



RECIPES

*Condiments*





## BALSAMIC

# Vinaigrette

### INGREDIENTS:

- 1 Shallot, peeled and roughly chopped
- 1 T Whole Grain Mustard
- 1 T powdered Lite & Sweet
- ½ C Balsamic Vinegar
- ½ C extra virgin Olive Oil

**YIELD:** 1 Jar



### DIRECTIONS:

Powder the Lite & Sweet in a high speed blender or food processor, combine the shallot, balsamic vinegar and mustard with the powdered Lite

& Sweet. Blend it all until smooth. Gradually add the Olive Oil until emulsified. Store in the refrigerator for up to a week.



## BBQ Sauce



### INGREDIENTS:

- 1 (15 oz.) canned Tomato Sauce
- ½ C Apple Cider Vinegar
- ½ C powdered Lite & Sweet
- ¼ C Tomato Paste
- ¼ C Molasses
- 3 T Worcestershire Sauce
- 1 t Paprika
- 1 t Garlic Powder
- ½ t Ground Black Pepper
- ½ t Onion Powder
- ½ t Salt
- 4 pinches of Red Cayenne Pepper

**YIELD:** 2 Jars

### DIRECTIONS:

Whisk all ingredients together in a medium saucepan over medium-high heat until mixture reaches a boil. Reduce heat to a simmer and allow

sauce to cook until it has reduced and thickened a bit: about 35 minutes. Set aside to cool for 15 minutes. Store in refrigerator for up to 1 week.



# Ketchup

## INGREDIENTS:

- 1 (6-oz) can or jar Tomato Paste
- 1 t Onion powder
- ½ t Garlic powder
- ¼ Celery salt
- Salt & Pepper to taste
- 1 T Mustard
- 2 T powdered Lite & Sweet
- ¼ C White Wine Vinegar
- ½ t Worcestershire sauce
- ¼ C ¼ C Water

**YIELD:** 1 Jar



## DIRECTIONS:

In a medium bowl, add all ingredients and stir until combined; refrigerate in a glass jar with a lid. Ketchup will keep in the refrigerator for up to 2 weeks.



## TERIYAKI Sauce



### INGREDIENTS:

½ C	Soy Sauce (low-sodium)
¼ C	Water
2 T	Rice Wine Vinegar
½ C	powder Lite & Sweet
1 T	cornstarch
1 ½ t	minced Garlic
2 t	grated fresh Ginger

**YIELD:** 1 Jar

### DIRECTIONS:

Dissolve the powder Lite & Sweet in the water (either in a microwave or in a saucepan on the stove). Whisk all ingredients together in a bowl once the Lite & Sweet is fully dissolved. Use as a marinade or basting liquid for chicken, fish, beef or even vegetables. Glaze: To make a teriyaki glaze, mix 1 teaspoon of

cornstarch with ½ teaspoon of water and stir into approximately ¾ cup of the Teriyaki sauce. Bring sauce to a boil or microwave until the sauce begins to thicken. The Glaze will continue to thicken as it cools. Baste onto cooked chicken or fish or mix into stir-fried vegetables.



## MARINARA Sauce

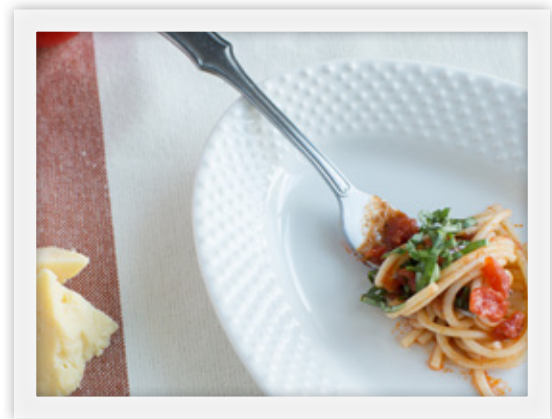
### INGREDIENTS:

- 1 large can peeled Plum Tomatoes
- 1 large can Crushed Tomatoes
- ½ can Tomato Paste
- 3 cloves Garlic, crushed
- ½ Onion, diced
- 3 T Olive Oil
- 1 t Lite & Sweet
- 3 T fresh Basil, chopped or 1 T dried Basil
- Salt and Pepper to taste

**YIELD:** 2 Jar

### DIRECTIONS:

In a pot, heat oil on low heat. Add crushed garlic to heated oil, do not let it brown. After a minute, add the onion and simmer for a few minutes. Add the can of peeled tomatoes and crush with a fork. Mix well with the onion and garlic, cook on low for 15 minutes. Add ½ can tomato paste stir well. Add Lite & Sweet, salt and pepper to taste. Stir in the Basil. (Optional:



add 1 tablespoon of dried parsley and oregano or 1 teaspoon red pepper chili flakes for a more spicy sauce) Cook on low heat for 1 hour and serve. Note: If you like a chunky sauce, serve as is. If you like a smooth sauce, blend the sauce slowly and carefully in a blender before serving. You can freeze and store the sauce for 3 months.





