ENJOY YOUR SWEET MOMENTS, NATURALLY: RECIPES FEATURING STEVIA IN THE RAW
This ruby condiment is so perfect with roast chicken, turkey cutlets, or pork chops that you’ll be glad making it takes just minutes.

**INGREDIENTS**

- 3 cups fresh or frozen cranberries
- 1 large Granny Smith apple, peeled, cored and chopped
- 1 small red onion, finely chopped
- 1/2 cup golden raisins
- 1/2 cup distilled white vinegar

- 1/2 cup STEVIA IN THE RAW® CUP FOR CUP
- 2 tablespoons brown sugar, firmly packed
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground cloves

**DIRECTIONS**

Place all ingredients in large stainless steel or other non-reactive pot and bring to boil over medium-high heat. Reduce heat, and simmer chutney, uncovered, until cranberries and apples are soft, about 20 minutes, stirring occasionally. Spoon hot chutney into three 1/2-pint glass jars, and cover tightly. Cool chutney to room temperature, and refrigerate. Or, can jars of hot chutney in a hot water bath, if desired.

Refrigerated, chutney keeps for up to 1 month.

Note: Chutney can also be spooned into one large container and cooled before covering and refrigerating.

Makes 3 cups (12 quarter-cup servings)

**NUTRITION INFORMATION**

Per serving: 45 calories, 0 g fat (0 g saturated fat), 11 g carbohydrate, 0 g protein, 2 g dietary fiber, 0 mg sodium.

1 Carbohydrate Exchange

For more recipes, visit www.steviaintheraw.com
**SPICED APPLE QUESADILLAS**

Tender crêpes with a filling of buttery apples warmed with cinnamon make this dessert an elegant take-off on a quesadilla.

**CRÊPES INGREDIENTS**

| 1 1/4 cups milk, divided | 1 cup unbleached all-purpose flour |
| 2 tablespoons melted unsalted butter, plus 1 teaspoon cold butter for the pan | 2 large eggs |
| 2 tablespoons Stevia In The Raw CUP FOR CUP | 1/8 teaspoon salt |

**DIRECTIONS**

In food processor or blender, whirl 1 cup milk with melted butter, flour, eggs, Stevia In The Raw, and salt for 10 seconds, making smooth batter with consistency of heavy cream. Pour batter into measuring cup, cover with plastic wrap, and refrigerate 2 hours, or up to 3 days.

Heat crêpe pan or 6- or 7-inch non-stick skillet over medium-high heat until water flicked into it balls up. If batter has separated, reblend, adding milk by the tablespoon if it has thickened.

Using paper towel, coat hot pan lightly with butter, using about 1/2 teaspoon. Holding pan in one hand, pour in 3 tablespoons batter, tilting and rotating pan to coat bottom. Cook until crêpe looks dull on top and bottom is golden, 1-2 minutes. Flip crêpe, and cook second side for 15 seconds. Flip crêpe onto a plate and cover loosely with foil to keep warm. Wipe pan lightly with more butter, add batter, and repeat, stacking the crêpes. Keep thinning batter as needed. Makes 12 crêpes.

**FILLING INGREDIENTS**

| 6 dried whole apricots or 10 halves, chopped | 3 large Golden Delicious apples (about 1 1/2 pounds), peeled, cored, and cut in 1/4” slices |
| 1/4 cup apple cider | 1 tablespoon fresh lemon juice |
| 3 packets STEVIA IN THE RAW | 1/4 cup chopped walnuts |
| 2 tablespoons unsalted butter | 1 teaspoon ground cinnamon |
| | 1/8 teaspoon ground allspice |
| | Low-fat vanilla yogurt, for garnish |

**DIRECTIONS**

In a small bowl, plump apricots in cider, 20 minutes. Mix in STEVIA IN THE RAW, and set aside. In medium skillet, melt butter over medium heat. Add apples and lemon juice, increase heat to medium-high, and cook until apples are limp, about 4 minutes, stirring occasionally. Add apricot mixture, and cook until apples are soft and thinnest slices are translucent, 5 minutes. Scoop apples into a bowl and set aside.

