



**SERVE  
IT UP**  
*with Splenda!*





# Splenda Is Your Trusted Partner for Diabetes Management

We understand that there is a lot to manage when living with diabetes, including paying closer attention to what you eat and drink. But there are many ways to still enjoy all your favorite things. Splenda® is on a mission to help people live happier, healthier, and longer lives by making it easier to reduce sugar. With Splenda, you can enjoy the sweet taste of your favorite foods and drinks without the excess carbohydrates and sugars, which can help you avoid blood sugar spikes and live a healthier lifestyle.<sup>1</sup>

In this recipe book, you will find fun, delicious recipes that you can enjoy with your whole family. There are recipes for every occasion, from your everyday breakfast to your birthday dessert. So start cooking and baking...and serve it up with Splenda!

# Table of Contents

Introduction.....1

Table of Contents.....2

Diabetes and Nutrition.....3

Intro to Carb Counting.....4

Splenda Baking & Cooking Tips.....6

Breakfast.....8

Strawberry Shortcake Overnight Oats.....9

Chocolate Banana Bread Baked Oatmeal.....10

Sheet Pan Pancakes.....12

Baked French Toast Sticks.....14

Appetizers & Snacks.....16

Cookie Dough Hummus.....17

Peanut Butter and Jelly Snack Cake.....18

Gluten-Free Banana Chocolate Chip Mini Muffins.....19

Mini Fruit Pizza.....20

Lunch & Dinner.....22

Summer Chicken Salad.....23

Sloppy Joes.....24

One Skillet Sweet Orange Chicken.....25

Marinated Flank Steak.....26

No Honey Mustard.....27

Air Fryer Chicken Parmesan.....28

Desserts.....30

4-Ingredient Peanut Butter Cookies.....31

Teddy Bear Cookies.....32

Strawberry Kiwi Ice Pops.....34

Fudgy Brownies.....35

Dino Fossil Cookies.....36

Holidays & Celebrations.....38

Pumpkin Pie.....39

Confetti Birthday Cake.....40

Gingerbread Cookies.....41

Patriotic Poke Cake.....42

Mummy Cherry Hand Pies.....44

Drinks.....46

Lemonade by the Pitcher.....47

Unicorn Smoothie.....48

Chocolate Peanut Butter Banana Smoothie.....50

Orange Cream Italian Soda.....51

Kitchen Conversions.....52



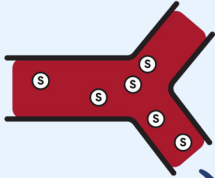
# Diabetes and Nutrition



Insulin is a hormone that works like a key - it helps glucose (or “sugar”) get into your body’s cells to make energy.



In people with type 1 diabetes, the pancreas stops making insulin...



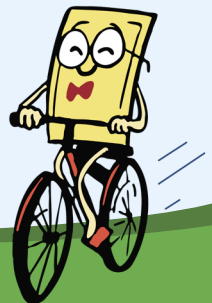
...which causes sugar to build up in your bloodstream.



This means you need to take insulin to help control your blood sugar



Sugar comes from the carbohydrates (or “carbs”) you eat. **Remember:** You need carbs for energy!



# Intro to Carb Counting

**Carb counting** is a tool you can use to figure out how many carbs you are going to eat at a meal or snack. Knowing how many carbs you are eating can help you understand how much insulin to take.

Here are two key items to look for on a **Nutrition Facts Label**:

- 1 Serving Size** Everything on the label is based on the serving size. For example, if you eat half the serving size, then you would need to divide everything else on the label in half to know how much of those nutrients you are getting.
- 2 Total Carbohydrate** This number includes the Dietary Fiber, Total Sugars, and Added Sugars. When grocery shopping, purchase carb foods with little to no added sugars and more dietary fiber because this can help you have better blood sugar control. When cooking or baking, use Splenda Sweeteners to replace the added sugars (like brown sugar or honey) you would normally use. The next page shows how sugar compares to Splenda on a Nutrition Facts Label.

If your food or drink does not have a Nutrition Facts Label, there are many other tools to find this information, such as nutrition apps and books. For recommendations, ask your Registered Dietitian Nutritionist (RDN/RD) or Certified Diabetes Care and Education Specialist (CDCES).

**This book includes the Total Carb for a serving size of each recipe!**



## COOKIE MADE WITH **SUGAR**



<b>Nutrition Facts</b>	
36 servings per container	
Serving size <b>1 cookie (26g)</b>	
Amount Per Serving	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 0g	
Total Sugars 8g	
Includes 8g Added Sugars	16%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 12mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## COOKIE MADE WITH *Splenda*



<b>Nutrition Facts</b>	
36 servings per container	
Serving size <b>1 cookie (18g)</b>	
Amount Per Serving	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 12mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

LESS CALORIES

LESS CARBS

NO ADDED SUGARS

**Added sugars are quickly absorbed by your body, which can cause blood sugar spikes. Replace added sugars with Splenda Sweeteners in your recipes to help you avoid sugar spikes!¹**

# Splenda Baking and Cooking Tips

Splenda® can be used anywhere you would use sugar! When using a Splenda recipe from this book or Splenda.com, you can guarantee that your food or drink will turn out the way you want it because we've chosen the ideal Splenda Sweetener and amount for the recipe. If you are using your own recipe and want to swap out the sugar for Splenda, you may need some tips:



**Conversion:** Every Splenda product made for cooking and baking comes with a sweetener conversion table. Look at this table to know how much Splenda to use in your recipe.



**Creaming:** When creaming butter or vegetable oil spread with Splenda, your mixture will appear less smooth than it would with sugar. This is normal—just keep following your recipe instructions.



**Browning:** Certain Splenda products will not brown the same way as sugar. To get a golden-brown color, you can use a Splenda® Sugar Blend or Splenda® Magic Baker™, or simply spray your batter or dough with cooking spray just before placing it in the oven.



**Volume:** You may notice that your cakes and quick breads will not rise as high when made with Splenda, but they will still taste delicious!



**Bake Times:** Your baked goods may bake more quickly with Splenda than sugar, so make sure to adjust your bake time as needed.

Visit [Splenda.com](https://www.splenda.com) for more baking and cooking tips and information on all Splenda products!



Every Splenda baking product comes with its own sweetener conversion table!

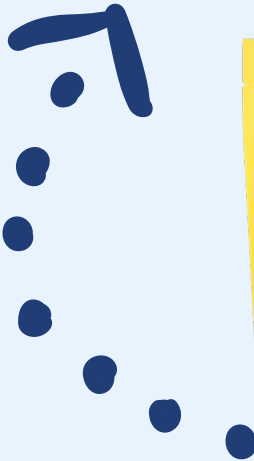


## SWEETENER CONVERSION

Measures the same as sugar

SUGAR	Splenda® Zero Calorie Sweetener
1 tsp	1 tsp
1 Tbsp	1 Tbsp
1 cup	1 cup
50g	4 Tbsp (approx.)
100g	1/2 cup (approx.)

Use a full cup of Splenda® Zero Calorie Sweetener for every full cup of sugar.



DO NOT PURCHASE IF PACKAGE HAS BEEN OPENED OR DAMAGED.

TEAR HERE →

RESEALABLE

IT STARTS WITH Splenda CHOCO-CHIP COOKIES

SERVINGS: 36 | TOTAL TIME: 1 HOUR, 20 MINUTES | CALORIES: 120

**INGREDIENTS**

- 2/3 cup butter or margarine, softened
- 2/3 cup brown sugar, firmly packed
- 2 cups Splenda® Zero Calorie Sweetener, granulated
- 2 tsp vanilla
- 1 1/2 cups all-purpose flour
- 2 eggs
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup semi-sweet chocolate chips

**INSTRUCTIONS**

Preheat oven to 350°F.

Cream butter, brown sugar, Splenda® Granulated Sweetener and vanilla together in a medium mixing bowl. Mix until well blended and creamy. Add eggs, one at a time, until they well after each addition. Scrape sides of bowl. Add flour, baking soda and salt. Mix until well blended. Stir in chocolate chips.

