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Cool Down This Summer With Refreshing, Healthier Treats Like Chilly Cherry Soup Made With Stevia, the Natural Sugar Alternative

This summer when it's time to cool down with a refreshing, sweet treat, there are better choices than those packed with refined sugar, calories, chemicals and lots of guilt. "Delicious yet healthier desserts can be enjoyed when stevia replaces the sugar or artificial sweeteners and healthier ingredients are used in the recipes," points out Lisa Jobs, author of *Sensational Stevia Desserts* (www.steviadessert.com, \$19.95 pb).

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. (If unfamiliar with stevia, see below.**)

Chilly Cherry Soup from *Sensational Stevia Desserts* is a perfect choice for a summer treat. (This recipe is attached and is also downloadable at www.steviadessert.com. Artwork is also downloadable.) It has no added sugar other than what's naturally in the tart dark red cherries. Also, since these cherries are chock full of 17 different antioxidants and rank 14 out of the top 50 for the highest antioxidant content per serving, indulging in this dessert can actually do the body some good. With these tart cherries available year round, either fresh in the summer or frozen year round, this cold soup can be enjoyed any time.

Other choices in Jobs' book include Frozen Strawberry Yogurt Pops, Almond Pound Cake topped with your favorite fruit, Strawberry Mousse, Mango Sorbet Cream and many others.

So when it's time to sit back and relax with a favorite summer treat, this year why not try one of mouthwatering alternatives to the high sugar, high carbohydrate 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 to ***101 Great Ways to Improve Your Health***, an upcoming book by Dr. Julian Whitaker, Dr. Joseph Mercola, and others.

Praise for ***Sensational Stevia Desserts***

“Finally, a dessert cookbook that won’t have you regretting eating any of them. Stevia’s place in American kitchens is long overdue and Lisa Jobs does a great job of teaching how to use this safe, delicious and calorie free herb.

~ Fred Pescatore, MD, MPH, CCN, author of the best selling ***The Hamptons Diet***

“This book is a must for all those interested in using stevia as a natural sweetener for mouth-watering desserts.”

~ Dr. Mark A. Stengler, N.D., co-author of ***Prescription for Natural Cures***

“Any avid cook will not want to be without this...This cookbook is dessert heaven; you will never feel deprived again!” ~ Qetesh, TCM Reviews

*“***Sensational Stevia Desserts*** offers a wide variety of tasty new stevia dessert recipes, sure to please diabetics and others looking for low-carbohydrate, no sugar and no artificial sweetener ‘sweets.’ ”*

~ David Richard, author of ***Stevia Rebaudiana: Nature’s Sweet Secret***

Sensational Stevia Desserts by Lisa Jobs, B.A., M.J.

Foreword by Andrew P. Mandell, Executive Director, Defeat Diabetes Foundation

120 pages • 8" x 8" • 8-Page Full-Color Photo Insert

Line Illustrations • Nutrition Facts

ISBN: 0-9765245-4-6 • \$19.95 trade paperback original

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For more information, go to www.steviadessert.com.

To request a review copy, arrange an interview with Lisa Jobs, or for any additional information, please contact Kate Bandos at KSB Promotions

800-304-3269 or 616-676-0758 • fax 616-676-0759 • e-mail: kate@ksbpromotions.com

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Cool the Kids Down This Summer With Refreshing, Healthier Treats Like Frozen Strawberry Yogurt Pops Made With Stevia, the Natural Sugar Alternative

This summer when the kids want to cool down, try serving them some homemade Frozen Strawberry Yogurt Pops. They are a refreshing, sweet treat, and a much better choice than those packed with refined sugar, calories, chemicals and lots of guilt. “Delicious yet healthier desserts can be enjoyed when stevia replaces the sugar or artificial sweeteners and healthier ingredients are used in recipes,” points out Lisa Jobs, author of *Sensational Stevia Desserts* (www.steviadessert.com, \$19.95 pb).

The old adage, “have your cake and eat it too” really does apply when preparing desserts with stevia. Using stevia lowers anyone’s 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, juvenile diabetics and hypoglycemics can use stevia since it doesn’t affect glucose levels. (If unfamiliar with stevia, see below.**)

Frozen Strawberry Yogurt Pops from *Sensational Stevia Desserts* is a perfect choice for a summer treat. (This recipe is attached and is also downloadable at www.steviadessert.com.) They have no added sugar other than what’s naturally in the strawberries and yogurt. Strawberries contain high levels of antioxidants, Vitamin C and fiber, so indulging in this dessert can actually do the body some good. Since strawberries are easily found — either fresh when they are available or frozen year round — children (and adults) can enjoy these pops any time. In addition, high quality organic yogurt contains live, active cultures that help keep the intestines and gut healthy.

