



Cilantro Lime Jalapeno Dressing

Ingredients

- 2 cloves fresh garlic
- 1 bunch cilantro (about 2 cups)
- 1 lime – zest and juice
- 1 jalapeno, seeds removed
- 1/4 cup Splenda® Stevia Sweetener, Granulated
- 1/2 cup vegetable oil
- 1/4 cup apple cider vinegar
- 1 1/2 tablespoons kosher salt
- 1/4 cup cracked grain mustard

Preparation

- Combine all ingredients except for oil in a blender. Puree, checking at times to ensure herbs are not wound around blade. Then, slowly add oil while blending. Refrigerate.

NUTRITION FACTS PER SERVING

Servings: 20
Serving Size: 1 Tbsp
Calories 60, Total Fat 6g, Cholesterol 0mg, Sodium 510mg, Total Carbs 1g, Dietary Fiber 0g, Sugars 0g, Added Sugars 0g, Protein 0g



Chocolate Peanut Dessert Hummus

Ingredients

- 1 15-ounce can no-salt added black beans, drained and rinsed
- 1 1/2 ounces pitted prunes
- 1/3 cup light coconut milk
- 5 tablespoons unsweetened cocoa powder
- 3 tablespoons peanut powder
- 3 tablespoons Splenda® Stevia Sweetener, Granulated
- 2 teaspoons vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon coarse salt

Preparation

- In a food processor, combine all ingredients, scraping down sides as needed. Transfer to a bowl and chill for 30 minutes.
- Serve with fresh strawberries, pretzels, graham crackers, rice cakes and/or cinnamon pita chips. Refrigerate.

NUTRITION FACTS PER SERVING

Servings: 12
Serving size: 2 Tbsp
Calories 60, Total Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 40mg, Total Carbs 9g, Dietary Fiber 3g, Sugars 2g, Protein 3g



Pineapple Yogurt Dip

Ingredients

- 1 8-ounce package reduced-fat cream cheese, softened
- 1 8-ounce container fat-free plain yogurt
- 1 8-ounce can crushed pineapple, drained well
- 1/2 cup Splenda® No Calorie Sweetener, Granulated

Preparation

- Process cream cheese, yogurt, pineapple, and Splenda Granulated Sweetener in a food processor or blender until smooth, stopping to scrape down sides. Spoon into a serving dish; cover and chill. Serve with assorted fresh fruit. Refrigerate.

NUTRITION FACTS PER SERVING

Servings: 24
Serving size: 2 Tbsp
Calories 30, Total Fat 1.5g, Cholesterol 5mg, Sodium 50mg, Total Carbs 3g, Dietary Fiber 0g, Sugars 3g, Protein 2g



Southwest Citrus Salsa

Ingredients

- 5 Roma tomatoes
- 2 large oranges, peeled and diced
- 1 small Vidalia onion, peeled and chopped
- 1 jalapeno pepper, seeded and minced
- 2 tablespoons fresh lime juice
- 1/4 cup fresh orange juice
- 4 packets Splenda® Stevia Sweetener
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon salt

Preparation

- In a small saucepan, bring water to a boil. With a sharp knife, cut a small X on the top of the tomatoes. Blanch tomatoes for 45 seconds, then rinse with cold water. Peel and chop tomatoes.
- In a large bowl, combine all ingredients and mix thoroughly.
- Keep any unused salsa refrigerated.

NUTRITION FACTS PER SERVING

Servings: 20
Serving size: 1/4 Cup
Calories 15, Total Fat 0g, Cholesterol 0mg, Sodium 115mg, Total Carbs 4g, Dietary Fiber 1g, Sugars 3g, Protein 0g