



PEACH TEA

FEATURING TRUVIA[®] NATURAL SWEETENER

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INGREDIENTS

- 1 cup brewed black tea
- 1/2 teaspoon lemon juice
- 1 tablespoon of zero-calorie Truvia®
Natural Sweetener Spoonable
- 1 medium peach, peeled and pitted

INSTRUCTIONS

Brew black tea and cool. Add tea, lemon juice, Truvia® Natural Sweetener and peach to blender pitcher. Blend until peach is liquefied. Strain through tea strainer to remove pulp, if desired. Serve over a tall glass of ice and garnish with a fresh peach slice.

This tea has 72% less sugar and 71% fewer calories than the sugar-sweetened version*.

*This tea has 40 calories and 9 grams of sugar per serving compared to the sugar-sweetened version, which has 140 calories and 33 grams of sugar. Makes 1 serving.





CHOCOLATE CHIP

BANANA COOKIES

FEATURING TRUVIA® BAKING BLEND

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INGREDIENTS

- 1/3 cup unsalted butter, softened
- 1/4 cup Truvia® Baking Blend
- 1 egg
- 1/2 cup mashed ripe bananas
- 1/2 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon baking soda
- 1 cup semi-sweet chocolate chips

INSTRUCTIONS

Preheat oven to 350° F. In a small bowl, beat together the butter and Truvia® Baking Blend. Mix in the egg, banana and vanilla. In a separate bowl, combine the flour, baking powder, salt and baking soda; gradually add to creamed mixture and mix well. Stir in chocolate chips. Drop by tablespoonful 2 inches apart onto baking sheets coated with cooking spray. Bake for 9–11 minutes or until edges are lightly browned. Remove to wire racks to cool.

These cookies have 6% fewer calories and 44% less sugar than the regular sugar-sweetened version*.

* These cookies have 140 calories and 5 grams of sugar per serving compared to sugar-sweetened cookies, which have 150 calories and 9 grams of sugar. Makes 20 cookies.





NOT-SO-SCARY

MONSTER COOKIES

**FEATURING TRUVIA® BAKING BLEND &
BROWN SUGAR BLEND**

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INGREDIENTS

- 1/4 cup butter, melted
- 1/4 cup Truvia® Baking Blend
- 1/2 cup Truvia® Brown Sugar Blend
- 3/4 cup peanut butter
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 2 1/4 cup gluten-free oatmeal
- 1/4 cup candy-coated chocolate candies
- 1/4 cup chocolate chips

INSTRUCTIONS

Preheat oven to 350° F. Melt butter in microwave, and add to large mixing bowl with the Truvia® Baking Blend and Truvia® Brown Sugar Blend. Add peanut butter, vanilla and egg. Mix for 2–3 minutes to start dissolving the Truvia® sugar blends. Add salt, baking soda and oatmeal to the liquid ingredients, and mix to form a soft dough. Stir in the chocolate candies and chocolate chips. Drop tablespoons of dough on cookie sheet, and press to flatten. Bake for 7–8 minutes until the edges are lightly brown. Cool on pan for 1–2 minutes until cookies set, then transfer to cooling rack.

These oatmeal, peanut butter and chocolate chip gems have 7% fewer calories* and 53% less sugar* than the sugar-sweetened version.

*These cookies have 130 calories and 6 grams of sugar per serving compared to the full-sugar versions which have 140 calories and 13 grams of sugar each. Makes 2 dozen cookies.



The background features a pattern of green icons: leaves and teardrop shapes. The top half has a grid of leaves, while the bottom half has a grid of drops. The text is centered in the middle.

