



*Sweet and  
Crunchy Nuts*

### Ingredients

- 3/4 cup pecan halves
- 3/4 cup walnut halves
- 1/2 cup whole blanched almonds
- 2 egg whites, lightly beaten
- 16 packets Splenda® Stevia Sweetener
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt

### Preparation

- Preheat oven to 300 °F. Spray a 15x10x1-inch pan with cooking spray.
- In a mixing bowl, combine pecans, walnuts and almonds. Add egg whites, tossing to coat.
- In a separate bowl, combine Splenda Sweetener, cinnamon and salt. Sprinkle over nuts, tossing to coat. Spread mixture evenly in prepared pan.
- Bake for 30-40 minutes or until nuts are toasted, stirring every 10 minutes. Cool on waxed paper. Store in an airtight container.

### NUTRITION FACTS PER SERVING

**Servings: 8**  
**Serving Size: 1/4 cup**  
Calories 180, Total Fat 18g, Cholesterol 0mg, Sodium 160mg, Total Carbs 9g, Dietary Fiber 3g, Sugars 1g, Protein 5g



*Strawberry  
Protein Smoothie*

### Ingredients

- 4-5 medium strawberries
- 1/4 cup Splenda® French Vanilla Coffee Creamer
- 1/2 cup plain yogurt
- 1/4 cup unflavored powdered whey
- 1/2 cup ice cubes

### Preparation

- Combine all ingredients in a blender and process until fully mixed.
- Makes two portions. Refrigerate or freeze to thaw and enjoy later.

### NUTRITION FACTS PER SERVING

**Servings: 2**  
**Serving Size: 8oz**  
Calories 150, Total Fat 6g, Cholesterol 15mg, Sodium 190mg, Total Carbs 21g, Dietary Fiber 1g, Sugars 15g, Added Sugars 0g, Protein 5g



*Energy Balls with  
Chunky Peanut Butter*

### Ingredients

- 1/2 cup natural chunky peanut butter
- 1/3 cup oats
- 1/3 cup unsweetened shredded coconut
- 2 tablespoons Splenda® Stevia, Granulated
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 teaspoon maple extract

### Preparation

- In a medium bowl, combine all ingredients thoroughly. Scoop into balls. Chill for 30 minutes to allow ingredients to set. Store in refrigerator.

### NUTRITION FACTS PER SERVING

**Servings: 6**  
**Serving Size: 2 balls**  
Calories 190, Total Fat 14g, Cholesterol 0mg, Sodium 230mg, Total Carbs 9g, Dietary Fiber 2g, Sugars 1g, Added Sugars 0g, Protein 6g



*Mixed Berry  
Yogurt Parfait*

### Ingredients

- 1/2 cup nonfat Greek yogurt
- 2 packets Splenda® Stevia Sweetener
- 3/4 cup mixed fresh berries (strawberries, blueberries, raspberries, and blackberries)
- 2 tablespoons low-fat granola

### Preparation

- Mix Splenda Stevia Sweetener into the yogurt.
- Spoon 1/2 of the yogurt mixture into a clear serving glass. Top with 1/2 of the berries. Top with remaining yogurt, and then remaining berries.
- Sprinkle granola on top.

### NUTRITION FACTS PER SERVING

**Servings: 1**  
**Serving Size: 1 parfait**  
Calories 180, Total Fat 1g, Cholesterol 0mg, Sodium 95mg, Total Carbs 32g, Dietary Fiber 4g, Sugars 16g, Protein 17g