

Maple Syrup

Yield: About 3/4 cup

- 3/4 cup filtered water
- 2 tablespoons plus 2 teaspoons vegetable glycerine*
- 2 teaspoons non alcoholic maple flavouring
- 1/4 teaspoon liquid stevia
- 1 teaspoon green stevia powder

*Derived from coconut oil vegetable glycerine is a sweet-tasting thickener. It is available in most health food stores.

1. Combine all of the ingredients in a small bowl and mix well. You can also place the ingredients in a clean glass jar, cover with a lid, and shake thoroughly.
2. Warm the mixture in a small pan before drizzling it over pancakes, waffles, or hot cereal.

Sweet Whipped Cream & Frozen Dessert

Yield: 2 cups

- 1 pint whipping cream
- 1/4 teaspoon flavoured liquid stevia
- 1 teaspoon green stevia powder

1. Place the cream in a large mixing bowl and beat with a whisk or an electric hand-held mixer until it begins to thicken.
2. Add 2—8 drops stevia liquid.
3. Sprinkle the green stevia powder over the cream and continue to beat until soft peaks form (do not over beat).
4. Use immediately or place in an airtight container and refrigerate up to four days.
5. Blend in frozen berries or fruit and keep in freezer until ready to serve.

Pumpkin Pie

Yield: 9 inch pie

- 4 cups cooked, mashed butternut squash
- 1 teaspoon pumpkin spice
- 1 tablespoon vanilla flavouring
- 2 teaspoons green stevia powder
- 1/4 teaspoon liquid stevia
- Pinch sea salt
- 9 inch pre-baked Basic Pie Crust

1. Place all of the filling ingredients in a blender or food processor and blend until smooth and well combined.
2. Pour the filling mixture into the crust and refrigerate for at least 1 hour.
3. Serve chilled or at room temperature, either plain or topped with a dollop of Sweet Whipped Cream

Sugar/Stevia Equivalents

Sugar Amount	Green Stevia Powder	Stevia Liquid
1 Cup	1 1/2 Tablespoon	1 Teaspoon
1 Tablespoon		6 to 9 Drops
1 Teaspoon		2 to 4 Drops