BERRY, AVOCADO

& KALE SALAD

FEATURING TRUVIA[®] NECTAR

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INGREDIENTS

Vinaigrette

- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 1 tablespoons Dijon mustard
- 1 tablespoons Truvia® Nectar
- 1/4 teaspoon salt
- 1 teaspoon poppy seeds

Salad

- 10 oz. baby kale, rinsed and dried
- 1/4 cup slivered almonds, toasted
- 1/2 cup blueberries, rinsed
- 1/2 cup raspberries, rinsed
- 1 avocado, diced
- 1/4 cup feta cheese, crumbled

INSTRUCTIONS

Add vinaigrette ingredients into a jar with a tight-fitting lid, shake vigorously, and set aside. Place baby kale in a large bowl and toss with dressing. Toast slivered almonds in a dry skillet over medium heat for 4 minutes, stirring constantly until fragrant. Add almonds to salad. Add blueberries, raspberries, avocado and feta to salad. Serve immediately.

This recipe contains 42% less sugar*
than the full-sugar version.

*This recipe has 160 calories and 4 grams of sugar per serving, compared to the full-sugar version that has 170 calories and 7 grams of sugar per serving. Makes 7 servings.





MANGO CILANTRO CHICKEN

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

- 2 mangoes, peeled, pitted and roughly chopped
- 1 bunch fresh cilantro (chopped stems and all)
- 3/4 cup of zero-calorie Truvia® Natural Sweetener Spoonable
- 1 tablespoon your favorite hot sauce
- 2 teaspoon red wine vinegar
- 1 cup of coconut milk
- 1/2 red onion, diced
- 2 tablespoons ginger, minced
- 4 cloves garlic, peeled and minced
- 1 fresh lime, juice and zest
- 2 tablespoons olive oil
- 4 oz. of water
- 2 teaspoons kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 lbs. boneless, skinless chicken breasts
- Non-stick cooking spray

INSTRUCTIONS

Put the mangoes, cilantro, Truvia® Natural Sweetener, hot sauce, vinegar, coconut milk, onion, ginger, garlic, lime juice and oil in a food processor, and puree until smooth, add water if too thick. Adjust salt and pepper to taste. You should have about one quart of marinade—split in half. Add the chicken with half the mango mixture to a plastic bag, and rub to coat the chicken with the mango puree. Refrigerate at least 6 to 8 hours to marinate. Put the other half of the mango mixture into a small saucepan with the water, and simmer over low heat until thick, up to 20 minutes. Store sauce refrigerated, and reheat before serving. Preheat a grill to medium-high heat. Spray with non-stick cooking spray so chicken won't stick to the grill. Season chicken with salt and pepper, and place on grill. Cook slowly to avoid burning. Turn heat down to medium, and cook for about 20 minutes, basting the chicken with marinade. Discard marinade that was in contact with raw chicken. For the last 10 minutes of cooking, only use the stovetop sauce as a marinade. Cook chicken until reaching an internal temperature of 165° F. Slice the chicken, and serve with steamed greens such as spinach. Spoon some of the cooked sauce over the chicken if desired.

This dish has 20% fewer calories* and 85% less sugar* than the full-sugar version.

*This entree has 210 calories and 2 grams of sugar per serving, compared to the full-sugar version that has 260 calories and 14 grams of sugar per serving. Makes 6 servings



SWEET TEA

FEATURING TRUVIA[®] NECTAR

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INGREDIENTS

- 6 tea bags, any flavor
- 1/2 cup Truvia® Nectar
- 4 cups boiling water
- 4 cups cold water

INSTRUCTIONS

Steep tea bags in boiling water for 15 minutes. For stronger tea, leave bags in longer. In a large pitcher, combine steeped tea (bags removed), Truvia® Nectar, cold water and ice. If desired, add slices of add lemon, lime, orange or fresh mint as a garnish. Refrigerate until ready to serve. Serve and enjoy.

This beverage contains 50% fewer calories* and 47% less sugar* than the full-sugar version.

*This beverage has 35 calories and 9 grams of sugar per serving, compared to the full-sugar version that has 70 calories and 17 grams of sugar per serving. Makes 16 servings.