Other choices in Jobs’ book include Chocolate Peanut Butter Fudge, Grape Gelatin, Almond Pound Cake topped with a favorite fruit, Chilly Cherry Soup and many others.

So when it’s time for the kids to cool off with a favorite summer treat, this year why not try one of these mouthwatering alternatives to the high sugar, high carbohydrate 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.

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Jobs offers this recipe for Chilly Cherry Soup excerpted from her book **Sensational Stevia Desserts:**

Chilly Cherry Soup

Serving Size: 1 cup (8 oz.) • Total Servings: 4 (32 oz.)

*3 cups (24 oz.) pitted, unsweetened, dark red cherries (fresh or frozen)**

1/2 cup Whipped Cream Topping (see recipe below)

2 cups water

1 1/2 Tbsp. unbleached flour

1/4 cup balsamic vinegar

1/8 tsp. stevia extract (this is the minimum to add, more based on your sweetness preference)

1/2 tsp. ground cinnamon

If using fresh cherries, wash and dry cherries. Remove pits.

If using frozen cherries, thaw cherries for about 30 minutes.

Drain over a bowl saving any juice.

~ ~ ~

First, make this Whipped Cream Topping and set aside.

Serving Size: 2 Tbsp. • Total Servings: 16

1 cup heavy cream

1/4 tsp. stevia extract (minimum to add, more based on your sweetness preference)

1/4 tsp. vanilla extract

Whip the heavy cream for about 1 minute with electric or hand mixer. Add stevia extract and vanilla and beat until stiff peaks form. Serve immediately or place in refrigerator in airtight container-will keep for a few days.

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Using a blender or food processor, puree the cherries while gradually adding water until the mixture is almost all liquid and only very small cherry chunks are apparent. Be sure to add only enough water to cherries to make 2 cups of cherry/water mix. Sift flour in small bowl to eliminate any small chunks.

Pour cherry liquid into a saucepan. Add flour, vinegar, stevia and cinnamon. Cook over high heat, stirring constantly, until mixture begins to boil. Reduce to medium heat until slightly thickened. Then, remove from heat and add the whipped cream. Stir thoroughly.

Place cherry soup in a bowl and refrigerate for 30 minutes to 1 hour. When ready to serve, pour into four soup bowls and add extra whipped cream on top with a sprig of mint or dash of cinnamon for garnish.

Nutrition Facts/Serving

Calories 189

Carbohydrates 31g

Total Sugars 29g

Fiber 4g

Fat 6g

Cholesterol 21g

Sodium 15mg

Protein 3g

Excerpted with permission from Sensational Stevia Desserts by Lisa Jobs,
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Jobs offers this recipe for Frozen Strawberry Yogurt Pops excerpted from her book **Sensational Stevia Desserts:**

Frozen Strawberry Yogurt Pops

Serving Size: 1 popsicle • Total Servings: 5 (5oz.) popsicles or 13 (2oz.) popsicles

2 cups unsweetened frozen whole strawberries, thawed slightly

(or 1 cup pureed fresh fruit)

1 cup (8 oz.) plain nonfat yogurt

1/3 tsp. stevia extract

1 tsp. vanilla extract

Blend strawberries and a 1/2 cup of the yogurt in food processor until strawberries are finely chopped. Add remaining yogurt, stevia and vanilla. Blend until smooth. Divide mixture evenly among 5 plastic popsicle holders, Freeze for about 3 hours or until firm.

If you don't have plastic popsicle holders, you can divide the mixture evenly among 5 (5 oz.) paper cups. Cover tops of cups with foil, then make a slit in the center of the foil with a knife tip and insert a wooden popsicle stick into each cup. Freeze for 3 hours or until firm. Tear away paper and enjoy!

Optional: Use raspberries, bananas, blackberries or a combination of fruit.

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Nutrition per Serving

	5 oz. popsicle	Comparison 2 oz. popsicle
Calories	51	19
Fat	0 g	0 g
Carbohydrates	9 g	4 g
Protein	3 g	1 g
Cholesterol	<1 mg	0 mg
Dietary Fiber	1 g	0 g
Sodium	39 mg	15 mg
Total Sugars	7 g	3 g

The main drawback to a store-bought popsicle with yogurt is the carbohydrate/sugar content. I didn't find many, but the couple I did find had 21g and 22g carbs and 15g to 16g of sugar. Of course, this is very different from these stevia popsicles that have only 4g to 9g of carb and 3g to 7 g of sugar.

