

Sugro max

Sugar Free Recipes

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Contents

Sugromax was developed to help those who wish to reduce their sugar and calorie intake. Cutting out sugar shouldn't have to mean giving up delicious, sweet tasting food. Sweetness is essential to enjoying so much of what we eat, and we believe Sugromax tastes great!

Important things you should know about Sugromax:

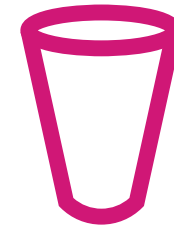
- Sugromax is sugar free and virtually calorie free.
- Sugromax liquid is double the strength of most other liquid sweeteners.
- Sugromax is stable at high temperatures, making it ideal for baking, preserving and general cooking.
- Using liquid sweeteners changes the composition of a recipe, special recipes are required to offset the bulk sugar granules add to standard recipes.
- In most cases you only need half as much Sugromax as other sweeteners.
- Because a little goes a long way Sugromax is great value.
- Sugromax comes in liquid and tablet form.
- Sugromax is phenylalanine free.

Some recipes are high in saturated fat and are not recommended other than for the occasional treat; please seek dietary advice if unsure.

All recipes have been prepared using New Zealand standard measuring cups and spoons.

1 cup = 250ml

1 tablespoon = 15ml



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Citrus Refresher



Makes 2 servings

Ingredients

Juice of ½ grapefruit

Juice of ½ lemon

Juice of 2 oranges

¼ teaspoon **Sugromax Liquid Sweetener**

Soda water

4 ice cubes

Mint leaves and lemon slices for decoration

Method

1. Combine fruit juices and **Sugromax Liquid Sweetener**.
2. Pour equal quantities into two large glasses.
3. Add ice and top with soda water.
4. Decorate with mint leaves and lemon slices.





Fruit Lassi



Makes 1 serving

A nourishing pick-me-up.

Ingredients

125ml (½ cup) unsweetened, low fat, natural yoghurt

125ml (½ cup) water

¼ cup fruit (e.g. drained canned apricots, peaches in own juice, fresh berry fruit, banana)

1 teaspoon lemon juice

¼ teaspoon **Sugromax Liquid Sweetener**

Method

Combine all ingredients in a blender.

Hot Mocha



Makes 2 servings

Ingredients

1 tablespoon cocoa
1 teaspoon instant coffee
150ml water
300ml (1¼ cups) low fat milk
¼ teaspoon **Sugromax Liquid Sweetener**
ground cinnamon (optional)

Method

1. In a small saucepan blend cocoa and coffee to a smooth paste with a little water.
2. Add remaining water and bring to the boil, stirring continuously.
3. Add milk. Heat thoroughly but do not boil.
4. Add **Sugromax Liquid Sweetener** and beat with an egg beater until foamy.
5. Pour into two mugs and sprinkle with cinnamon if desired.
6. Serve immediately.



Iced Coffee



Makes 2 servings

Ingredients

125ml (½ cup) low fat milk

300ml (1¼ cups) water

2 drops vanilla essence

1 teaspoon instant coffee

2 ice cubes

¼ teaspoon **Sugromax Liquid Sweetener**

Method

Combine all ingredients in a blender until smooth.



Iced Tea



Makes 2 servings

Ingredients

1 tea bag
2 mint leaves, chopped
¼ teaspoon grated orange rind
¼ teaspoon grated lemon rind
250ml (1 cup) boiling water
2 teaspoons lemon juice
¼ teaspoon **Sugromax Liquid Sweetener**
4 ice cubes
250ml (1 cup) chilled soda water
Mint leaves and lemon slices for decoration
Cinnamon (if desired)

Method

1. Pour boiling water over tea bag, mint, lemon and orange rind. Chill.
2. Strain then mix in lemon juice and **Sugromax Liquid Sweetener**.
3. Serve over ice and top up with soda water. (Soda water can be replaced with chilled water.)
4. Garnish with mint leaves and lemon slices.
5. Pour into two mugs and sprinkle with cinnamon if desired. Serve immediately.



Bananaberry Smoothie



Makes 3 servings

Ingredients

½ banana
6 (100g) frozen strawberries
125ml (½ cup) unsweetened, low fat, natural yoghurt
300ml (1¼ cups) low fat milk
¼ teaspoon **Sugromax Liquid Sweetener**

Method

Combine all ingredients in a blender until smooth.



