

Choco-Chip Cookies



Ingredients

- 2/3 cup butter or margarine, softened
- 2/3 cup brown sugar, firmly packed
- 2/3 cup Splenda® No Calorie Sweetener, Granulated
- 2 teaspoons vanilla
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup semi-sweet chocolate chips

Preparation

- Preheat oven to 350 °F.
- Cream butter, brown sugar, Splenda Granulated Sweetener and vanilla together in a medium mixing bowl. Mix until well blended and creamy. Add eggs, one at a time, mixing well after each addition. Scrape sides of bowl. Add flour, baking soda and salt. Mix until well blended. Stir in chocolate chips.
- Place level tablespoons of cookie dough on an ungreased baking sheet. Bake 10-12 minutes or until golden brown. Remove from oven and cool on a wire cooling rack.

NUTRITION FACTS PER SERVING

Servings: 36
Serving Size: 1 cookie
Calories 90, Total Fat 5g, Cholesterol 20mg, Sodium 90mg, Total Carbs 11g, Dietary Fiber 0g, Sugars 7g, Protein 1g

Peanut Butter and Jelly Bites



Ingredients

- PEANUT BUTTER BALLS**
- 2 Splenda® No Calorie Sweetener packets
- 1 teaspoon vanilla extract
- 1 tablespoon sugar free cocoa mix
- 1 tablespoon graham cracker crumbs
- 2 tablespoons peanut butter
- 1 1/2 teaspoons fat free cream cheese
- GARNISH**
- 2 tablespoons graham cracker crumbs
- 2 teaspoons sugar free or no sugar added jam

Preparation

- Mix all peanut butter ball ingredients together in a small bowl. Roll into six balls. Roll balls in graham cracker crumbs.
- Press a small indentation in center with fingertip. Fill with jelly. Serve immediately on a wire cooling rack.

NUTRITION FACTS PER SERVING

Servings: 2
Serving Size: 2 bites
Calories 150, Total Fat 9g, Cholesterol 0mg, Sodium 170mg, Total Carbs 15g, Dietary Fiber 1g, Sugars 5g, Protein 6g



White Cake

Ingredients

- 2 1/2 cups cake flour
- 1/2 cup Splenda® Stevia Jar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 5 ounces egg whites, room temperature (approx. 5 eggs)
- 1/2 cup vegetable oil
- 1 1/4 cups buttermilk, room temperature
- 1 1/2 sticks unsalted butter, softened
- 2 teaspoons vanilla extract

Preparation

- Preheat oven to 350 °F. Grease and flour (2) 8" round cake pans.
- In a bowl, combine dry ingredients – cake flour, Splenda Stevia, baking powder, baking soda and salt. In a separate bowl, combine 1/2 cup of buttermilk and oil.
- Whisk together buttermilk, egg whites and vanilla extract. Set aside.
- In a mixing bowl, combine dry ingredients and softened butter. Mix on low until it looks like coarse sand. Slowly add egg mixture until everything is combined.
- Pour into prepared pans.
- Bake 30-35 minutes. Check cakes by inserting a toothpick into the center; they are done when only a few moist crumbs still cling to the toothpick.

NUTRITION FACTS PER SERVING

Servings: 32
Serving size: 1 slice
Calories 120, Total Fat 8g, Trans Fat 0g, Cholesterol 10mg, Sodium 160mg, Total Carbs 12g, Dietary Fiber 0g, Sugars 1g, Added Sugars 0g, Protein 2g



Fudgy Low-Sugar Brownies

Ingredients

- 1/2 cup almond flour
- 3 eggs, at room temperature
- 10 tablespoons unsalted butter, softened
- 1/4 cup dark cocoa powder
- 2 oz dark chocolate (baking bar or morsels)
- 1/2 cup Splenda® Stevia Jar
- 1/2 teaspoon baking powder
- 1 teaspoon vanilla extract

Preparation

- Preheat your oven to 350 ° F. Line a 9x7-inch baking pan with parchment paper.
- In a bowl mix butter and dark chocolate. Microwave for 30 seconds.
- Combine the dry ingredients: almond flour, Splenda Stevia, dark cocoa powder, baking powder.
- In a large mixing bowl, crack the eggs and beat with a mixer until frothy. Add vanilla extract, the butter and chocolate mixture and continue mixing.
- Slowly mix in the dry ingredients, until you get a brownie batter consistency.
- Transfer the batter to the baking pan and bake for 15-20 minutes. Check brownies at 15 minutes by inserting a toothpick into the center; they care done when only a few moist crumbs still cling to the toothpick.

NUTRITION FACTS PER SERVING

Servings: 16
Serving size: 1 piece
Calories 120, Total Fat 11g, Cholesterol 60mg, Sodium 30mg, Total Carbs 9g, Dietary Fiber 1g, Sugars 2g, Added Sugars 0g, Protein 3g