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82

LOW-CARB
RECIPES

SENSATIONAL
STEVIA
DESSERTS

Lisa Jobs

With a Foreword by Andrew P. Mandell, Executive Director, Defeat Diabetes Foundation

Praise for *Sensational Stevia Desserts*:

"This book is a must for all those interested in using stevia as a natural sweetener for mouth-watering desserts."

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David Richard, Author, *Stevia Rebaudiana: Nature's Sweet Secret*

*"As an insulin-dependent diabetic, I am always looking for ways to reduce my sugar intake and still enjoy the foods I want to eat...I hope our endorsement of *Sensational Stevia Desserts* will open your eyes to this natural alternative to sugar and how you can make it part of your diet."*

Andrew P. Mandell, Executive Director, Defeat Diabetes Foundation

"Recommended Read"

She Knows Low Carb magazine (formerly *Low Carb Energy*), Spring 2006

"...offers a slew of recipes that all use stevia as the sweetener...my favorite (so far) is the Positively (Divine) Peanut Butter Pie. It's definitely a winner in my family."

Tracey Farnsworth, www.roundtablereviews.com



Sensational Stevia Desserts By Lisa Jobs

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Website: www.steviadessert.com

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Sensational Stevia Desserts

By Lisa Jobs, BA, MJ

Foreword by Andrew P. Mandell, Executive Director,
Defeat Diabetes Foundation

Publication Date: September 2005

Description: *Sensational Stevia Desserts (SSD)* offers 82 fantastic low-carb treats to help consumers take sugar and artificial sweeteners out of dessert preparation forever by using stevia, a healthy alternative. *SSD* is the only stevia cookbook to offer the following: exclusively dessert recipes; an 8-page, full-color insert; full nutrition information; measurements for multiple stevia brands; nutritional comparisons of recipes made with sugar; variations to recipes; editorial comments and tips with most recipes. Author and former stevia business owner Lisa Jobs has perfected these recipes and stresses using more natural, healthy ingredients, greatly reducing sugar intake and thus carbohydrate intake, especially when compared to traditional recipes.

Marketing

Positioning Statement: Finally, the stevia cookbook with the desserts you crave is here!

- National, regional, local and online programs with publicist Kate Bandos of KSB Promotions
- Mass Mailings, both regular mail and email, to key customer target lists announcing *SSD*
- Book displays/catalog insertions/literature distributed at various trade shows nationwide
- Book signings and other author engagements
- Various promotional tie-ins with Defeat Diabetes® Foundation and Mr. Diabetes® walking tour to raise money and educate people about diabetes and its prevention.

Audience

Low-Carb Dieters • All Health and Fitness Conscious Consumers • Diabetic Community including Parents of Children with Diabetes • Health Food Stores & Natural Foods Coops

Endorsements

Fred Pescatore, MD, MPH, CCN, Author of the best selling, *The Hamptons Diet*

Dr. Mark A. Stengler, N.D., Co-Author, *Prescription for Natural Cures*

Andrew P. Mandell, Executive Director, Defeat Diabetes Foundation

First for Women magazine, April 24, 2006 issue

She Knows Low-Carb (formerly *Low-Carb Energy* magazine), Spring 2006

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About the Author



Lisa Jobs, B.A., M.J., operated her own stevia business, @Stevia LLC, for 10 years. During that time, she created hundreds of dessert recipes using her own stevia products. With her family's help, Lisa perfected these recipes to bring you ***Sensational Stevia Desserts***. Lisa's been interviewed by radio and television stations, newspapers, health magazines and online health-related websites. She is currently working on a second book.

Prior to owning her own business and having children, Lisa was in broadcast sales for major radio and television stations in the Philadelphia market. She was also an adjunct communications professor at local universities.

She hopes that this book will help those who desire a healthier lifestyle and those who need to reduce their sugar intake due to diabetes, obesity, or candidiasis. This book can also be a refreshing alternative for those who've tried recipes using chemical substitutes, but either didn't like the taste or had undesirable side effects! These delicious desserts using the all-natural sweet alternative, stevia can help make a difference!



Lisa enjoys free time with her family and friends, reading and researching information about natural health, baking and cooking, scrapbooking, traveling and exercising.

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