Place a crêpe on a serving plate. Spoon on generous 1/2-cup filling and top with second crêpe. Stir yogurt until creamy, then use fork to drizzle in zig-zags over quesadillas. Serve immediately. Makes 6 servings

**NUTRITION INFORMATION**

Per serving: 300 calories, 12 g fat (5 g saturated fat), 31 g carbohydrate, 7 g protein, 2 g dietary fiber, 105 mg sodium.

2 Carbohydrate Exchanges

For more recipes, visit www.steviaintheraw.com
MINI CORN MUFFINS

Dollop your favorite preserves on these two-bite muffins while appreciating the whole-grain benefits of stone-ground cornmeal and mild tasting white whole wheat flour. Or share them as an hors d’oeuvres sandwiching tasty ham and a dab of mustard.

INGREDIENTS

- 1 cup stone-ground yellow cornmeal
- 3/4 cup whole-wheat flour
- 3/4 cup unbleached all-purpose flour
- 1/4 cup Stevia In The Raw ®
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/3 cups low-fat buttermilk
- 1/4 cup melted and cooled unsalted butter
- 2 large eggs

DIRECTIONS

Preheat oven to 400° F. Coat muffin tin with 1 3/4-inch cups with cooking spray.

In large bowl, whisk together cornmeal, whole-wheat and all-purpose flours, Stevia In The Raw®, baking powder, baking soda, and salt. In another bowl, whisk buttermilk with butter and eggs until well combined. Add wet ingredients to the dry and mix just until they are combined. Spoon the thick batter into prepared pan, just filling the cups, with a rounded mound on top.

Bake for 12-15 minutes, until knife inserted into center comes out dry and outside of a muffin is pale gold. Immediately turn muffins out onto wire rack to cool. Serve warm or at room temperature.

Makes 30 muffins

VARIATIONS:

Add to the dry ingredients 2/3 cup dried blueberries, 2/3 cup crumbled crisp bacon, or 1/4 teaspoon red pepper flakes.

NUTRITION INFORMATION

Per serving (2 muffins): 120 calories, 4.5 g fat (2 g saturated fat), 18 g carbohydrate, 4 g protein, 1 g dietary fiber, 200 mg sodium.

1 Carbohydrate Exchange
Combining the crunchy apples, celery, and nuts of a Waldorf salad with mandarin orange sections and the shredded coconut of ambrosia makes this a festive salad to serve anytime.

**INGREDIENTS**
- 1 Gala apple, cored and dice
- 1 tablespoon orange juice, plus 1 teaspoon
- 1 celery rib, thinly sliced
- 1/4 cup chopped toasted pecans
- 3 tablespoons reduced fat sour cream
- 2 tablespoons low fat mayonnaise
- 1 packet STEVIA IN THE RAW®
- Freshly ground pepper
- 1/2 cup (1/2 11-ounce can), mandarin orange sections, drained
- 2 tablespoons unsweetened shredded coconut

**DIRECTIONS**
In mixing bowl, toss apple with one teaspoon of the orange juice. Add celery and pecans. In small bowl, whisk together sour cream, mayonnaise, Stevia In The Raw, and remaining orange juice until smooth. Mix in 3 or 4 grinds of the pepper. Add dressing to apple mixture and use fork to toss 3 or 4 times.

Spread orange sections on a paper towel and blot dry, then add to salad. Toss until salad is well coated with dressing. Transfer salad to serving platter or divide it among 4 salad plates. Sprinkle on coconut. Serve immediately.

Makes 4 servings

**NUTRITION INFORMATION**
Per serving: 140 calories, 9 g fat (2 g saturated fat), 13 g carbohydrate, 1 g protein, 2 g dietary fiber, 75 mg sodium.

1 Carbohydrate Exchange
TERIYAKI CHICKEN WINGS WITH HOT MANGO DIPPING SAUCE

Brushing several times with an all-natural sauce gives these baked wings intense flavor and crunchy skin. The chile-spiked fruit dipping sauce makes the perfect partner.