Place wet ingredients of cookie dough on an ungreased baking sheet. Bake 10-12 minutes or until golden. Remove from oven and cool on a wire cooling rack.

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To find this recipe and hundreds more, visit [splenda.com](http://splenda.com) today!

Nutrition Facts		SWEETENER CONVERSION	
per 1/2 cup (120g)		SPLENDA® ZERO CALORIE SWEETENER	
Calories	0	1 tsp	1 Tbsp
Total Fat	0g	1 Tbsp	1 Tbsp
Sodium	0g	1 cup	1 cup
Total Sugar	0g	50g	4 Tbsp (approx.)
Total Carbohydrate	0g	100g	1/2 cup (approx.)

\*This Splenda® brand formula is the sweetener brand recommended for every full cup of sugar.

**The Sweet dish**  
 Measure 1/2 cup of Splenda® Zero Calorie Sweetener for every full cup of sugar.  
 For additional recipes and baking tips, visit [www.splenda.com](http://www.splenda.com).  
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STORIES IN A COOK, ONE BITE  
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SCAN ME

<sup>1</sup>Refers to one serving of Splenda® Zero Calorie Sweeteners; Nichol AD, Holle MJ, An R. Glycemic impact of non-nutritive sweeteners: a systematic review and meta-analysis of randomized controlled trials. Eur J Clin Nutr. 2018;72(6):796-804. doi:10.1038/s41430-018-0170-6

A breakfast scene featuring several glass jars filled with cinnamon sticks, a plate of fresh raspberries and blueberries, and a glass of coffee on a wooden surface. The word "BREAKFAST" is overlaid in large, bold, blue letters with a white outline.

# BREAKFAST



**SCAN FOR MORE**  
SPLENDA BREAKFAST RECIPES



# STRAWBERRY SHORTCAKE OVERNIGHT OATS

## MAKES:

1 serving

## CALORIES:

230

## PREP:

10 minutes

## TOTAL:

8 hours

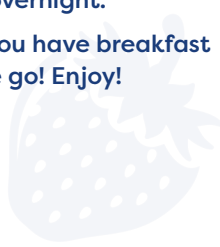
## INGREDIENTS:

- ½ cup strawberry chunks (fresh or frozen)
- ¼ cup quick 1-minute oats
- ⅓ cup unsweetened almond or cashew milk
- ½ cup plain nonfat Greek yogurt

- 5 packets Splenda® Sweetener, divided
- ½ teaspoon vanilla extract
- 2 teaspoons pecan pieces, toasted

## INSTRUCTIONS:

- In a small glass jar, add the strawberry chunks and 2 Splenda Sweetener packets. Using the back of a fork, mash the strawberries at the bottom.
- In a small bowl, stir together the oats, milk, Greek yogurt, 3 sweetener packets, and vanilla until well mixed. Pour it into the glass jar over the strawberries. Sprinkle chopped pecan pieces on top. Cover and refrigerate overnight.
- In the morning, you have breakfast ready and on the go! Enjoy!



### Nutrition Info Per Serving:

Serving Size: 1 strawberry shortcake jar

Calories	230	Total Carbs	29g
Total Fat	6g	Dietary Fiber	4g
Saturated Fat	0.5g	Sugars	13g
Cholesterol	5mg	Added Sugars	5g
Sodium	105mg	Protein	15g

MADE WITH



**SPLENDA SWEETENER PACKETS**



## CHOCOLATE BANANA BREAD BAKED OATMEAL

**MAKES:**

16 servings

**CALORIES:**

220

**PREP:**

10 minutes

**TOTAL:**

50 minutes

**INGREDIENTS:**

5 large, ripe bananas, divided  
4 cups unsweetened oat milk  
1 cup Splenda® Granulated Sweetener  
3 large eggs  
6 cups old-fashioned rolled oats

2 teaspoons baking powder  
1 tablespoon ground cinnamon  
1 teaspoon ground nutmeg  
½ cup sugar-free chocolate chips



## INSTRUCTIONS:

1. Preheat oven to 375°F. Grease a 13 x 9 baking dish with cooking spray. In a large bowl, mash 3 bananas. Whisk in oat milk, sweetener and eggs until smooth.
2. In a separate large bowl, combine oats, baking powder, cinnamon and nutmeg. Add wet ingredients to dry ingredients and fold together until combined. Pour oat mixture into prepared pan and sprinkle with chocolate chips. Bake for 35-40 minutes or until set and light golden brown.
3. Cut remaining bananas into slices. Top baked oats with bananas and serve.



### Nutrition Info Per Serving:

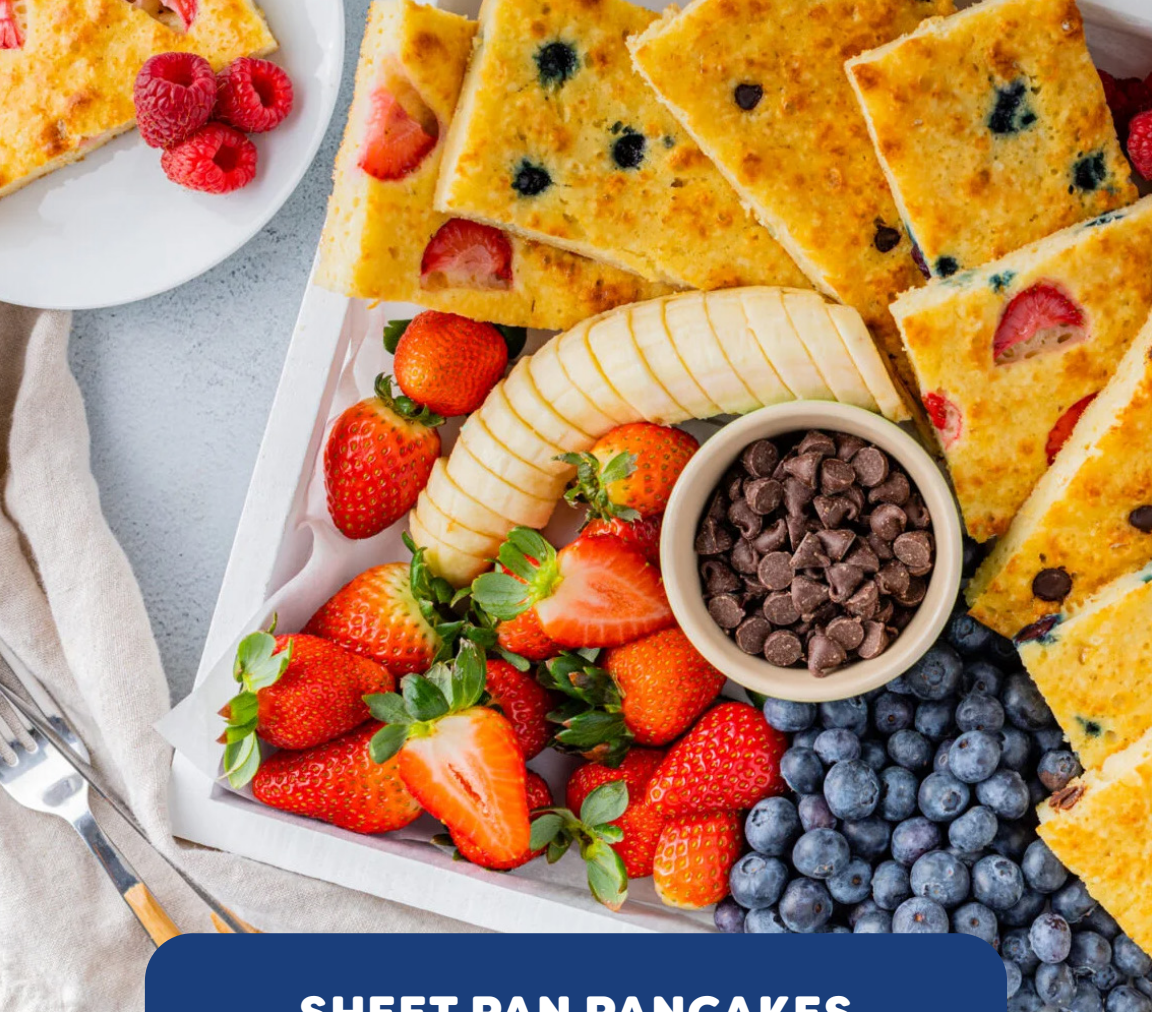
Serving Size: 1 slice (¼ cup)