Pancakes



Makes approximately 7 pancakes

Ingredients

- 1 cup flour
- 1 teaspoon baking powder
- 1 egg
- ½ teaspoon **Sugromax Liquid Sweetener**
- About ¾ cup milk

Method

1. Sift the flour and baking powder into a bowl or jug.
2. Lightly beat the egg and **Sugromax Liquid Sweetener** together.
3. Mix into the flour with enough milk to make a thick, pourable batter.
4. Fill a ¼ cup measuring cup with mixture and pour into a greased, hot pan.
5. Cook until bubbles start to appear on the surface. Turn the pancakes before the bubbles burst and cook the other side until lightly golden.
6. Keep pancakes warm while cooking the remaining mixture.
7. Serve as wished. We have served these with grilled banana, grilled fresh pineapple, fresh passionfruit pulp and unsweetened coconut yoghurt.

Toasted Muesli



Makes 24 servings

Ingredients

- 400g (4 cups) rolled oats
- 60g (1 cup) bran flakes
- 100g (1 cup) wheat germ
- 40g (¼ cup) peanuts, chopped
- 1 teaspoon mixed spice
- 1 teaspoon cinnamon
- pinch of salt
- 60ml (¼ cup) canola oil
- 125ml (½ cup) low fat milk
- 1 teaspoon **Sugromax Liquid Sweetener**
- 1 teaspoon vanilla essence
- 40g (¼ cup) sultanas and raisins or chopped, mixed dry fruits / seeds

Method

1. Mix first eight ingredients together in a large pan.
2. Combine liquid ingredients and stir into dry ingredients until mixture has an even texture or small lumps.
3. Bake at 180°C (350°F), stirring frequently, for approximately 20 minutes or until toasted.
4. Add dried fruit.
5. Store in an airtight container.



Banana and Date Cake



Makes 15 servings

Ingredients

60g margarine
1 egg
3 bananas, mashed
100g (½ cup) dates, chopped
1 teaspoon **Sugromax Liquid Sweetener**
125ml (½ cup) low fat milk
125g (1 cup) wholemeal flour
125g (1 cup) plain white flour
2 teaspoons baking powder
2 teaspoons baking soda
¼ teaspoon mixed spice

Method

1. Cream margarine with 2 tablespoons of the wholemeal flour.
2. Beat in the egg.
3. Stir in banana, dates and **Sugromax Liquid Sweetener**.
4. Fold in the dry ingredients alternating with the milk.
5. Spread into a greased ring tin.
6. Bake at 180°C (350°F) for 40-50 minutes or until a skewer, when inserted into the cake, is removed clean.



Boysenberry Whip



Makes 6 servings

Ingredients

2 teaspoons gelatine
2 tablespoons cold water
125ml (½ cup) boiling water
¼ teaspoon **Sugromax Liquid Sweetener**
125ml (½ cup) low fat evaporated milk, chilled
1 x 430g tin boysenberries, drained (or 1 cup fresh/frozen boysenberries, cooked and cooled - use the juice to replace some of the boiling water)

Method

1. Soak gelatine in the cold water.
2. Dissolve the gelatine in the boiling water. Refrigerate until just beginning to set. Whip.
3. Add the **Sugromax Liquid Sweetener** to the evaporated milk and whip.
4. Mix the boysenberry pulp with the whipped gelatine. Combine with the evaporated milk until well blended.
5. Spoon into individual serving dishes and refrigerate for ½ hour or until set.



Cappuccino Mousse



Makes 6 servings

Ingredients

1 tablespoon gelatine
2 tablespoons water
300ml (1¼ cups) hot strong coffee
2 egg whites
½ teaspoon **Sugromax Liquid Sweetener**
250ml (1 cup) cream, whipped

Method

1. Soak gelatine in the water then dissolve in the hot coffee.
2. Refrigerate until just beginning to set. Whip.
3. Add the **Sugromax Liquid Sweetener** to egg whites and whip until stiff.
4. Fold coffee mixture into the egg whites then fold in the whipped cream. Combine well.
5. Pour into serving dishes and allow to set in the refrigerator.



Chocolate Brownie



Makes approximately 400 ml

Ingredients

100g butter
¼ cup cocoa
1 tablespoon **Sugromax Liquid Sweetener**
1 teaspoon vanilla essence
4 eggs
1 cup flour
1 teaspoon baking powder

Method

1. Melt the butter in a saucepan large enough to mix all the ingredients.
2. Mix in the cocoa. Remove from the heat. Mix in the **Sugromax Liquid Sweetener** and vanilla. Allow the mixture to cool a little.
3. Beat in the eggs with a wooden spoon. Sift the flour and baking powder into the mixture and beat until smooth.
4. Pour into a 15 centimetre square cake tin, lined with baking paper. Bake at 180°C for 15 to 20 minutes, or until the brownie is just set.
5. Stand for 10 minutes before turning out of the tin. Cut into squares or rectangles. Store in an airtight container.



