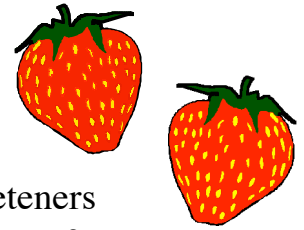


## **Cool the Kids Down This Summer With Refreshing, Healthier Treats Like Frozen Strawberry Yogurt Pops Made With Stevia, the Natural Sugar Alternative**

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.

### 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**

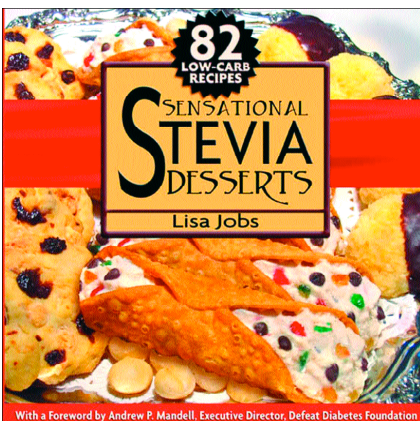
“Any avid cook will not want to be without this...This cookbook is dessert heaven; you will never feel deprived again!” ~ Qetesh, [TCM Reviews](#)

“**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**

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

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**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

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