STRAWBERRY MINT

APPLE JUICE

FEATURING TRUVIA[®] NECTAR

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INGREDIENTS

- 2 medium washed and cored apples, sliced
- 1/2 of a lemon, washed
- 12 peppermint leaves, washed
- 1/2 cup strawberries, hulled and washed
- 4 cup sparkling water
- 1 tablespoons Truvia® Nectar

INSTRUCTIONS

Using a juicer, add apple chunks, lemon, mint leaves and strawberries. In a large pitcher, mix fruit juice with water and Truvia® Nectar. Mix, enjoy right away, refrigerate any extra.

Each delicious cup has 22% fewer calories* and 27% less sugar* per serving than the full-sugar recipe.

*Each cup has 70 calories and 13 grams of sugar per serving, compared to the full-sugar version that has 90 calories and 18 grams of sugar per serving. Makes 6 servings.





BLENDED ICED COFFEE

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

- 8 oz. cold water
- 2 teaspoons instant coffee
- 1/2 cup skim milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon + 2 teaspoons of zero-calorie Truvia® Natural Sweetener Spoonable

INSTRUCTIONS

Stir instant coffee into water. Add coffee and remaining ingredients to blender. Mix on high speed for about 15–30 seconds until combined. Serve immediately. **Variations: (may affect nutritionals)** Replace water and instant coffee with 8 oz. of your favorite brewed coffee. Garnish with a dollop of whipped cream. Top with chocolate syrup or dust with cocoa powder. Add 2 scoops vanilla ice cream.

This cold glass of joe has 83% fewer calories* and 92% less sugar* than the full-sugar version.

*This iced coffee drink has 10 calories and 1 gram of sugar per serving, compared to the full-sugar version that has 60 calories and 13 grams of sugar per serving. Makes 5 servings.





RASPBERRY PEACH

SMOOTHIE

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

- 1 large peach, peeled and pitted
- 1/2 cup raspberries
- 1/2 cup plain Greek yogurt
- 1 tablespoon of zero-calorie Truvia®
Natural Sweetener Spoonable

INSTRUCTIONS

Add ingredients to blender pitcher, and blend until smooth. If smoothie is too thick to blend, add 2 tablespoons water to get it going. Enjoy!

This smoothie has 32% fewer calories* and 50% less sugar* than the sugar-sweetened version.

*This smoothie has 210 calories and 24 grams of sugar per serving compared to the sugar-sweetened version that has 310 calories and 48 grams of sugar. Makes 1 serving.





CARAMEL COOKIE BARS

FEATURING TRUVIA® BROWN SUGAR BLEND



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INGREDIENTS

- 20 wrapped caramels
- 5 tablespoons heavy cream
- 1 $\frac{1}{4}$ cup flour
- 1 $\frac{1}{4}$ cup rolled oats
- $\frac{1}{2}$ cup Truvia® Brown Sugar Blend
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 cup melted butter
- $\frac{1}{2}$ cup chocolate chips
- $\frac{1}{2}$ cup chopped walnuts

INSTRUCTIONS

Preheat oven to 350° F. Place caramels and heavy cream into a medium saucepan on low heat. Stir until melted, and set aside. In a large bowl, combine flour, oats, Truvia® Brown Sugar Blend, soda and salt, then mix. Add softened butter then use hand mixer to combine further. Place half of the mixture in 9" x 13" pan, and press it down. Bake at 350° F for 8 minutes. Remove from oven, and add chocolate chips and walnuts. Next, pour caramel sauce on top, followed by remaining oat mixture, and press down. Bake at 350° F for 12 minutes.

These bars have 4% fewer calories* and 42% less sugar* than the regular brown sugar version of this recipe.

*These bars have 210 calories and 8 grams of sugar per serving, compared to the regular brown-sugar-sweetened version that has 220 calories and 14 grams of sugar. Makes 20 bars.