Calories	220	Total Carbs	39g
Total Fat	6g	Dietary Fiber	5g
Saturated Fat	2.5g	Sugars	6g
Cholesterol	35mg	Added Sugars	0g
Sodium	110mg	Protein	6g

MADE WITH



**SPLENDA GRANULATED  
SWEETENER**



## SHEET PAN PANCAKES

**MAKES:**

12 servings

**CALORIES:**

160

**PREP:**

5 minutes

**TOTAL:**

25 minutes

**INGREDIENTS:**

¾ cup Splenda® Magic Baker™ Sweetener

2 ¾ cups all-purpose flour

2 tablespoons baking powder

½ teaspoon kosher salt

2 large eggs

2 ½ cups unsweetened almond milk

1 tablespoon pure vanilla extract

2 tablespoons melted unsalted butter, cooled

⅓ cup unsweetened applesauce



## INSTRUCTIONS:

1. Preheat oven to 425°F. Spray a large baking sheet with nonstick cooking spray or line with parchment paper and set aside.
2. In a bowl, whisk together Splenda Magic Baker Sweetener, flour, baking powder, and salt.
3. In another large bowl, whisk the eggs, milk, vanilla, melted butter, and applesauce together until well combined.
4. Add the dry ingredients to the wet, and fold together just until combined (don't over mix).
5. Pour batter onto the prepared baking sheet. Smooth out on top so the batter is even all around.
6. Bake for 16-18 minutes, rotating pan halfway through cooking time.
7. Remove, slice, add toppings if desired, and enjoy!



## NOTES:

- Top with sugar-free chocolate chips, blueberries, sliced strawberries, or sliced bananas if desired (not included in nutrition info)

### Nutrition Info Per Serving:

Serving Size: 1 slice (1/2 pan)

Calories	160	Total Carbs	37g
Total Fat	3.5g	Dietary Fiber	1g
Saturated Fat	1.5g	Sugars	1g
Cholesterol	35mg	Added Sugars	0g
Sodium	410mg	Protein	4g

MADE WITH



**SPLENDA  
MAGIC BAKER**



## BAKED FRENCH TOAST STICKS

**MAKES:**

32 French toast sticks

**CALORIES:**

130

**PREP:**

10 minutes

**TOTAL:**

35 minutes

**INGREDIENTS:**

8 slices brioche bread or other artisan bread  
2 large eggs  
1/4 cup plus 2 tablespoons Splenda® Stevia Sweetener Jar

3/4 cup unsweetened vanilla almond milk  
1 teaspoon pure vanilla extract  
2 teaspoons ground cinnamon, divided





## INSTRUCTIONS:

1. Preheat oven to 350°F. Cover a baking sheet with parchment paper. Spray generously with nonstick cooking spray.
2. In a shallow bowl or a shallow pan, whisk eggs for 1 minute. Add ¼ cup Splenda Stevia Sweetener and whisk a minute more. Add in milk, vanilla, and ½ teaspoon cinnamon.
3. Using a serrated knife, cut each slice of bread from top to bottom into 3-4 strips, depending on the size of your bread.
4. One at a time, dip each stick of bread into the custard mixture, fully coating bread, but working quickly so that the bread doesn't get soggy or absorb too much liquid. Shake off any excess liquid, then lay each slice on the prepared baking sheet. Repeat for each slice. Arrange slices on the baking sheet so that they are not touching each other.
5. Stir together 2 tablespoons of Splenda Stevia Sweetener and 1 ½ teaspoons of cinnamon into a small bowl. Sprinkle French toast sticks with half of the cinnamon sweetener mixture. Spray French toast sticks lightly with nonstick cooking spray.

6. Bake for 12 minutes. Remove from oven, flip each French toast stick. Spray lightly with nonstick cooking spray, then sprinkle with the rest of the cinnamon sweetener mixture. Place back in oven for another 12 minutes. Remove and let cool slightly. Enjoy immediately, or freeze for a future easy breakfast!

### Nutrition Info Per Serving:

Serving Size: 4 French toast sticks

Calories	130	Total Carbs	27g
Total Fat	4.5g	Dietary Fiber	1g
Saturated Fat	1.5g	Sugars	4g
Cholesterol	50mg	Added Sugars	0g
Sodium	170mg	Protein	4g

MADE WITH



**SPLENDA STEVIA  
JAR**



# APPETIZERS & SNACKS



**SCAN FOR MORE**  
SPLENDA APPETIZER & SNACK RECIPES



# COOKIE DOUGH HUMMUS

**MAKES:**

14 servings

**CALORIES:**

70

**PREP:**

10 minutes

**TOTAL:**

10 minutes

**INGREDIENTS:**

- 1 (15-ounce) can garbanzo beans, drained and rinsed well
- 3 tablespoons unsweetened cashew butter
- ¼ cup unsweetened almond milk
- 2 tablespoons Splenda® Brown Sugar Blend

- 1 teaspoon vanilla bean paste or vanilla extract
- ¼ teaspoon almond extract
- 1 tablespoon quick cooking oats
- ¼ cup sugar free chocolate chips

**INSTRUCTIONS:**

1. In a food processor, add all ingredients except chocolate chips. Process until mixture is smooth. Scrape down the sides of the food processor bowl and blend again. If mixture is too thick, thin it out with a splash of almond milk.
2. Scoop mixture into serving bowl, and top with chocolate chips. Serve with fresh fruit or no sugar added cookies (not included in nutrition info).

**Nutrition Info Per Serving:**

Serving Size: 2 tbsp dessert hummus

Calories	70	Total Carbs	9g
Total Fat	3.5g	Dietary Fiber	2g
Saturated Fat	1g	Sugars	3g
Cholesterol	0mg	Added Sugars	2g
Sodium	60mg	Protein	2g

MADE WITH



**SPLENDA BROWN SUGAR BLEND**



# PEANUT BUTTER & JELLY SNACK CAKE

**MAKES:**

20 servings

**CALORIES:**

210

**PREP:**

15 minutes

**TOTAL:**

55 minutes

**INGREDIENTS:**

- 2 ½ cups all-purpose flour
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons baking soda
- ¾ teaspoon kosher salt
- 1 cup Splenda® Granulated Sweetener
- ½ cup canola oil

- 1 cup unsweetened peanut butter, divided
- 3 large eggs
- ½ teaspoon pure vanilla extract
- 1 cup fat-free milk
- ½ cup sugar-free blackberry jam

**INSTRUCTIONS:**

1. Preheat oven to 350°F and grease a 13” x 9” baking pan with nonstick cooking spray. Line baking pan with parchment paper sling, pushing parchment into corners and up sides of pan. In a large bowl, sift flour, baking powder, baking soda and salt together until combined.
2. In a separate large bowl, whisk sweetener, oil, ½ cup peanut butter, eggs and vanilla together until smooth. Add flour mixture and milk in 2 alternating batches, beating well between each addition, until just combined. Pour batter into pan.
3. Dollop remaining peanut butter and jam on top of batter and gently swirl with a butter knife or rubber spatula.
4. Bake until a toothpick inserted into the center comes out clean, about 30-40 minutes. Let cool on wire rack for 1 hour before slicing and serving.

