and enjoy. You can also use this sauce as a fondue or delicious covering for other fruit, nuts, pound cake or angel food cake. Refrigerate leftover sauce and reheat in microwave.

Nutrition Facts/Serving

(Chocolate Fondue/Sauce)

Calories 106

Carbohydrates 14g

Total Sugars 12g

Fiber 1g

Fat 7g

Cholesterol less than 1g

Sodium 6mg

Protein 1g

(Excerpted from Sensational Stevia Desserts by Lisa Jobs, Copyright© 9/05)

So it's time to relax and get pampered this Valentine's Day with desserts, but make them healthier and guilt-free with stevia. There are over 80 other dessert favorites—Chocolate Truffles, Brownies and Peanut Butter Pie to name a few—in **Sensational Stevia Desserts**.

***Stevia, an herb that is up to 400 times sweeter than sugar, has been used as an all-natural alternative to sugar and artificial sweeteners in many parts of the world for decades, especially Japan, Brazil and China. It has no calories, no carbohydrates and no fat. In addition, stevia does not cause tooth decay and, because it does not raise blood glucose levels, diabetics can use it. It is available in health food stores, natural grocers and online. For more information, visit www.steviadessert.com.*

About Lisa Jobs:

Lisa Jobs, B.A., M.J., operated her own stevia business, @Stevia LLC (purveyors of fine stevia products and books) for 10 years. During her tenure, she developed a unique stevia packet blend that was manufactured, produced and distributed under her company name. At the same time, she created hundreds of stevia dessert recipes, the best of which are collected in **Sensational Stevia Desserts**. In addition to currently working on a second book, Jobs is a contributing author in an upcoming book entitled **101 Great Ways to Improve Your Health** with Dr. Joseph Mercola, Gary Craig, et.al.

Sensational Stevia Desserts by Lisa Jobs, BA, MJ

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For more information, go to <http://www.steviadessert.com>.

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