

Table of Contents

Acknowledgements	vi
Foreword	vii
Introduction	viii
Brief Overview of Stevia and Its Advantages	x
Important Tips to Know Before Making a Recipe	xi
Stevia Measurement Conversions	xii
Nutritional Facts Source/Abbreviations/Stevia Sources	xiii

Dessert Recipes

I. Cakes•Icings

Almond Pound Cake	2
Variation: Lemon Pound Cake	3
Chocolate Layer Cake	4
Variation: Chocolate Cupcakes	5
No-Bake Mint Chocolate Cheesecake	6
Chocolate Cheesecake Bites	7
Cream Cheese Icing	8
Versatile Vanilla Icing	9
Chocolate Icing	9
Variation: Chocolate Icing with Unsweetened Chocolate	10

II. Cookies

Wonderful White Chocolate Chip-Cherry Cookies	12
Variation I: White Chocolate Chip-Cranberry Cookies	13
Variation II: Chocolate Chip Cookies	13
Classic Coconut Macaroons	14
Lemon-Poppy Seed Cookies	15
Chocolate-Cherry Biscotti	16
Almond Biscotti	17
Variation: Anise Biscotti	17
Outrageous Oatmeal-Butterscotch Cookies	18
Variation: Oatmeal-Raisin Cookies	19
Pineapple-Pecan Cookies	19

III. Pies•Tarts

All-American Apple Crumb Pie	22
Particular Graham Cracker Piecrust	23
Keeper Key Lime-White Chocolate-Cheese Pie	24
Positively (Divine) Peanut Butter Pie	25

Chocolate Cream Pie	26
Rich Ricotta Cheese Pie	27
Variation: Pineapple-Ricotta Cheesecake	27
Ricotta Cheesecake Crust	28
Pineapple Topping	29
Sinfully Cinnamon Cream Cheese Pie	30
Banana Cream Pie	31
Peach Tarts	32
Particular Graham Cracker Tart Shells	33
Whipped Cream Topping	34

IV. Squares•Bars

Chocolate Brownies	36
Carob Brownies	37
Pumpkin Bars	39

V. Crepes•Cobblers•Dumplings

Delectable Dessert Crepes	42
Pear Cobbler	43
Variation: Apple Cobbler	44
Blueberry Dumplings	45
Blueberry Sauce	45

VI. Puddings•Mousses•Custards

Chocolate-Hazelnut Bread Pudding	48
White Chocolate Mousse with Raspberry Sauce	49
Crème Brûlée	50
Tropical Fruit Pudding	51
Pumpkin Custard	52
Strawberry Mousse	53
Luscious Lemon Cream	54
Rice Custard Pudding	55

VII. Specialty Desserts

Italian Cannoli	58
Variation: Plain Cannoli	59
Chilly Cherry Soup	60
Carob Fondue/Sauce	61
Variation I: Chocolate Fondue/Sauce	61
Variation II: Chocolate-Covered Strawberries	61
Strawberries in Balsamic Vinegar	62
Bananas Foster “Stevia” Style	63
Blackberry Fondue	64
Fabulous Fruit Parfait	65
Sizzling Cinnamon Apple Slices	66
Applesauce	67

Full-Color 8-Page Dessert Showcase 69

VIII. Chilly Treats

Strawberry Yogurt 78
Raspberry “Sorbet” Cream 79
Grape Gelatin 80
Frozen Strawberry Yogurt Pops 81
Berry Cream Ice 82

IX. Confections

Truffles
Double Chocolate Truffles 84
Chocolate-Cherry-Vanilla Truffles 86
 Variation I: Chocolate-Vanilla-Nut Truffles 87
 Variation II: Chocolate-Vanilla-Coconut Truffles 87
 Variation III: Carob-Cherry-Vanilla Truffles 87
Fudge
Chocolate-Peanut Butter Fudge I (With Chocolate Chips) 88
 Variation: Carob-Peanut Butter Fudge 88
Chocolate-Peanut Butter Fudge II (With Unsweetened Chocolate) 89

X. Dessert Beverages

Coffees
Frosty Espresso Frappe 92
Frosty Coffee Frappe 93
 Variation: Frosty Chocolate Frappe 93
Maple Coffee Frost 94
Chocolate Coffee Treat 95
Shakes
Strawberry-Banana Shake 96
 Variation I: Fruit Sensations Shake 96
 Variation II: Chocolate-Banana Shake 96
 Variation III: Fruit Yogurt Shake 96

Ingredients Resource Guide 97

Reference Guide 99

Index 100

About the Author 105

Wonderful White Chocolate Chip-Cherry Cookies

Serving Size: 2 cookies • **Total Servings:** 13 (26 cookies)

2 large eggs
¼ tsp. stevia extract (see page xii for brand variances)
½ tsp. vanilla extract
¼ cup (1 ½ sticks) unsalted butter, softened

2 cups unbleached flour
¼ tsp. baking powder
½ tsp. sea salt
½ cup unsweetened dried cherries
½ cup white chocolate chips

Preheat oven to 350°F. Place parchment paper on two cookie sheets. Beat eggs, stevia and vanilla extract with electric mixer. Add butter and blend well until smooth and creamy. Sift flour, baking powder and salt, then add half to egg mixture. Mix well. Add the balance of the dry ingredients and mix thoroughly. Dough will be thick. Process dried cherries in food processor until in large bits. Fold chips and cherries into dough mixture.

Shape into 1 ¼" balls and press down with hand until about 2" flat onto baking sheets. Bake for 10 to 12 minutes or until bottom of cookie becomes slightly browned. Cool on wire racks.

Sugar Comparison

Nutrition Facts/Serving
-2 cookies

	<u>This Recipe</u>	<u>Traditional "Sugar" Recipe</u>
Calories	172	284- over 60% more!
Carbohydrates	17g	39g- More than double!
Total Sugars	6g	27g- 4.5 times more!
Fiber	less than 1g	less than 1g
Fat	10g	12g- 20% more!
Cholesterol	46mg	39mg
Sodium	90mg	124mg
Protein	3g	3g



Variation I: White Chocolate Chip-Cranberry Cookies

Replace cherries with dried cranberries. You can find great dried cranberries at Whole Foods Market or in the bulk foods section of some health food grocers. They cost more than most but are unsweetened, fresh and taste great!

Variation II: Chocolate Chip Cookies

Replace white chocolate chips for regular chocolate chips, increase stevia to 1 tsp. and reduce baking powder to ½ teaspoon.

Lisa's Note: *These cookies do not brown on top like cookies made with sugar, so first check the bottom of the cookies for browning. You can also put a toothpick in the center of one and see if it's dry. If so, then the cookie is done. The result will be a soft, cake-like "wonderful" cookie!*

Also, the dried cherries I used in this recipe are dried, pitted, tart Montmorency cherries from Kariba Farms. If you can't find this brand, try to get dried cherries with little or no added sugar.

White chocolate isn't really "chocolate" at all because it contains only the fat from the cocoa bean and other non-chocolate ingredients. So it's important to choose white chocolate chips or baking bars that contain only the cocoa butter as the "fat" ingredient. Avoid products that are all sugar, hard vegetable fat and have artificial chocolate flavoring. You see, the labeling rules for chocolate don't apply to white chocolate, so you need to read labels! Ghirardelli is one brand that has cocoa butter for a better chocolate flavor and contains less artificial ingredients.