Fruit Flan



Makes 8 servings

Pastry Case

8 sheets filo pastry
25g butter, melted. (Could use oil to reduce saturated fat content)

1. Place one sheet of filo pastry into a greased 23cm (9 inch) flan tin.
2. Brush with melted butter.
3. Place second sheet on top of the first, just a little offset. Brush with melted butter. Repeat with the remaining sheets so that you have an uneven edge.
4. Bake pastry at 180°C (350°F) for 10 - 15 minutes until pastry is golden.
5. Allow to cool before removing from flan dish on to a serving plate.

Custard Filling

1 egg
1 egg yolk
2 teaspoons cornflour
1/8 teaspoon salt
1 tablespoon gelatine
1 teaspoon vanilla essence
200ml hot low fat milk
1/4 teaspoon **Sugromax Liquid**

Sweetener

150ml cream
1-2 cups fresh fruit e.g. kiwifruit, grapes, peaches, strawberries.

1. Beat egg, egg yolk, cornflour and salt with an egg beater then beat in the gelatine and vanilla essence.
2. Slowly add the hot milk, whisking until smooth
3. Heat over a double boiler, stirring until thick.
4. Remove from heat and mix in the **Sugromax Liquid Sweetener**. Allow to cool.
5. Whip cream and blend with the cool custard.
6. Gently push down the top puffed up layers of pastry with the back of a spoon. Pour filling into pastry case.
7. Arrange fruit on top in an attractive pattern.
8. Using a pastry brush, brush fruit with the glaze.
9. Refrigerate before serving.

Glaze

2 tablespoons fruit juice
1/4 teaspoon arrowroot
few drops **Sugromax Liquid Sweetener**

1. Blend the arrowroot and fruit juice in a small saucepan.
2. Bring to the boil, stirring continuously but do not boil.
3. Remove from heat and allow to cool slightly.
4. Add **Sugromax Liquid Sweetener**.





Instant Raspberry Ice Cream



Makes 2 servings

Ingredients

2 cups frozen raspberries - do not defrost
125ml (½ cup) unsweetened low fat natural yoghurt
½ teaspoon **Sugromax Liquid Sweetener**

Method

1. Quickly chop frozen raspberries in a food processor.
2. Add yoghurt and **Sugromax Liquid Sweetener** and blend until mixed.
3. Spoon into serving dishes and serve immediately. Raspberries can be replaced with other frozen berries or frozen fruit pieces.

Old Fashioned Creamy Rice Pudding



Makes 4 servings

Ingredients

230g (1 cup) short grain rice
1 litre (4 cups) low fat milk
rind of ½ lemon, finely grated
generous pinch nutmeg
1 teaspoon vanilla essence
50g (½ cup) sultanas or raisins (optional)
½ teaspoon **Sugromax Liquid Sweetener**

Method

1. Place all ingredients except the **Sugromax Liquid Sweetener** in a saucepan.
2. Stir over a low heat for about 20 minutes until the mixture is creamy and the rice is cooked through.
3. Remove from the heat and stir in **Sugromax Liquid Sweetener**.
4. Serve hot or cold.



Passionfruit & Coconut Panna Cotta



Makes 6 Servings

There are different forms and brands of gelatin available. Check the instructions for the gelatin you use allowing enough gelatin to set 2 ½ cups of liquid.

Ingredients

500ml coconut cream
½ teaspoon **Sugromax Liquid Sweetener**
½ cup fresh or frozen, unsweetened passionfruit pulp
2 ¼ teaspoons gelatin
3 tablespoons boiling water
Passionfruit to serve
Toasted thread coconut

Method

1. Heat the coconut cream, until simmering. Remove from the heat and mix in **Sugromax Liquid Sweetener** and passionfruit pulp.
2. Mix the gelatin with the boiling water and stir until dissolved. Mix into the hot coconut cream mixture, stirring to combine.
3. Rinse 6, ⅓ cup dishes with water. Pour one sixth of the mixture into each wet mould. Cover and refrigerate until set.
4. When ready to serve, press your finger around the edge of the set mixture to release. Gently run a small knife down to the bottom of the dish to release the vacuum. Turn onto a serving plate, shaking to release. Spoon passionfruit pulp over the Panna Cotta. Garnish with toasted thread coconut.



