



## **Reduce Your Sugar Intake Deliciously with Stevia!**

### *Sweet indulgence without compromise*

Stevia is a delightful, zero calorie alternative to sugar and artificial sweeteners. It can be a great way to help manage blood glucose and caloric intake, while still enjoying your favorite foods and beverages.

Stevia's taste has come a long way from what you might remember. If you haven't tried it in a while, prepare to be pleasantly surprised!

### *Stevia is plant-based*

Stevia is a plant-based sweetener from the *Stevia rebaudiana* plant. It is a non-GMO alternative to sugar and artificial sweeteners.

### *Stevia is safe*

Stevia's safety has been validated by regulatory bodies around the world and has been declared safe for use by adults, children and other special populations like diabetics.



## Sweeten deliciously and calorie-free with Stevia!

Stevia sweeteners are available in many foods such as beverages, dairy products like yogurt, breakfast cereals, bars and snacks, chocolates, desserts and cakes, ice creams, chewing gum, and more. Look for stevia sweetened products in your local grocery store!

Cooking and baking with stevia is easy and delicious. It is important to read the directions on the stevia package to replace sweetness from sugar with stevia sweetener.

## Recipe

### *Oatmeal Apple Muffins*

**Ingredients:** 1 cup whole wheat flour, 1 cup rolled oats, 1/2 teaspoon salt, 3 teaspoons baking powder, 1/2 teaspoon nutmeg, 1 1/2 teaspoons cinnamon, 1 1/2 teaspoons stevia powder, 1/4 cup unsweetened applesauce, 3/4 cup 1% low fat milk, 1/4 cup canola oil, 1 medium apple, coarsely chopped, 3/4 cup raisins

**Directions:** Preheat oven to 375°F. Gently mix dry ingredients. In a separate bowl mix moist ingredients. Gradually mix dry ingredients into moist ingredients. Spray muffin tins with non-stick cooking spray. Spoon mix into muffin tins. Bake 25-30 minutes or until a toothpick comes out clean when inserted into the center of the muffin.

### *Notes from my Registered Dietitian*

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