**Nutrition Info Per Serving:**

Serving Size: ½ cake

Calories	210	Total Carbs	18g
Total Fat	14g	Dietary Fiber	1g
Saturated Fat	2g	Sugars	1g
Cholesterol	30mg	Added Sugars	0g
Sodium	220mg	Protein	6g

**MADE WITH**



**SPLENDA GRANULATED SWEETENER**



# GLUTEN-FREE BANANA CHOCOLATE CHIP MINI MUFFINS

## MAKES:

36 mini muffins

## CALORIES:

100

## PREP:

10 minutes

## TOTAL:

25 minutes

## INGREDIENTS:

2 overly-ripe medium bananas  
½ cup Splenda® Stevia Sweetener Jar  
1 cup plain nonfat Greek yogurt  
2 eggs  
¼ teaspoon kosher salt

2 ½ cups gluten free rolled oats  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
⅓ cup stevia-sweetened dark chocolate chips

## INSTRUCTIONS:

1. Preheat oven to 400°F. Prepare a mini-muffin tin by spraying with non-stick cooking spray.
2. In a blender or food processor, combine the bananas, Splenda Stevia, Greek yogurt, eggs, and salt until smooth.
3. Add in oats, baking powder, and baking soda, and blend again until smooth. Sprinkle in dark chocolate chips and stir in the blender with a spatula, scraping down the sides of the blender as well.
4. Scoop batter into mini-muffin tin, filling each ¾ of the way full. Bake for 12 minutes, until muffins are done. Remove, let cool, and enjoy!

## Nutrition Info Per Serving:

Serving Size: 2 mini muffins

Calories	100	Total Carbs	21g
Total Fat	2.5g	Dietary Fiber	3g
Saturated Fat	1g	Sugars	2g
Cholesterol	20mg	Added Sugars	0g
Sodium	120mg	Protein	4g

MADE WITH



**SPLENDA STEVIA**  
JAR



## MINI FRUIT PIZZA

### MAKES:

20 mini fruit pizzas

### CALORIES:

100

### PREP:

15 minutes

### TOTAL:

40 minutes

### FOR THE CRUST:

1 ¼ cups flour  
½ teaspoon kosher salt  
4 tablespoons Splenda® Stevia Sweetener Jar  
1 stick butter, frozen and cubed

### FOR THE TOPPING:

½ cup plain nonfat Greek yogurt  
4 ounces cream cheese  
2 teaspoons vanilla extract  
1 ½ teaspoons Splenda® Stevia Liquid Sweetener

### FOR DECORATING:

1 ½ cup mix of fresh strawberries, raspberries, blueberries, kiwi, and mango



## INSTRUCTIONS:

1. Preheat oven to 375°F.
2. In a food processor, add flour, salt and Splenda® Stevia Sweetener. Process a couple of times until well-mixed. Add in cubed frozen butter. Pulse until the dough breaks apart into pea-sized small clumps. Drizzle in 2 tablespoons ice water and continue to pulse dough. Drizzle in a little more ice water as needed, until dough comes together in one ball.
3. Dump out dough onto a floured surface and roll it out to about ¼ inch thickness. Using a circle cookie cutter, cut several small circles and place them on a baking sheet lined with parchment paper. Bake for 10-12 minutes, until mini pizza crusts are light brown. Roll out the rest of the dough and finish cutting the rest of the dough into mini pizza circles.
4. Remove crusts and let completely cool. Meanwhile, mix topping ingredients together in a medium bowl using an electric mixer. Frost the Mini Pizzas with cream cheese topping.
5. Decorate each pizza with a mix of fruit of your choice. Serve immediately!

## NOTES:

- Raw dough may be kept frozen for up to one week
- Cooked mini pizza crust can easily be frozen for future use. Simply let crusts cool completely, then place them in a zip-top bag or freezer-safe container. Freeze for up to 3 months.

### Nutrition Info Per Serving:

Serving Size: 1 mini fruit pizza

Calories	100	Total Carbs	10g
Total Fat	7g	Dietary Fiber	1g
Saturated Fat	4g	Sugars	1g
Cholesterol	20mg	Added Sugars	0g
Sodium	70mg	Protein	2g

### MADE WITH



**SPLENDA STEVIA  
JAR & LIQUID**



# LUNCH & DINNER



**SCAN FOR MORE**  
SPLENDA LUNCH & DINNER RECIPES





# SUMMER CHICKEN SALAD

**MAKES:**

6 servings

**CALORIES:**

260

**PREP:**

15 minutes

**TOTAL:**

4 hours, 15 minutes

**FOR THE CHICKEN SALAD:**

- 2 ½ cups cooked chicken breast, chopped
- ½ cup walnuts, chopped
- ⅓ cup celery, diced
- ¼ cup green onions, chopped
- 1 cup fresh strawberries, chopped
- 11 ounces no sugar added canned mandarin oranges, drained and chopped

**FOR THE DRESSING:**

- ½ cup light mayonnaise
- 2 teaspoons rice vinegar
- 2 teaspoons poppy seeds
- 4 teaspoons Splenda® Granulated Sweetener
- ½ teaspoon salt
- ⅓ teaspoon ground pepper

**INSTRUCTIONS:**

1. In a large bowl, combine and toss the chicken salad ingredients.
2. In a small bowl, combine all dressing ingredients and mix well.
3. Pour the dressing over the chicken mixture and stir to combine. Cover and refrigerate until chilled, about 4 hours.

**NOTES:**

- Serve on white bread for tea sandwiches, croissants, or in lettuce cups (not included in nutrition info).

**Nutrition Info Per Serving:**  
Serving Size: 1 cup chicken salad

Calories	260	Total Carbs	12g
Total Fat	15g	Dietary Fiber	2g
Saturated Fat	2g	Sugars	5g
Cholesterol	55mg	Added Sugars	0g
Sodium	370mg	Protein	20g

**MADE WITH**



**SPLENDA GRANULATED SWEETENER**



# SLOPPY JOES

## MAKES:

8 servings

## CALORIES:

120

## PREP:

10 minutes

## TOTAL:

30 minutes

## INGREDIENTS:

- 1 pound lean ground beef
- 1 small onion, diced
- 1 small green pepper, diced
- 1 cup water
- 1 (6-ounce) can tomato paste
- 1 ½ tablespoons Splenda® Brown Sugar Blend

- 1 tablespoon vinegar
- 1 tablespoon Worcestershire sauce
- ½ teaspoon chili powder
- ½ teaspoon paprika
- ¼ teaspoon salt

## INSTRUCTIONS:

- In a skillet over medium heat, brown beef. Drain fat and set beef aside.
- In the same skillet, sauté onion and green pepper until tender.
- Add beef and remaining ingredients and mix thoroughly. Reduce heat and simmer for 20 minutes. Serve on whole wheat buns or bread of choice (not included in nutrition info).

### Nutrition Info Per Serving:

Serving Size: ½ cup sloppy joe

Calories	120	Total Carbs	8g
Total Fat	4g	Dietary Fiber	1g
Saturated Fat	1.5g	Sugars	6g
Cholesterol	35mg	Added Sugars	2g
Sodium	150mg	Protein	13g

### MADE WITH



**SPLENDA BROWN SUGAR BLEND**



# ONE SKILLET SWEET ORANGE CHICKEN

**MAKES:**

4 servings

**CALORIES:**

230

**PREP:**

10 minutes

**TOTAL:**

30 minutes

**INGREDIENTS:**

Zest and juice of 1 small orange

¼ cup Splenda® Monk Fruit Sweetener

1 tablespoon avocado oil

1 tablespoon Dijon mustard

½ tablespoon balsamic vinegar

3 cloves garlic, grated

¼ teaspoon fresh grated ginger

1 teaspoon kosher salt, divided

1 pound chicken breast, cut into chunks

2 sweet onions or red onions, cut into large chunks

4 cups fresh broccoli florets

**INSTRUCTIONS:**

1. To make the orange sauce, stir together first 8 ingredients in a small bowl, including ½ teaspoon kosher salt.
2. Season chicken breast with ½ teaspoon salt. Spray a large skillet with nonstick cooking spray and heat to medium-high. Once the skillet is hot, add the chicken and sauté until lightly browned and cooked through. Remove chicken to a plate.
3. Respray the skillet, adding onions and broccoli. Sauté until the veggies are browned on the edges but still crisp. Add chicken back to the skillet with the vegetables.
4. Pour sauce over veggies and chicken. Stir, serve and enjoy!