SAUCE INGREDIENTS
1/2 cup reduced sodium soy sauce
1/2 cup reduced sodium chicken broth
1/4 cup mirin (Japanese rice wine)
1/3 cup Stevia In The Raw ® CUP FOR CUP
2 tablespoons defrosted orange juice concentrate
2 garlic cloves, sliced lengthwise
3/4-inch fresh ginger, in 3 slices
16 chicken wings, about 3 1/4 pounds

DIRECTIONS
In small saucepan, combine all the sauce ingredients. Boil sauce over medium-high heat for 10 minutes. Cool sauce to room temperature. If desired, remove garlic and ginger, transfer sauce to tightly covered container, and refrigerate for up to 24 hours.

Preheat oven to 425° F. Line baking pan, 15” x 11” or larger, with foil. Coat 2 (10” x 10”) wire racks with cooking spray and set in the pan, overlapping them.

Cut off first joint of chicken wings and discard. Arrange wings in prepared baking pan in one layer, smooth side up. Bake wings for 10 minutes.

Brush wings on both sides with sauce and bake, smooth side up, for 5 minutes. Brush with sauce again and bake, underside up, for 5 minutes. Brush wings a third time and bake, smooth side up, for 5 minutes. Brush wings again, and bake, underside up, for 10 minutes. Reduce oven to 400° F. Brush tops of wings with sauce and bake, topside up, for 10 minutes.

Arrange wings on serving plate. Discard any remaining sauce.

Serve accompanied by Hot Mango Dipping Sauce.

DIPPING SAUCE INGREDIENTS
1 cup diced fresh mango
2 tablespoons brown mustard
2 tablespoons orange marmalade fruit spread
2 packets STEVIA IN THE RAW®
1 tablespoon fresh lime juice
1/8 teaspoon cayenne pepper
1/2 teaspoon salt
1/8 freshly ground pepper
2 tablespoons chopped scallions

DIRECTIONS
In mini-food processor, whirl all sauce ingredients except scallions together until smooth. Transfer sauce to bowl and garnish with scallions.

Makes 8 (2 tablespoon) servings

NUTRITION INFORMATION
Per serving (2 wings plus 2 tablespoons dipping sauce): 127 calories, 2 g fat (<1 g saturated fat), 14 g carbohydrate, 14 g protein, 0 g dietary fiber, 645 mg sodium.

1 Carbohydrate Exchange

FOR MORE RECIPES, VISIT WWW.STEVIAINtheraw.com
SWEET AND SOUR SHRIMP STIR-FRY

An abundance of sweet peppers, plus cauliflower, make this dish as healthy as it is colorful, easy and delicious.

INGREDIENTS
1 cup cauliflower florets, in 3/4-inch pieces
2 tablespoons peanut oil, divided
3/4 pound shelled large shrimp (31-25 count), or 1 pound unshelled
2 garlic cloves, chopped
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1 medium onion, diced
1/2 cup reduced sodium chicken broth
1/4 cup tomato sauce
2 tablespoons rice vinegar
2 packets STEVIA IN THE RAW®
1 tablespoon reduced sodium soy sauce
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper
Pinch red pepper flakes
1 tablespoon cornstarch

SEASONING SAUCE INGREDIENTS
1/2 cup reduced sodium chicken broth
1 tablespoon reduced sodium soy sauce
1/4 cup tomato sauce
1/2 teaspoon salt
2 tablespoons rice vinegar
1/8 teaspoon freshly ground pepper
2 packets STEVIA IN THE RAW®
Pinch red pepper flakes
1 tablespoon cornstarch

DIRECTIONS
In pot of boiling water, cook cauliflower for 1 minute. Drain cauliflower in colander. Immediately transfer it to bowl of ice water until cooled, then drain thoroughly and pat dry with paper towels. Set cauliflower aside.

For seasoning sauce, in bowl, combine broth, tomato sauce, vinegar, Stevia In The Raw, soy sauce, salt, pepper, and pepper flakes. Stir in cornstarch. Set sauce aside, leaving spoon in the bowl.