COCONUT COLD-BREWED

ICED COFFEE

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

Concentrated coffee

- 1 cup coarsely ground coffee
- 4 cups coconut water

Coffee serving

- 1/3 cup cold brew coconut coffee
- 2/3 cup vanilla almond milk
- 1/2 teaspoon of zero-calorie Truvia®
Natural Sweetener Spoonable

INSTRUCTIONS

For concentrate coffee: Place coffee grounds in a large pitcher add coconut water, and stir to combine. Cover, and let steep in refrigerator for 12 hours. Line a fine-mesh strainer with a coffee filter. Strain coffee through filter. Discard grounds and content of strainer. Wash and dry pitcher, and transfer the strained coffee into pitcher. Cover, and refrigerate until ready to use. **For concentrate serving:** For each cup of iced coffee, combine 2/3 cups milk with 1/3 cup of coffee concentrate. Sweeten with Truvia® Natural Sweetener. Top with ice. Enjoy before the ice melts.

This cold brew contains 30% fewer calories* and 38% less sugar than the full-sugar recipe.

*This drink has 70 calories and 11 grams of sugar per serving, compared to the full-sugar version that has 100 calories and 18 grams of sugar per serving. Makes 4 cups of cold brew concentrate.





GRILLED PEACHES

FEATURING TRUVIA[®] NECTAR & BROWN SUGAR BLEND

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INGREDIENTS

- cooking spray
- 1/2 cup vanilla non-fat Greek yogurt
- 2 tablespoons Truvia® Nectar
- 12 washed, fresh mint leaves, chopped fine
- 4 slightly firm peaches, washed, halved and pitted
- 1/4 teaspoon sea salt
- 1/2 teaspoon Truvia® Brown Sugar Blend

INSTRUCTIONS

Preheat grill on highest setting. In a small bowl, combine yogurt, Truvia® Nectar and mint. Mix well. Store in refrigerator for later use. Combine salt and Truvia® Brown Sugar Blend in a small bag, set aside. Spray the flesh-side of the peaches lightly with cooking spray. Sprinkle Truvia® Brown Sugar Blend salt mixture evenly over the flesh-side of peaches. Place peaches on the grill, flesh-side down. Grill for 2-3 minutes without moving. Transfer the peaches to a plate, flesh-side up. Spoon a tablespoon of the Truvia® Nectar yogurt mix into the middle of each peach. Refrigerate any leftovers.

These grilled peaches contain 20% fewer calories* and 30% less sugar per serving than the full-sugar recipe.

*Each peach has 120 calories and 23 grams of sugar per serving, compared to the full-sugar version that has 150 calories and 33 grams of sugar per serving. Makes 4 servings.





SWEET SUMMER SALSA

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

- 1 6 oz. white and/or yellow frozen (thaw before use) or fresh corn
- 1/2 cup red onion, washed and chopped
- 1 red bell pepper, washed and chopped
- 1/2 cup rice wine vinegar
- 1/8 tsp salt
- 1 can (14.5 oz.) black beans—low sodium, drained and rinsed
- 3 1/2 teaspoon of zero-calorie Truvia® Natural Sweetener Spoonable

INSTRUCTIONS

In a large bowl, stir together all the ingredients. Cover, refrigerate, and serve. Store leftover in the refrigerator.

This salsa contains 16.5% fewer calories* and 100% less sugar* per serving than the full sugar version.

*This dressing has 50 calories and 0 grams of sugar per serving, compared to the full-sugar version that has 60 calories and 1 gram of sugar per serving. Makes 35 servings.





RASPBERRY LEMONADE

FEATURING TRUVIA[®] NECTAR

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INGREDIENTS

- 1/4 cup Truvia® Nectar
- 2 quarts water
- 1 cup lemon juice
- 1/3 cup washed raspberries
(10 berries)
- 1/8 teaspoon sea salt

INSTRUCTIONS

Combine Truvia® Nectar, water and lemon juice in a blender cup. Cover, and mix on high for 30 seconds. Add raspberries and salt. Cover, and blend for an additional minute. Chill, and serve over ice.

This drink contains 50% fewer calories* and 50% less sugar* than the full-sugar version.