**Nutrition Info Per Serving:**

Serving Size: 4oz chicken, 1 cup vegetables

Calories	230	Total Carbs	24g
Total Fat	7g	Dietary Fiber	3g
Saturated Fat	1g	Sugars	5g
Cholesterol	85mg	Added Sugars	0g
Sodium	640mg	Protein	29g

MADE WITH

**SPLENDA  
MONK FRUIT**



# MARINATED FLANK STEAK

## MAKES:

10 servings

## CALORIES:

160

## PREP:

30 minutes

## TOTAL:

4 hours, 30 minutes

## INGREDIENTS:

1 (2-pound) flank steak

½ cup beef broth

½ cup low-sodium soy sauce

2 tablespoons salt-free steak seasoning

2 tablespoons Splenda® Brown Sugar Blend

2 tablespoons minced garlic

1 tablespoon tomato paste

## INSTRUCTIONS:

1. Place the flank steak in a large, resealable plastic bag. In a 2-cup measuring cup, combine the remaining ingredients. Pour the marinade mixture into the bag with the steak, seal, and place in the refrigerator for at least 4 hours or up to 12 hours.
2. Preheat grill. Remove the steak from the marinade. Pour the marinade into a small saucepan and bring to a boil. Lower heat to medium-low and simmer for 10 minutes. Remove from heat but keep warm.
3. Grill the steak for 5-6 minutes per side or to desired doneness. A meat thermometer should read 125°F for rare, 135°F for medium rare, and 145°F for medium.
4. Transfer the steak to a plate and let stand for 5 minutes before carving. Cut the steak across the grain into thin diagonal slices. Serve with the marinade sauce.

## Nutrition Info Per Serving:

Serving Size: 3oz steak, 1.5 tbsp marinade

Calories	160	Total Carbs	6g
Total Fat	6g	Dietary Fiber	0g
Saturated Fat	2.5g	Sugars	3g
Cholesterol	65mg	Added Sugars	2g
Sodium	540mg	Protein	21g

MADE WITH



**SPLENDA BROWN SUGAR BLEND**



# NO HONEY MUSTARD

### MAKES:

12 servings

### CALORIES:

60

### PREP:

5 minutes

### TOTAL:

5 minutes

### INGREDIENTS:

- ½ cup plain nonfat Greek yogurt
- 5 tablespoons extra-virgin olive oil
- 3 tablespoons Splenda® Monk Fruit Sweetener
- 2 tablespoons yellow mustard
- 1 tablespoon Dijon mustard

- 2 tablespoons raw apple cider vinegar
- 1 clove garlic, grated
- ¼ teaspoon onion powder
- ½ teaspoon kosher salt

### INSTRUCTIONS:

1. In a medium bowl, whisk together all of the ingredients until well-blended.
2. Store dressing in the refrigerator until ready to use. Keeps in the refrigerator for 1 week.



### Nutrition Info Per Serving:

Serving Size: 2 tbsp dressing

Calories	60	Total Carbs	4g
Total Fat	6g	Dietary Fiber	0g
Saturated Fat	1g	Sugars	0g
Cholesterol	0mg	Added Sugars	0g
Sodium	140mg	Protein	1g

### MADE WITH



**SPLENDA  
MONK FRUIT**



## AIR FRYER CHICKEN PARMESAN

**MAKES:**

8 servings

**CALORIES:**

290

**PREP:**

15 minutes

**TOTAL:**

35 minutes

**FOR THE MARINARA:**

1 small onion, chopped  
1 clove garlic, grated  
¼ teaspoon kosher salt  
1 teaspoon ground oregano  
1 (28-ounce) can crushed tomatoes  
1½ teaspoons Splenda® Granulated Sweetener  
1 tablespoon fresh basil, thinly sliced

**FOR THE CHICKEN:**

2 large eggs  
1 cup Italian-style panko bread crumbs  
⅓ cup grated parmesan cheese  
2 pounds boneless skinless chicken breast, sliced into cutlets  
4 ounces shredded mozzarella or fresh mozzarella



## INSTRUCTIONS:

1. To make the marinara sauce, spray a large saucepan with nonstick cooking spray. Sauté onion until translucent, about 5 minutes. Add garlic and sauté 1 more minute, constantly stirring. Add salt and oregano, stirring until fragrant. Pour in crushed tomatoes and Splenda Sweetener and stir. Bring to a boil, then reduce heat. Simmer for 5-7 minutes, stirring occasionally. Remove from heat and stir in basil.
2. Beat eggs in a shallow bowl. Mix together bread crumbs and parmesan cheese and pour onto a pan.
3. Take each chicken breast cutlet and dip it into the beaten eggs, shaking off excess egg, and then dip into the bread crumb mixture, coating it well.
4. Preheat air fryer to 375°F and coat the basket of the air fryer with nonstick cooking spray. Place coated chicken breast cutlets onto the wire rack of the air fryer in a single layer. (You will need to cook the chicken in two batches to keep it in a single layer.) Cook for 5 minutes, then flip chicken and cook for 5 minutes more.
5. Top each chicken breast cutlet with marinara sauce and mozzarella cheese. Cook for 2-3 more minutes, until cheese is melted and chicken is cooked through.
6. Remove and repeat for the rest of the chicken. Serve any extra marinara sauce on the side. Enjoy!

### Nutrition Info Per Serving:

Serving Size: 1 chicken cutlet with 1/3 cup of marinara and cheese

Calories	290	Total Carbs	18g
Total Fat	9g	Dietary Fiber	2g
Saturated Fat	3.5g	Sugars	4g
Cholesterol	140mg	Added Sugars	0g
Sodium	590mg	Protein	33g

MADE WITH



**SPLENDA GRANULATED  
SWEETENER**

A close-up photograph of a brown and orange dinosaur figurine with its mouth open, eating a round, golden-brown cookie with a dark brown swirl. The dinosaur is positioned on the left side of a metal baking tray. The tray is filled with several other similar cookies. In the background, a stack of white plates holds more cookies. The word "DESSERTS" is overlaid in large, bold, blue letters with a white outline.

# DESSERTS



**SCAN FOR MORE**  
SPLENDA DESSERT RECIPES





# 4-INGREDIENT PEANUT BUTTER COOKIES

**MAKES:**

20 servings

**CALORIES:**

90

**PREP:**

5 minutes

**TOTAL:**

20 minutes

**INGREDIENTS:**

1 cup unsweetened peanut butter  
1 cup Splenda® Granulated Sweetener

1 large egg, beaten  
1 teaspoon vanilla extract

**INSTRUCTIONS:**

1. Preheat oven to 350°F. In a large bowl, add peanut butter, Splenda sweetener, egg, and vanilla extract. Stir until combined.
2. Chill mixture for at least 10 minutes.
3. Portion mixture into 1 tablespoon balls and place on an ungreased sheet pan. Press lightly with the tines of a fork to create a crosshatch pattern and flatten each cookie slightly.
4. Bake for 8 minutes. Let cool on sheet pan at least 5 minutes before transferring to a wire rack to finish cooling.

**Nutrition Info Per Serving:**  
Serving Size: 1 cookie

Calories	90	Total Carbs	4g
Total Fat	7g	Dietary Fiber	1g
Saturated Fat	1g	Sugars	0g
Cholesterol	10mg	Added Sugars	0g
Sodium	45mg	Protein	3g

**MADE WITH**



**SPLENDA GRANULATED SWEETENER**



## TEDDY BEAR COOKIES

**MAKES:**

25 cookies

**CALORIES:**

60

**PREP:**

10 minutes

**TOTAL:**

30 minutes

**INGREDIENTS:**

3 packed tablespoons Splenda®  
Brown Sugar Blend

½ cup unsalted butter, softened

¾ cup all-purpose flour

½ cup whole wheat flour

¾ teaspoon baking soda

1 teaspoon ground cinnamon

¼ teaspoon kosher salt

3 – 6 tablespoons ice water



## INSTRUCTIONS:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Using a hand-held or stand mixer, beat the Splenda Sweetener and butter together until fluffy.
3. In a separate bowl, whisk together both flours, baking soda, cinnamon, and salt. Beat the dry ingredients into the butter and sweetener mixture until well-combined. Mixture will be crumbly. With mixer on low, beat in ice water a tablespoon at a time, just until the mixture comes together to form a cookie dough.
4. Sprinkle some wheat flour on a flat, clean surface on the countertop and roll dough out ¼-inch thick. Use a small teddy bear-shaped cookie cutter to cut dough into teddy bear shapes. Place each cookie 3 inches apart on the baking sheet.
5. Bake for 10 - 12 minutes, until the edges of the teddy bear are light brown.
6. Remove and place cookies on a rack to cool. Enjoy, and store extra cookies in an air-tight container.