In a wok set over high heat, drizzle in 1 tablespoon of the oil. Add shrimp and stir-fry until they look pink, 1 minute. Transfer shrimp to a plate. Add remaining oil to wok. Toss in garlic and stir-fry until fragrant, 15 seconds. Add red and green peppers, onion, and cauliflower, and stir-fry for 1 minute. Restir seasoning sauce and add to the wok. Add shrimp and stir-fry until it is white in the center, 1-2 minutes. Serve immediately. Makes 4 servings

NUTRITION INFORMATION
Per serving: 200 calories, 9 g fat (2 g saturated fat), 11 g carbohydrate, 19 g protein, 2 g dietary fiber, 580 mg sodium.
1 Carbohydrate Exchange

FOR MORE RECIPES, VISIT WWW.STEVIAINtheraw.com
Assembled like a casserole, this deconstructed, tangy-sweet stuffed cabbage includes everything you love except the tedious work.

INGREDIENTS

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<tr>
<th>Amount</th>
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<tbody>
<tr>
<td>2 1/2 pound</td>
<td>Savoy cabbage</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>canola oil</td>
</tr>
<tr>
<td>3/4 pound</td>
<td>93 percent lean ground beef</td>
</tr>
<tr>
<td>1 celery rib</td>
<td>finely chopped</td>
</tr>
<tr>
<td>1 medium onion</td>
<td>finely chopped</td>
</tr>
<tr>
<td>1 cubanelle pepper</td>
<td>seeded and finely chopped</td>
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<td>finely chopped</td>
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<td>3 cups</td>
<td>cooked brown rice</td>
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<td>tomato paste</td>
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<tr>
<td>3 cups</td>
<td>tomato sauce</td>
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<tr>
<td>1/4 cup</td>
<td>chopped flat-leaf parsley</td>
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<tr>
<td>1/4 cup</td>
<td>Stevia in The Raw CUP FOR CUP</td>
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<tr>
<td>2 tablespoons</td>
<td>fresh lemon juice</td>
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<td>2 tablespoons</td>
<td>distilled white vinegar</td>
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<tr>
<td>Salt</td>
<td>freshly ground pepper</td>
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<tr>
<td>Brown rice</td>
<td></td>
</tr>
<tr>
<td>Tomato paste</td>
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DIRECTIONS

Remove 6-8 large leaves from cabbage, cut out tough center vein and halve leaves lengthwise. Quarter remaining cabbage and thinly slice crosswise to make 10 cups. Save rest of cabbage for another use.

Heat oil in large Dutch oven over medium-high heat. Add meat and cook, breaking it up, until it loses its pink color. Using slotted spoon, transfer meat to large bowl. Pour off all but 1 tablespoon fat and add celery, onion, pepper, and garlic to pot. Cook until vegetables are soft, 6 minutes, stirring often, then add them to meat. Set pot aside. Mix rice and tomato paste into meat. Season to taste with salt and pepper.

Using 2 or 3 halved leaves, cover bottom of pot. Spread 2 cups shredded cabbage over leaves. Add half the meat filling, and top with 4 cups shredded cabbage. Cover with cabbage leaf halves. Add remaining meat filling, and remaining 4 cups shredded cabbage, then remaining cabbage leaves. Add 1 cup water, tomato sauce and parsley. Bring to boil over medium-high heat, cover, and simmer cabbage over reduced heat for 30 minutes.

In bowl, combine Stevia in The Raw, lemon juice, and vinegar. Pour over cabbage, cover, and simmer 10 minutes longer, or until cabbage is very tender.

Cool, uncovered, at least 20 minutes before serving. Preferably, cool completely, refrigerate overnight, and reheat, covered, in 350° F. oven until heated through, 45-50 minutes. Cut into wedges and use wide spatula to transfer cabbage to plates. Spoon on additional sauce, and serve. Makes 8 servings.

NUTRITION INFORMATION

Per serving: 310 calories, 11 g fat (2 g saturated fat), 37 g carbohydrate, 15 g protein, 9 g dietary fiber, 520 mg sodium.

2.5 Carbohydrate Exchange