Rhubarb and Apple Tart



Makes 8 Servings

Ingredients - Pastry

150g (1 cup) flour
60g butter
4 teaspoons cold water
2 drops **Sugromax Liquid Sweetener**

Ingredients - Filling

6 stalks (300g) rhubarb, chopped
¼ teaspoon **Sugromax Liquid Sweetener**
1 tablespoon butter
2 large green apples, peeled, cored and sliced
125g low fat cream cheese
¼ teaspoon **Sugromax Liquid Sweetener**
1 teaspoon vanilla essence
1 egg

Method - Pastry

1. Rub butter into flour until mixture resembles coarse breadcrumbs.
2. Add water and **Sugromax Liquid Sweetener**. Knead to a smooth dough.
3. Wrap in plastic food wrap and refrigerate for 15 minutes.

4. Roll out pastry and line a greased flan tin (approx 23cm), preferably with a removable base.
5. Line pastry case with baking paper and weigh down with uncooked rice. Bake at 200°C for 10 minutes.
6. Remove rice and paper, and cook for 5 minutes longer. Pastry should be hard but not coloured.

Method - Filling

1. Cook rhubarb until tender. Drain well.
2. When cool, add ¼ teaspoon **Sugromax Liquid Sweetener**. More may be added according to taste.
3. Melt butter in a frying pan and cook apples for 3-4 minutes. Remove from pan and allow to cool.
4. Place softened cream cheese, **Sugromax Liquid Sweetener**, vanilla essence and egg in a bowl and beat until smooth.
5. Spoon rhubarb into pastry case. Spread with the cream cheese mixture and arrange apple slices on the top.
6. Bake at 180°C for 30 minutes or until filling is firm.

Summer Pudding



Makes 6 servings

Ingredients

800g mixed berry fruit

2½ teaspoons **Sugromax Liquid Sweetener** (more or less according to taste)

10 slices (approximately) high fibre white bread, crusts removed

Method

1. Simmer berries for 10 minutes.
2. Remove from heat and stir in **Sugromax Liquid Sweetener**.
3. Strain berries and reserve the juice.
4. Line sides of a small bowl with bread slices leaving no gaps.
5. Soak bread with some of the reserved juice then add half of the berries.
6. Add a layer of bread, soak with juice then add remaining berries. Cover with remaining bread and soak with the remaining juice.
7. Place a plate, whose diameter is slightly less than the bowl, on top of the pudding and top with a 500g weight (approximately).
8. Refrigerate overnight. Turn out on to a serving plate. Serve chilled.



Apricot Jam



Makes approximately 400 ml

Ingredients

200g dried apricots

450ml boiling water

½ teaspoon **Sugromax Liquid Sweetener** (or according to taste)

Method

1. Place apricots in a bowl and cover with boiling water. Leave to soak overnight.
2. Boil mixture until the apricots are soft and mushy and the mixture is the desired consistency for jam.
3. Process in a blender or food processor.
4. Add **Sugromax Liquid Sweetener** and mix well.
5. Fill into hot jars and seal while hot.
6. Store in refrigerator, or freeze until required.

NB: Sugar preserves the food in regular preserves, so it must be remembered that preserves made without sugar may not last as long and will need storage in the refrigerator.



Raspberry Jam



Makes approximately 400 ml

Ingredients

1½ teaspoons gelatine
2 tablespoons cold water
400g (3 cups) raspberries
¾ teaspoon **Sugromax Liquid Sweetener** (or according to taste)

Method

1. Soften gelatine in the cold water.
2. Add to raspberries and heat slowly in a saucepan stirring constantly until the mixture comes to the boil.
3. Remove from the heat and add **Sugromax Liquid Sweetener** and mix well.
4. Pour into hot jars and seal while hot.
5. Store in refrigerator, or freeze until required.

NB: Sugar preserves the food in regular preserves, so it must be remembered that preserves made without sugar may not last as long and will need storage in the refrigerator.



Lemon Butter



Makes 2 servings

Ingredients

125g butter, chopped
2 teaspoons grated lemon rind
125ml (½ cup) lemon juice
3 eggs
1 teaspoon **Sugromax Liquid Sweetener**

Method

1. Place butter, rind, juice and eggs in a double boiler.
2. Stir over simmering water until mixture thickens.
3. Remove from heat. Stir in 1 teaspoon **Sugromax Liquid Sweetener**.
4. Pour into hot, sterilised jars and seal.
5. Store in the refrigerator.

Sweet & Sour Sauce



Makes 4 servings

Serve with pork, fish, meatballs or sausages on a bed of rice.