### Nutrition Info Per Serving:

Serving Size: 1 cookie

Calories	60	Total Carbs	6g
Total Fat	4g	Dietary Fiber	0g
Saturated Fat	2.5g	Sugars	1g
Cholesterol	10mg	Added Sugars	1g
Sodium	25mg	Protein	1g

MADE WITH



**SPLENDA BROWN  
SUGAR BLEND**



# STRAWBERRY KIWI ICE POPS

## MAKES:

6 ice pops

## CALORIES:

50

## PREP:

15 minutes

## TOTAL:

5 hours

## INGREDIENTS:

1 cup strawberries, rinsed and tops sliced off  
⅔ cup Splenda® Granulated Sweetener, divided  
½ cup cold water, divided

3 large or 4 small kiwi, peeled and chopped into large chunks  
1 kiwi, peeled and sliced thinly  
1 tablespoon lime juice

## INSTRUCTIONS:

1. In a small food processor or blender, puree strawberries with ⅓ cup Splenda Sweetener. Add ¼ cup water and blend again. Carefully fill 6 ice pop molds halfway up with blended strawberry mixture. Place in the freezer for 30 minutes. Rinse blender/processor.
2. Add the chunks of chopped kiwi to the processor along with ⅓ cup sweetener, lime juice, and ¼ cup water. Blend until smooth. After the 30 minutes is up, spoon the kiwi puree into the ice pop molds on top of the strawberry mixture, leaving a little space at the top for expansion. Gently slide 1-2 slices of kiwi down into each ice pop. Add wood craft sticks into the middle of each.
3. Ice pops go back in freezer until fully frozen, about 4-6 hours.
4. Remove ice pops from molds by gently running the molds under lukewarm water, or letting set on the counter until they easily wiggle out. Enjoy immediately, or store in freezer for a future dessert!

## Nutrition Info Per Serving:

Serving Size: 1 ice pop

Calories	50	Total Carbs	12g
Total Fat	0g	Dietary Fiber	2g
Saturated Fat	0g	Sugars	6g
Cholesterol	0mg	Added Sugars	0g
Sodium	0mg	Protein	1g

## MADE WITH



**SPLENDA GRANULATED SWEETENER**

# FUDGY BROWNIES

## MAKES:

16 servings

## CALORIES:

150

## PREP:

15 minutes

## TOTAL:

40 minutes

## INGREDIENTS:

10 tablespoons unsalted butter

2 ounces unsweetened dark chocolate

3 eggs

1 teaspoon vanilla extract

$\frac{3}{4}$  cup Splenda® Brown Sugar Blend

$\frac{1}{2}$  cup almond flour

$\frac{1}{4}$  cup unsweetened cocoa powder

$\frac{1}{2}$  teaspoon baking powder

$\frac{1}{2}$  teaspoon salt

## INSTRUCTIONS:

1. Preheat oven to 350°F. Line 8" square baking pan with parchment paper and lightly coat with cooking spray.
2. In a microwave-safe bowl, combine butter and chocolate. Microwave for 1 minute or until melted; stir together.
3. In a large bowl, combine butter-chocolate mixture with eggs, vanilla, and Splenda Brown Sugar Blend; mix until smooth.
4. Add remaining ingredients and continue mixing until combined. Transfer batter to prepared pan and smooth top with a spatula.
5. Bake for 20-23 minutes or until a wooden pick inserted into center of brownie comes out clean.
6. Cut and serve.

### Nutrition Info Per Serving:

Serving Size: 1 (2-inch square) bar

Calories	150	Total Carbs	11g
Total Fat	11g	Dietary Fiber	1g
Saturated Fat	6g	Sugars	8g
Cholesterol	55mg	Added Sugars	8g
Sodium	105mg	Protein	3g

### MADE WITH



**SPLENDA BROWN  
SUGAR BLEND**



## DINO FOSSIL COOKIES

**MAKES:**

12 cookies

**CALORIES:**

110

**PREP:**

15 minutes

**TOTAL:**

40 minutes

**INGREDIENTS:**

1 stick unsalted butter  
¾ cup Splenda® Granulated Sweetener  
¾ cup all-purpose flour  
1 teaspoon baking powder  
¼ teaspoon kosher salt  
1 large egg  
1 teaspoon vanilla extract  
¼ teaspoon maple extract

**FOR DINO FOOTPRINT:**

Toy dinosaur  
1 teaspoon unsweetened cocoa powder  
1½ teaspoons water



## INSTRUCTIONS:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. To make browned butter, place stick of butter in a small skillet and cook it over medium heat until it browns. Take it off the heat and set aside to let cool.
3. In a medium-sized bowl, whisk together Splenda Sweetener, flour, baking powder, and salt.
4. In another bowl, whisk egg and extracts. Slowly add cooled browned butter, whisking continuously. Make sure to scrape out all of the browned butter bits at the bottom of the skillet.
5. Add the wet ingredients into the dry and stir until fully combined. If dough is a little wet, place it in refrigerator for 10 minutes to harden.
6. Scoop dough into 12 balls, about 2 tbsps each, and place 3 inches apart on prepared baking sheet. Press each dough ball down into a disk. Dip toy dinosaur's foot in some flour and then carefully press the foot into each dough disk, creating a fossil footprint.
7. In a small bowl, mix together cocoa powder and water. Dip a small paintbrush into the chocolate mixture, and then gently paint each footprint. (Add a little more water if needed to thin out the chocolate.)
8. Bake cookies for 8 - 10 minutes. Remove, let cool, and enjoy!



### Nutrition Info Per Serving:

Serving Size: 1 cookie

Calories	110	Total Carbs	8g
Total Fat	8g	Dietary Fiber	0g
Saturated Fat	5g	Sugars	0g
Cholesterol	35mg	Added Sugars	0g
Sodium	95mg	Protein	1g

MADE WITH



**SPLENDA GRANULATED SWEETENER**

A collection of round tarts arranged in a woven basket. Each tart is decorated with a lattice of golden-brown dough strips to resemble a mummy's bandages. The fillings include vibrant red raspberries and white chocolate chips with dark centers. The background features a dark surface with a spiderweb and a small black spider, enhancing the Halloween theme.

# HOLIDAYS & CELEBRATIONS



**SCAN FOR MORE**  
SPLENDA HOLIDAY RECIPES





# PUMPKIN PIE

## MAKES:

12 slices

## CALORIES:

130

## PREP:

15 minutes

## TOTAL:

1 hour, 15 minutes

## INGREDIENTS:

1 refrigerated pie crust, softened according to package directions

1 (15-ounce) can pumpkin (not pie filling)

1 cup Splenda® Granulated Sweetener

2 teaspoons ground cinnamon

1 teaspoon ground ginger

½ teaspoon salt

¼ teaspoon ground cloves

¼ teaspoon nutmeg

¾ cup half-and-half

3 large eggs, lightly beaten

1 teaspoon vanilla extract

## INSTRUCTIONS:

1. Preheat oven to 375°F.
2. Fit pie crust into a 9-inch pie plate according to package directions; fold edges under and crimp.
3. Line the pie crust with parchment or aluminum foil. Fill with pie weights or dried beans. Bake until the edges just start to brown, 10–12 minutes. Remove the weights and foil, and bake for 5 minutes more. Remove from the oven.
4. In a large bowl, stir together pumpkin, Splenda Sweetener, cinnamon, ginger, salt, cloves, nutmeg, and half-and-half. Add eggs and vanilla extract, stirring until blended. Pour filling into pie crust.
5. Bake for 50–60 minutes or until set in the center. Cool completely on a wire rack.

