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Sugar Alternatives

If you crave sweets while trying to conquer addictions to food, drugs or alcohol then the sweetness of these alternative sweeteners can help to fulfill these cravings in a healthy manner and not play havoc with weight and blood sugar. Here are the natural sweeteners I use and why.

STEVIA GLYCERITE - Stevia glycerite is a favorite of many people. It is an herb that has been used as a sweetener in South America for hundreds of years. One tip is to look for “stevia glycerite;” which has no bitter aftertaste as compared to plain “stevia. It is widely used all over the world. In Japan, it claims 58% of the sweetener market, and was used in Japanese Diet Coke until the company replaced it with aspartame to “standardize” worldwide.

CALORIES = 0

SWEETNESS = 300 times sweeter than sugar

CONVERSION = 1 tsp stevia = 1 cup of sugar

WHY I USE IT: It is great for cooking, because it maintains flavor that many other sweeteners lose when heated, but it also needs an additional sweetener in most cases when making baked goods since it doesn't caramelize or create “bulk.”

BENEFITS OF STEVIA

1. **WEIGHT LOSS and DIABETICS:** It does not affect blood sugar metabolism. This makes it a great tool in weight loss programs, but it also for diabetics. Stevia creates a hypoglycemic effect and increases glucose tolerance. It significantly decreases plasma glucose levels. In multiple human studies, blood sugar is reduced by 35% 6-8 hours after consumption of a hot water extract of the leaf.
2. **BLOOD PRESSURE:** Stevia extract is a vasodilator agent. Studies show that a mix of hot water and extract from the leaf lowers both systolic and diastolic blood pressure. Several studies demonstrated this hypotensive action (as well as a diuretic action).
3. **ANTI-BACTERIAL/ANTI-YEAST:** has anti-bacterial properties in that it helps to inhibit the growth and reproduction of harmful bacteria that lead to disease. It helps prevent dental cavities by inhibiting the bacteria *Streptococcus mutans* that stimulates plaque growth. It also has vasodilatory activity and is effective for various skin issues, such as acne, heat rash, and problems caused by insufficient blood circulation.
4. **CANCER:** It keeps your body in a ketogenic state so you can starve the cancer of sugar on which cancer feeds upon.



Ingredients:

LADY FINGERS:

5 egg whites
1 tsp cream of tartar
1/2 c. vanilla whey/
egg white protein
1 tsp stevia glycerite

FILLING:

6 egg yolks
1 1/4 cups erythritol
1 tsp stevia glycerite
1 1/4 c. mascarpone cheese
1 3/4 c. heavy
whipping cream
1/3 c. coffee
(sweetened to taste)

TOPPING:

1 tsp unsweetened
cocoa powder

Directions...

Preheat oven to 325 degrees F. In a clean, dry bowl, whip the whites and cream of tartar until stiff peaks form. Gently add in the protein powder and sweetener. Place the dough in a 9x9 in grease baking pan. Bake for 30-35 minutes or until light golden brown. Remove from oven and set aside.

FILLING: Combine egg yolks and sweetener in the top of a double boiler, over boiling water. Reduce heat to low, and cook for about 10 minutes, stirring constantly. Remove from heat and whip yolks until thick and lemon colored. Add mascarpone to whipped yolks. Beat until combined. In a separate bowl, whip cream to stiff peaks. Gently fold into yolk mixture and set aside. Cut the lady finger dough into 2 inch "fingers" and line the bottom and sides of a large glass bowl. Brush with coffee. Spoon half of the cream filling over the lady fingers. Repeat ladyfingers, coffee and filling layers. Garnish with cocoa. Refrigerate several hours or overnight. (Dairy allergy: see pg. 9)

Makes 12 servings.

NUTRITIONAL COMPARISON (per serving)

Traditional Tiramisu = 568 calories, 32g fat, 9.8g protein, 60 carbs, 0.8g fiber
"Healthified" Tiramisu = 159 calories, 12g fat, 10g protein, 2.2 carbs, trace fiber

Fudge Cookies



Ingredients:

- 1/2 c. butter/coconut oil
- 3/4 c. erythritol
- 2 tsp stevia glycerite
- 1 c. Just Like Sugar
- 2 eggs
- 1 c. unsweetened
cocoa powder
- 1 tsp Celtic sea salt
- 2 tsp vanilla

Directions...

Preheat the oven to 350 degrees F. In a medium bowl, cream the butter, erythritol, stevia and the Just Like Sugar together. Add in the eggs, stir until well combined. Finally mix in the cocoa powder, salt and vanilla. Form 2 inch balls. Place on a cookie sheet about 2 inches apart. Bake for 10 minutes. Allow to cool on the cookie sheet before removing.

Makes 12 cookies.

NUTRITIONAL COMPARISON (per cookie)

Traditional Cookie = 151 calories, 9g fat, 1g protein, 21 carbs, 2g fiber
"Healthified" Cookie = 92 calories, 9g fat, 2g protein, 6.5 carbs, 4.6g fiber
(1.9 effective carbs)

VARIATION: Smoosh my "healthified" ice cream recipe in between!

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