*This drink has 25 calories and 7 grams of sugar per serving, compared to the full-sugar version that has 50 calories and 14 grams of sugar per serving. Makes 9 servings.





STRAWBERRY AGUA FRESCA

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

- 2 cups fresh strawberries, hulled and cut into chunks
- 1/4 cup of zero-calorie Truvia® Natural Sweetener Spoonable
- 1 cup cold water
- 3 cups lemon, lime or berry-flavored unsweetened sparkling water, chilled
- 1 lime, cut into 6 slices
- 6 fresh mint leaves, if desired

*or 12 packets of zero-calorie Truvia® Natural Sweetener

INSTRUCTIONS

In a blender pitcher, combine strawberries, Truvia® Natural Sweetener and water; blend until smooth, about 30 seconds. Pour strawberry mixture into large pitcher. Add sparkling water. Pour into glasses, and serve with ice. Garnish with lime slices and mint.

Do-Ahead Tip: Prepare and refrigerate strawberry mixture; when ready to serve, mix with sparkling water.

This drink has 75% fewer calories* and 84% less sugar* than the regular sugar-sweetened version.

*This drink has 20 calories and 3 grams of sugar per serving, compared to the regular sugar-sweetened version that has 80 calories and 19 grams of sugar per serving. Makes 6 servings.





COLD-BREWED

ICED COFFEE

FEATURING TRUVIA® NATURAL SWEETENER

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INGREDIENTS

Concentrated coffee

1 cup coarsely ground coffee

3 $\frac{1}{2}$ cups cold water

Coffee serving

4 oz. cold brew coffee

4 oz. water

$\frac{1}{2}$ teaspoon of zero-calorie Truvia®
Natural Sweetener Spoonable

INSTRUCTIONS

For concentrate coffee: Place coffee grounds in a large pitcher, add cold water, and stir to combine. Cover, and let steep, refrigerated, for 12 hours. Line a fine-mesh strainer with a coffee filter. Strain through filter. Discard grounds and content of strainer. Wash and dry pitcher, and transfer the strained coffee into pitcher. Cover, and refrigerate until ready to use.

This cold brew contains 100% fewer calories* and 100% less sugar* than the full-sugar version.

*This 8 oz. drink has 0 calories and 0 grams of sugar per serving, compared to the full-sugar version that contains 2 teaspoons of sugar and has 30 calories and 7 grams of sugar per 8oz. serving.
Makes 3 $\frac{1}{2}$ cups of concentrate cold brew.





POMEGRAMINT LEMONADE

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

Lemonade

- 1 ³/₄ cups of chilled water
- 4 tablespoons fresh-squeezed lemon juice, about 1 large lemon
- 1 tablespoon + ¹/₂ teaspoon of zero-calorie or zero-calorie Truvia® Natural Sweetener Spoonable

PomegraMint Lemonade

- 5 oz. Truvia® Lemonade
- 1 oz. pomegranate soda

INSTRUCTIONS

For Lemonade: Combine ingredients, and stir to dissolve. Serve over ice. **Variations:** Use chilled club soda instead of water to make sparkling lemonade. Refrigerated 100% lemon juice from concentrate may be substituted for fresh-squeezed lemon juice for great lemon flavor with a little less tartness. **For PomegraMint Lemonade:** Add ingredients to a tall glass filled with ice. Stir gently and garnish with a lemon wedge.

Each serving of this drink has 20% fewer calories* and 75% less sugar* than the full-sugar version.

*This drink has 10 calories and 3 grams of sugar per serving, compared to 50 calories and 13 grams of sugar per serving in the full-sugar version. Makes 1 serving.