## Nutrition Info Per Serving:

Serving Size: 1 slice (½ pie)

Calories	130	Total Carbs	14g
Total Fat	7g	Dietary Fiber	1g
Saturated Fat	3g	Sugars	2g
Cholesterol	55mg	Added Sugars	0g
Sodium	210mg	Protein	3g

MADE WITH



**SPLENDA GRANULATED SWEETENER**



# CONFETTI BIRTHDAY CAKE

**MAKES:**  
24 servings

**CALORIES:**  
160

**PREP:**  
15 minutes

**TOTAL:**  
45 minutes

## INGREDIENTS:

- 1 ¼ cup lowfat buttermilk, at room temperature, divided use
- ½ cup vegetable oil
- 5 large egg whites, at room temperature
- 2 teaspoons vanilla extract
- 2 ½ cups cake flour
- 1 cup Splenda® Granulated Sweetener

- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup (1½ sticks) unsalted butter, softened at room temperature
- 3 tablespoons sugar-free rainbow sprinkles

## INSTRUCTIONS:

- Preheat oven to 350°F. Grease and flour two 8-inch round cake pans.
- In a bowl, whisk together ½ cup buttermilk and oil.
- In another bowl, whisk together remaining buttermilk, egg whites, and vanilla extract.
- In a bowl, whisk together flour, Splenda Sweetener, baking powder, baking soda, and salt. Add butter and mix with an electric mixer on low speed until mixture resembles coarse sand.
- Add buttermilk-oil mixture and mix on low speed to blend. Add egg white mixture, one-third at a time, blending well after each addition. Add sprinkles and mix to distribute evenly in batter.
- Pour batter into prepared pans. Bake for 30–35 minutes until a wooden pick inserted into center of cake comes out clean.
- Cool cakes in pans slightly, then run a thin metal spatula around rim to loosen cakes. Transfer to a wire rack to cool completely before frosting.

### Nutrition Info Per Serving: Serving Size: 1 slice (½ one cake)

Calories	160	Total Carbs	14g
Total Fat	11g	Dietary Fiber	0g
Saturated Fat	4.5g	Sugars	1g
Cholesterol	15mg	Added Sugars	0g
Sodium	180mg	Protein	2g

### MADE WITH



**SPLENDA GRANULATED SWEETENER**



# GINGERBREAD COOKIES

**MAKES:**

30 cookies

**CALORIES:**

100

**PREP:**

30 minutes

**TOTAL:**

3 hours

**INGREDIENTS:**

2 cups all-purpose flour

½ teaspoon baking soda

½ teaspoon salt

2 tablespoons ground ginger

½ teaspoon ground cinnamon

¼ teaspoon ground allspice

¾ cup unsalted butter, softened at room temperature

1 cup Splenda® Brown Sugar Blend

1 large egg + 1 large egg yolk

**INSTRUCTIONS:**

1. In a bowl, whisk together flour, baking soda, salt, ginger, cinnamon, and allspice.
2. In a bowl using an electric mixer, beat butter and Splenda Brown Sugar Blend until creamy. Beat in egg and egg yolk.
3. Add dry ingredients and mix until the dough comes together.
4. Shape dough into a disc, cover with plastic wrap, and refrigerate for 2 hours.
5. Preheat the oven to 350°F. Line two baking sheets with parchment paper.
6. Roll dough out to ¼" thick on a lightly floured surface. Using a 4" cookie cutter, cut out shapes and place on baking sheet.
7. Bake for 15–18 minutes. Cool slightly, then transfer to a wire rack to cool completely.

**Nutrition Info Per Serving:**

Serving Size: 1 cookie

Calories	100	Total Carbs	13g
Total Fat	5g	Dietary Fiber	0g
Saturated Fat	3g	Sugars	6g
Cholesterol	25mg	Added Sugars	6g
Sodium	65mg	Protein	1g

**MADE WITH****SPLENDA BROWN SUGAR BLEND**



## PATRIOTIC POKE CAKE

**MAKES:**

20 servings

**CALORIES:**

160

**PREP:**

15 minutes

**TOTAL:**

55 minutes

**FOR THE CAKE:**

2 ½ cups all-purpose flour

2 ½ teaspoons baking powder

¼ teaspoon kosher salt

1 ½ cup Splenda® Stevia Sweetener Jar

¾ cup vegetable oil spread, room temperature

3 large eggs

2 teaspoons pure vanilla extract

1 ¼ cups fat-free milk

2 cups zero sugar whipped topping

3 cups small strawberries, hulled and sliced

1 ½ cups blueberries

**FOR THE PUDDING:**

2 cups fat-free milk

1 (1.5-ounce) box vanilla sugar-free fat-free instant pudding mix



## INSTRUCTIONS:

1. Preheat oven to 350°F and grease a 13" x 9" baking pan with nonstick cooking spray. In a large bowl, sift flour, baking powder and salt together until combined. In another large bowl, using a hand mixer, beat sweetener and oil spread on medium speed until light and fluffy. Add eggs and vanilla and beat until well combined.
2. Add dry ingredients and milk to wet ingredients and beat until just combined. Pour batter evenly into prepared pan. Bake until a toothpick inserted into the center comes out clean, about 30-40 minutes. Poke cake with the end of a wooden spoon in 1-inch intervals. Allow to cool in pan completely before frosting, about 30 minutes.
3. To make the pudding: in a large bowl, whisk milk and pudding mix together until combined and slightly thickened.
4. Spread pudding evenly over cake, gently pushing it into the holes. Cover and refrigerate until pudding is set, 1-2 hours.
5. Spread whipped topping in an even layer over cake. Place strawberries and blueberries on top of cake in the shape of an American flag. Slice and serve.



### Nutrition Info Per Serving:

Serving Size: 1 slice cake

Calories	160	Total Carbs	33g
Total Fat	6g	Dietary Fiber	1g
Saturated Fat	2.5g	Sugars	4g
Cholesterol	30mg	Added Sugars	0g
Sodium	280mg	Protein	4g



**SPLENDA STEVIA  
JAR**



## MUMMY CHERRY HAND PIES

**MAKES:**

16 hand pies

**CALORIES:**

180

**PREP:**

25 minutes

**TOTAL:**

3 hours

**INGREDIENTS:**

2 cups all-purpose flour

$\frac{3}{4}$  cup unsalted butter, cubed, frozen

1 teaspoon kosher salt

$\frac{3}{4}$  cup plus 2 tablespoons Splenda® Monk Fruit Sweetener, divided

4–6 tablespoons water

1 tablespoon cornstarch

$\frac{1}{2}$  lemon, juiced

2  $\frac{1}{2}$  cups frozen pitted dark sweet cherries

1 egg, lightly beaten

$\frac{1}{4}$  cup stevia-sweetened dark chocolate chips

$\frac{1}{4}$  cup stevia-sweetened white chocolate chips



## INSTRUCTIONS:

1. In a food processor, add flour, butter, salt and 2 tablespoons Splenda Monk Fruit Sweetener and pulse until butter resembles pea-sized shapes. Add 4 tablespoons water and pulse, adding more water as needed, until dough starts to clump together.
  2. On a work surface, form dough into a ball. Cut dough in half and flatten each half into a round disk, 1-inch thick. Wrap each disk in plastic and refrigerate.
  3. Preheat oven to 425°F. Line 2 rimmed baking sheets with parchment paper.
  4. In a small bowl, mix cornstarch and lemon juice together.
  5. In a small saucepan, bring cherries and remaining sweetener to a simmer over medium heat. Cook, stirring frequently until cherries burst, about 10 minutes. Stir in cornstarch mixture and cook, stirring often until sauce thickens, about 5 minutes. Let cool to room temperature.
  6. Roll each disk out to ¼-inch thickness. Cut eight 4-inch circles from each disk. Fill each circle with about 1 tablespoon filling. Brush the edge of each circle with egg.
  7. Using remaining dough, cut ¼-inch strips. Place strips in alternating patterns on top of each circle to represent a mummy. Seal edges of circles using fork tines.
  8. Bake for about 15–20 minutes, rotating baking sheets halfway through, until hand pies are golden brown. Let cool for 10 minutes.
9. Meanwhile, place white chocolate in a small microwave-safe bowl. Microwave in 30 second increments, stirring between, until melted. Transfer melted white chocolate to piping bag and cut a small tip from the corner. Pipe white chocolate to resemble the white outer edge of an eye on each hand pie. Let set at room temperature until chocolate hardens.
  10. Place dark chocolate in a small microwave-safe bowl. Microwave chocolate in 30 second increments, stirring between, until melted. Transfer melted dark chocolate to piping bag and cut a small tip from the corner. Pipe dark chocolate in the center of each white chocolate circle to resemble the pupil of an eye on each mummy pie. Serve and enjoy.