Ingredients

- 1 teaspoon oil
- 1 small onion, sliced
- ½ cup sliced celery
- 1 small green pepper, cut into 2cm pieces
- 1 carrot, cut into fine sticks
- 1 x 225g can unsweetened pineapple pieces
- 250ml (1 cup) hot water
- 3 tablespoons cornflour
- 1 tablespoon soy sauce
- 1 teaspoon chicken stock powder
- 125ml (½ cup) vinegar
- 1½ teaspoons **Sugromax Liquid Sweetener**

Method

1. Heat oil in a saucepan and gently cook onion.
2. Add celery, pepper and carrot.
3. Add ¼ cup hot water, pineapple and juice.
4. Cover and simmer for 10 minutes.
5. Combine cornflour, soy sauce, chicken stock, vinegar and remaining hot water then add to vegetable mixture.
6. Cook until thickened.
7. Just before serving, stir in **Sugromax Liquid Sweetener**.



Tomato Relish



Makes approximately 400 ml

Ingredients

750g firm tomatoes
250g (2) onions, chopped
1½ tablespoons salt
250ml (1 cup) malt vinegar
1 teaspoon Empire Curry Powder
½ teaspoon dry mustard
¼ teaspoon ground allspice
1 teaspoon **Sugromax Liquid Sweetener**

Method

1. Peel tomatoes by pricking several times with a sharp knife. Place a few tomatoes into a bowl and cover with boiling water. Stand for 30 seconds. Drain and remove skins. Repeat with remaining tomatoes.
2. Roughly chop tomatoes.
3. Mix chopped tomatoes, chopped onions and salt in a bowl. Cover and stand overnight.
4. Drain off liquid. Place into a saucepan with vinegar and spices. Stir over medium heat until mixture boils.
5. Reduce heat and simmer uncovered for approximately 40 minutes or until mixture is thick, stirring frequently.
6. Stir in the **Sugromax Liquid Sweetener**.
7. Fill into sterilised jars and seal.



Almond Biscuits



Makes 21

Ingredients

150g butter
2 teaspoons **Sugromax Liquid Sweetener**
1 teaspoon almond essence
1 $\frac{1}{4}$ cups flour
 $\frac{1}{2}$ cup ground almonds
Slivered almonds

Method

1. Melt the butter in a saucepan large enough to mix all the ingredients.
2. Mix in the **Sugromax Liquid Sweetener** and almond essence. Sift the flour into the butter mixture and add the ground almonds. Mix until combined.
3. Using a measuring tablespoon, take tablespoons of mixture and roll into balls. Place on a baking paper lined oven tray. Flatten with a fork or with your fingers. Press slivered almonds into the centre of the biscuits.
4. Bake at 180°C for 10 – 15 minutes, or until lightly golden

Brandy Balls



Makes 20 Balls

Ingredients

90g butter

1 teaspoon **Sugromax Liquid Sweetener**

1 teaspoon brandy essence

2 tablespoons coconut

30g (¼ cup) chopped walnuts

75g (½ cup) sultanas

100g (1 cup) finely crushed plain crackers (containing no sugar)
extra coconut for coating

Method

1. Soften and cream the butter.
2. Beat in the **Sugromax Liquid Sweetener**, brandy essence, coconut, walnuts and sultanas.
3. Mix in the crushed crackers.
4. Roll into balls and coat in the extra coconut.



Fruit Balls



Makes 24 balls

Ingredients

125g (½ cup) reduced fat cottage cheese
¼ teaspoon **Sugromax Liquid Sweetener**
1 tablespoon cocoa powder
½ teaspoon almond or rum essence
100g (¾ cup) toasted muesli
100g (½ cup) sultanas, chopped
6 dried apricots, finely chopped
6 dates, finely chopped
40g (¼ cup) hazelnuts or almonds,
finely chopped desiccated coconut for rolling

Method

1. Mix together cottage cheese, **Sugromax Liquid Sweetener**, cocoa and essence.
2. Place all ingredients except coconut into a bowl or food processor and thoroughly blend.
3. Using teaspoon lots, roll balls in palm of hands then in coconut.
4. Refrigerate.

The combination of fruit and nuts can be varied and the quantities of essence and **Sugromax Liquid Sweetener** can be altered to suit taste.



Chocolate Crackles



Makes 15

Ingredients

125g Kremelta
1½ tablespoons cocoa powder
2 teaspoons **Sugromax Liquid Sweetener**
50g (½ cup) desiccated coconut
60g (2 cups) rice bubbles

Method

1. Melt Kremelta then mix in other ingredients.
2. Spoon into 15 paper cases and refrigerate.