## CRANBERRY Sauce



### INGREDIENTS:

- 2 ½ C fresh or frozen Raspberries, thawed
- 2 C fresh or frozen Cranberries, thawed
- 1 C Apple, peeled and chopped
- 2 C powder Lite & Sweet
- 1 orange, zest grated and juiced
- 1 lemon, zest grated and juiced

**YIELD:** 4 Jars

### DIRECTIONS:

Pulse raspberries, cranberries and apples in a food processor until smooth. Place the mixture in a pot and stir in the Lite & Sweet, orange and lemon zest and juice. Bring it to a rapid boil over high heat, stirring constantly. Remove from heat; skim off the foam. Let the mixture cool and place in storage jars, serve with your prepared turkey dinner or use on turkey sandwiches as a spread.



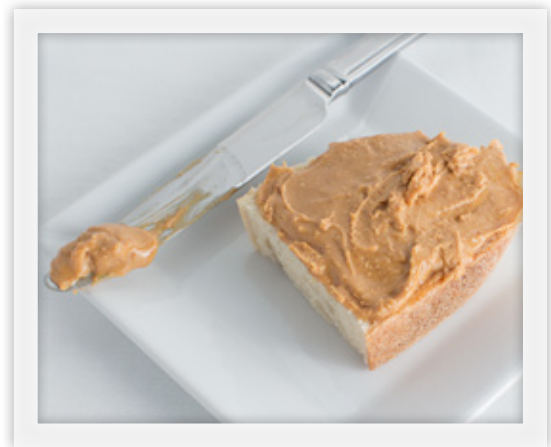
## PEANUT Butter

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### INGREDIENTS:

4 C roasted, unsalted Peanuts  
¼ C powder Lite & Sweet  
⅛ t Salt  
1 T Coconut Oil

**YIELD:** 4 Jars



### DIRECTIONS:

In a food processor or blender add the peanuts, powder Lite & Sweet and salt. Pulse it until crumbly and flour-like. Grind the mixture on slow speed until smooth and buttery, finally add the coconut oil and mix on high until fully

incorporated. Pour the mixture into a sealable jar and freeze for 30 minutes. Then refrigerate for a couple hours. After the chilling process, the peanut butter will be firm and scoopable, just like store bought peanut butter.





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# Jam

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## INGREDIENTS:

4 lb of fresh Fruit (any type of berries, peaches or nectarines)  
3 C of powder Lite & Sweet  
2 T of Lemon Juice  
½ C of Water

**YIELD:** 8 Jars

## DIRECTIONS:

Prepare the jars for canning by sterilizing jars for 15 minutes in hot water bath. Rinse the fruit and cut into 2 or 3 chunks, place cut fruit in a bowl and toss with lemon juice. Place in food processor and pulse into small bits (do not liquify the fruit). Using a medium saucepan; add water and the powder Lite & Sweet stir until the

sweetener is dissolved. Add the fruit pulp and continue to stir frequently until thickens. Fill the prepared jars leaving a ¼ inch headspace, remove air bubbles, wipe rim, add lid and band. Return to the boiling water bath for 10 minutes. Let it cool completely. Cover, label and refrigerate up to 1 month or freeze up to 1 year.



## APPLE Butter

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### INGREDIENTS:

- 2 T unsalted Butter
- 3 pounds assorted Apples, peeled, cored and cut into quarters
- 3 C Apple Cider
- ¼ C Lite & Sweet™  
Juice of ½ Lemon
- 1 t Lemon zest
- 2 t ground Cinnamon
- 1 t Allspice

**YIELD:** 5 Jars

### DIRECTIONS:

In a large heavy saucepan over medium heat; melt the butter and add the apples. Cook apples until slightly softened about 5 minutes. Add Cider and Lite & Sweet™, bring to a boil and reduce heat to simmer, partially covered, stirring occasionally until soft for 30 minutes. Preheat oven to 250F degrees and mash softened apples with potato



masher. Remove from heat and add Lemon juice, Lemon zest and ground Cinnamon and Allspice. Puree mixture in a blender until smooth. Pour mixture into baking dish and bake stirring occasionally until thickened for 3 ½ hours. Let it cool before serving. Apple butter can be kept in airtight container for 2 weeks.



## PUMPKIN Butter

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### INGREDIENTS:

- 3 ½ C Pumpkin Puree, canned
- 2 t Vanilla Extract
- ¾ C Apple Cider or Apple Juice
- 2 t ground Ginger
- ½ t ground Cloves
- 1 T ground Cinnamon
- ½ t ground Nutmeg
- 1 ⅓ C powder Lite & Sweet
- 2-3 Cinnamon sticks
- Juice half of a Lemon

**YIELD:** 4 Jars

### DIRECTIONS:

Combine pureed pumpkin, vanilla, apple juice, spices, cinnamon sticks and Lite & Sweet in a large saucepan; stir well. Bring mixture to a boil. Reduce heat and simmer for 30 - 45 minutes or until thickened. Stir frequently. Adjust spices to taste how

you prefer. Stir in the lemon juice, or a bit more to taste. Cool to room temperature and store in an airtight container in a refrigerator for up to 2 weeks. You can use it longer if you freeze and use small batches at a time to stay fresh and delicious.

RECIPES

# Snacks