### Nutrition Info Per Serving:

Serving Size: 1 pie

Calories	180	Total Carbs	30g
Total Fat	11g	Dietary Fiber	2g
Saturated Fat	6g	Sugars	3g
Cholesterol	35mg	Added Sugars	0g
Sodium	130mg	Protein	3g

MADE WITH



**SPLENDA  
MONK FRUIT**



# DRINKS



SCAN FOR MORE  
SPLENDA DRINK RECIPES





# LEMONADE BY THE PITCHER

**MAKES:**

8 drinks

**CALORIES:**

30

**PREP:**

5 minutes

**TOTAL:**

5 minutes

**INGREDIENTS:**

6 ½ cups water

1 ½ cups freshly squeezed lemon juice  
(approximately 12 lemons)

2 cups Splenda® Granulated Sweetener

**INSTRUCTIONS:**

1. In a pitcher, combine all ingredients and stir to combine.
2. Serve over ice.



**Nutrition Info Per Serving:**  
Serving Size: 1 (8-ounce) drink

Calories	30	Total Carbs	9g
Total Fat	0g	Dietary Fiber	0g
Saturated Fat	0g	Sugars	1g
Cholesterol	0mg	Added Sugars	0g
Sodium	15mg	Protein	0g

**MADE WITH**



**SPLENDA GRANULATED SWEETENER**



## UNICORN SMOOTHIE

**MAKES:**

2 smoothies

**CALORIES:**

180

**PREP:**

10 minutes

**TOTAL:**

10 minutes

**FOR THE PINK LAYER:**

½ cup plain nonfat Greek yogurt  
½ cup frozen raspberries  
½ scoop vanilla protein powder  
2 packets Splenda® Sweetener  
½ cup unsweetened almond milk  
Small handful of ice

**FOR THE BLUE PURPLE LAYER:**

¼ cup plain nonfat Greek yogurt  
¼ medium banana, frozen  
½ scoop vanilla protein powder  
2 packets Splenda® Sweetener  
½ cup unsweetened almond milk  
1 teaspoon blue spirulina powder  
Small handful of ice  
½ cup frozen blackberries

**OPTIONAL TOPPINGS:**

Zero sugar whipped cream  
Pink and gold edible sparkles



## INSTRUCTIONS:

1. In a blender, add all ingredients for the pink layer except ice. Blend on high until smooth. Add ice and pulse. Smoothie will be thick. Divide pink smoothie into two separate glasses.
2. Rinse blender, then add all ingredients for the blue-purple layer except blackberries. Blend on high until smooth. Add blackberries, and pulse once or twice, just until smoothie gets infused with pops of purple among the blue.
3. Carefully pour the blue-purple smoothie on top of the pink, dividing between the two glasses.
4. Take a toothpick or a spoon down the sides the sides of the smoothie to create a swirl-effect. Top with whipped cream and edible sparkles if desired (not included in nutrition info). Enjoy immediately!



## NOTES:

- Blue spirulina powder is a natural blue food coloring that comes from the edible blue-green algae. It boosts nutrition and adds beautiful blue-green color to any smoothie or smoothie bowl.
- If blue spirulina powder is unavailable,  $\frac{1}{2}$  cup frozen blueberries may be used, though the blue color won't be as bright.
- Frozen strawberries may be used if raspberries are unavailable.

### Nutrition Info Per Serving:

Serving Size: 1 (12-ounce) smoothie

Calories	180	Total Carbs	20g
Total Fat	3g	Dietary Fiber	4g
Saturated Fat	0g	Sugars	13g
Cholesterol	30mg	Added Sugars	2g
Sodium	170mg	Protein	19g

MADE WITH



**SPLENDA SWEETENER  
PACKETS**



# CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

## MAKES:

2 smoothies

## CALORIES:

190

## PREP:

5 minutes

## TOTAL:

5 minutes

## INGREDIENTS:

1 (8-ounce) Splenda® Milk Chocolate Diabetes Care Shake

½ frozen banana

1 tablespoon of chia seeds

1 tablespoon unsweetened peanut butter

1 cup of ice



## INSTRUCTIONS:

1. Place all ingredients in a blender. Blend until all ingredients are combined and smooth.
2. Divide smoothie between 2 glasses and enjoy!

### Nutrition Info Per Serving:

Serving Size: 1 (9 oz) smoothie

Calories	190	Total Carbs	19g
Total Fat	11g	Dietary Fiber	6g
Saturated Fat	1.5g	Sugars	5g
Cholesterol	10mg	Added Sugars	0g
Sodium	125mg	Protein	11g

### MADE WITH



**SPLENDA DIABETES CARE SHAKE**



# ORANGE CREAM ITALIAN SODA

### MAKES:

1 (12-ounce) drink

### CALORIES:

20

### PREP:

5 minutes

### TOTAL:

5 minutes

### INGREDIENTS:

- 1 (12-ounce) can sparkling water
- 1 teaspoon Splenda® Mandarin Orange Liquid Water Enhancer
- Ice
- 1 tablespoon half-and-half

### INSTRUCTIONS:

1. In a tall glass, combine sparkling water and Splenda Liquid Water Enhancer; stir well. Add ice.
2. Float half-and half on top and enjoy!



### Nutrition Info Per Serving:

Serving Size: 1 (12 oz) drink

Calories	20	Total Carbs	2g
Total Fat	1.5g	Dietary Fiber	0g
Saturated Fat	1g	Sugars	1g
Cholesterol	5mg	Added Sugars	0g
Sodium	10mg	Protein	0g

### MADE WITH



**SPLENDA LIQUID WATER ENHANCER**



# KITCHEN CONVERSIONS

## DRY MEASUREMENTS

CUP	TBSP	TSP	FLOZ	ML
1	16	48	8	237
$\frac{3}{4}$	12	36	6	177
$\frac{2}{3}$	10 $\frac{2}{3}$	32	5	158
$\frac{1}{2}$	8	24	4	118
$\frac{1}{3}$	5 $\frac{1}{3}$	16	3	79
$\frac{1}{4}$	4	12	2	59
$\frac{1}{6}$	2 $\frac{2}{3}$	8	1 $\frac{1}{3}$	40
$\frac{1}{8}$	2	6	1	30
$\frac{1}{16}$	1	3	$\frac{1}{2}$	15

## WEIGHT MEASUREMENTS

OZ	G
1	28
2	57
3	85
4	113
5	142
6	170
7	198
8	227
9	255

## LIQUID MEASUREMENTS

GAL	QT	PT	CUP	FLOZ
1	4	8	16	128
$\frac{1}{2}$	2	4	8	64
$\frac{1}{4}$	1	2	4	32
$\frac{1}{8}$	$\frac{1}{2}$	1	2	16
$\frac{1}{16}$	$\frac{1}{4}$	$\frac{1}{2}$	1	8
$\frac{1}{32}$	$\frac{1}{8}$	$\frac{1}{4}$	$\frac{1}{2}$	4
$\frac{1}{64}$	$\frac{1}{16}$	$\frac{1}{8}$	$\frac{1}{4}$	2

## OVEN TEMPERATURE

F°	C°
300	150
325	165
350	175
375	190
400	200
425	220
450	230