PEACH SALAD WITH

PEACH BALSAMIC VINAIGRETTE

**FEATURING TRUVIA® NATURAL SWEETENER
& BROWN SUGAR BLEND**



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INGREDIENTS

Dressing

- 1 large peach, peeled and pitted
- 1 tablespoon of zero-calorie Truvia® Natural Sweetener Spoonable
- 2 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/3 cup vegetable oil

Pecans

- 8 oz. pecan halves
- 1/4 cup butter
- 1/3 cup Truvia® Brown Sugar Blend
- 1 teaspoon vanilla
- 1 Pinch of salt

Dressing

- 7 oz. of spring salad greens: arugula, spinach, romaine
- 3 large peaches, peeled and thinly sliced

INSTRUCTIONS

Salad dressing: Place peach, Truvia® Natural Sweetener, lemon juice, vinegar and salt in blender pitcher. Cover, and blend until smooth. Slowly stream in the vegetable oil while blending to emulsify the oil. Cover, and store salad dressing in refrigerator until serving. **Candied pecans:** Preheat oven to 325° F. Line a 9" x 9" baking dish with foil. Add pecans to pan, and set aside. Melt butter in microwave. Add Truvia® Brown Sugar Blend, vanilla and salt to the butter, and stir. Pour this mixture over the nuts, and stir to coat. Bake for 20-25 minutes, stirring after the first 10 minutes. **To assemble salads:** Arrange salad greens and peach slices on salad plate. Drizzle with 2 tablespoons salad dressing, and divide candied pecans among salads.

This salad has 13% fewer calories* and 54% less sugar* than the sugar-sweetened version.

*This salad has 310 calories and 10 grams of sugar per serving, compared to the sugar-sweetened version that has 360 calories and 22 grams of sugar. Makes 10 servings of dressing and 2 servings of salad.



HOMEMADE GINGER ALE

FEATURING TRUVIA[®] NECTAR

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INGREDIENTS

- 1 cup washed, peeled and grated ginger root
- 2 cups water
- 1/4 cup Truvia® Nectar
- 1 tablespoon of a washed, lime peel
- 4 whole black peppercorns
- 1 bottle sparkling water

INSTRUCTIONS

In a medium saucepan, over medium-high heat, combine ginger, water, Truvia® Nectar, lime peel and peppercorns. Bring mixture to a boil, boil for 2 minutes, then turn down heat to medium-low, and simmer for 15 minutes. Remove pan from heat, and allow to cool. Strain mixture through a sieve into a bowl, pressing on ginger and then discarding, making sure to press out all liquid. Refrigerate syrup in a covered jar until cold. Combine 6oz of Sparkling water with 4 tablespoons of ginger Truvia® Nectar. Mix, and enjoy right away. Refrigerate any remaining syrup in a covered jar.

This reduced-sugar twist on a beverage favorite contains 50% fewer calories* and 52% less sugar per serving than the full-sugar version.

*Each cup has 35 calories and 8 grams of sugar per serving, compared to the full-sugar version that has 70 calories and 17 grams of sugar per serving. Makes 8 servings of syrup.





GINGER STORM

FEATURING TRUVIA® NATURAL SWEETENER



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INGREDIENTS

Ginger Simple Syrup

4 oz. water

10 slices fresh ginger, peeled

1 tablespoon + 2 teaspoon of
zero-calorie Truvia® Natural
Sweetener Spoonable*

Ginger Storm

1/2 oz. Truvia® ginger syrup*

1/2 oz. fresh lime juice

4 oz. seltzer

1 1/2 oz. dark rum

INSTRUCTIONS

Ginger Simple Syrup Recipe: In a small pot, add 1 tablespoon + 2 teaspoons Truvia® Natural Sweetener, 4 oz. water and 10 slices fresh ginger, peeled. Bring to a boil, then reduce, and simmer for 15 minutes. Strain out ginger, and allow to cool.

Keep refrigerated up to 1 day. **Ginger Storm:** In a tall glass filled with ice, add Truvia® ginger syrup, lime juice and seltzer. Stir gently, and then float dark rum. Garnish with a ginger slice.

This drink has 16% fewer calories* and 100% less sugar* than the full-sugar version.

*This drink has 100 calories and 0 grams of sugar per serving, compared to 120 calories and 6 grams of sugar per serving in the full-sugar version. Makes 1 serving.

