



# NOW® Online Recipes!

Visit: <https://nowfoods.ca/recipes/>



Mediterranean Roasted  
Eggplant Salad



Air Fried Coconut  
Shrimp with Lemon-  
Orange Dipping Sauce



Creamy Vanilla  
Turmeric Ginger Tea  
Latte



Double Chocolate  
Peppermint Cookies



Turmeric Ginger  
Moroccan Rice



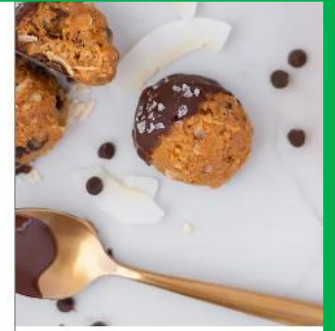
Seasonal + Holiday  
Mocktail Recipes



No-Bake Peanut Butter  
Oatmeal Cookies



Blueberry-Lemon  
Poppysseed Scones



Chocolate-Dipped  
Caramel Peanut Butter  
Oat Bites



Cinnamon Caramel  
Frappuccino



Cucumber Melon Fizz



Strawberry Basil  
Lemonade

# Balsamic Glaze

- Balsamic vinegar
- BetterStevia™ maple

Boil balsamic vinegar and a low simmer for 10-15 minutes until thick. Next add stevia to taste. Store in refrigerator for 3-4 weeks.







# Beet, arugula, blue cheese & pecan salad



- Put pecans in a jar
- Add **Maple Stevia** to taste into the jar and shake to distribute
- Use sweetened pecans to toss into salad



# French Vanilla Tea/latte







# Zesty Lime Slaw



- ½ head green cabbage, chopped
- ½ head red cabbage, chopped
- 4 green onions, thinly sliced
- ½ cup cilantro, chopped
- ½ cup carrot, small dice
- ½ cup roasted pine nuts
- 1 lime, zested
- 1.5 Tbsp. fresh lime juice
- **1 Tbsp. NOW® Erythritol**
- 1 tsp kosher salt
- ½ tsp ground black pepper
- ½ cup Greek yogurt

**Zesty Lime Slaw** <https://www.nowfoods.ca/now/recipes/zesty-lime-slaw>



# Sweet and Tangy BBQ Sauce

## Ingredients

- ½ cup ketchup
- 2 tsp mustard
- 2 tsp lemon juice
- ½ tsp onion powder
- **1 scoop BetterStevia® ext. powder**

## Directions

Wisk all ingredients together and refrigerate.





# Buckwheat Banana Bread

## INGREDIENTS

- 1 cup buckwheat flour
- 2 Tbsp ground chia seeds and Tbsp warm water
- 1/4 cup soymilk (or other)
- 1 tsp ground cinnamon
- 1.5 T coconut oil
- 1/4 tsp salt
- 3 ripe bananas
- 1 tsp baking soda
- 1 T apple cider vinegar
- 3/4 cup chopped walnuts
- 8 drops NOW Coconut BetterStevia®

## Directions

- Preheat oven to 350 F
- Mix all wet ingredients (except for vinegar)
- Add all dry ingredients
- Add vinegar and then quickly transfer mixture to an oiled baking tin
- Bake 30 minutes or until no wet in the middle (use fork test)





# Refreshing Non-Cola



## Ingredients

- 1-3 tsp balsamic vinegar
- 2 cups carbonated water
- **Hazelnut BetterStevia™**  
**to taste**

## Directions

- Combine ingredients
- Add ice if you wish







# Sugar and Caffeine-free Hot Chocolate

## Ingredients

1 Tbsp. carob powder

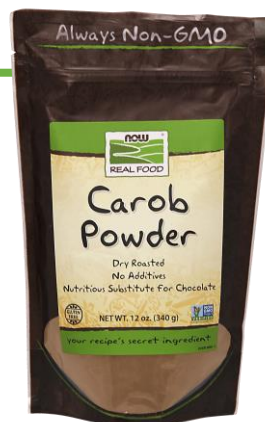
1 cup water

2 Tbsp. Soy Milk powder

**8 drops BetterStevia® Dark Chocolate**

## Directions

Blend all ingredients over low-medium heat on the stove.



Recipe by Thalia Charney



# Sugar-Free Chia Jam



## INGREDIENTS

2 cups frozen berries

2 Tbsp. chia seeds

8 drops of NOW Better Stevia

Add 2 cups of frozen berries to a small pot

## DIRECTIONS

Cook on low heat until soft and then turn off the heat

Add chia seeds, mix and let cool

Add sweetener of choice to desired taste

Refrigerate







# Maple or Caramel Flavoured Popcorn

## Ingredients

- ¼ cup organic popcorn
- Cooking oil: 1 Tbsp.
- Topping oil: ¼ cup (butter or flax)
- **4-8 drops NOW® BetterStevia® Maple**
- ¼ teaspoon natural salt
- Nutritional yeast (optional)

## Directions

- Prepare your popcorn as desired
- Add maple flavoured stevia to topping oil to taste
- Drizzle over popcorn and enjoy!
- Sprinkle nutritional yeast liberally



Recipe by Thalia Charney



# Dark Chocolate Egg Muffins

## Ingredients

- 2 ripe bananas
- 4 eggs
- ¼ cup berries of your choice
- **8 drops NOW Better Stevia® Dark Chocolate**

## Directions

- Preheat oven to 190 C / 380 F
- Use a fork to mash the bananas into a paste
- Add 4 fresh eggs and mix by hand
- Add 8 drops chocolate stevia to mix
- Place 3-5 berries into each muffin tin
- Pour mixture into muffin tins and cook 12-15 minutes



Recipe by Thalia Charney





# Homemade Bubbly Water!





# Brownies with Xylitol

## Ingredients

- 1 cup NOW® Xylitol
- ½ cup cocoa powder
- 1 egg
- 6 Tbsp. Greek yogurt
- 1 tsp vanilla extract
- ½ cup organic white flour
- Chopped almonds



## Instructions

Preheat oven to 350 F. Combine yogurt, cocoa powder and xylitol in a bowl with vanilla and one beaten egg. Stir in flour. Add everything to oiled baking pan and sprinkle with almonds. Bake for 25 minutes.





# Keto Caramel Sauce/Candies

## Ingredients

- 3.5 Tbsp. salted butter
- $\frac{1}{4}$  cup NOW® Xylitol (to taste)
- $\frac{1}{2}$  tsp NOW® Organic BetterStevia™
- 118 ml heavy whipping cream
- $\frac{3}{4}$  tsp. kosher salt (to taste)
- 1 tsp blackstrap molasses

## Directions

- Place butter in a small saucepan on low/med heat for about 5 minutes (stir occasionally as it simmers). Add xylitol, heavy cream and salt until combined fully, and then molasses.
- Simmer on low for 15 minutes (no stirring) or until sticky and thick but pourable. Next pour into glass container. Use immediately or refrigerate (and warm as needed).





# Xylitol and Cinnamon on Toast

## INGREDIENTS

Sourdough bread (toasted)

2 Tbsp. Nut butter

1 Tbsp. cinnamon

NOW® Xylitol or Erythritol

## DIRECTIONS

Blend cinnamon and xylitol to desired sweetness

Add nut butter to toasted sourdough

Sprinkle with cinnamon/xylitol mixture







# Recipes Using NOW® Sweeteners

- Potato Leek Pancakes [www.nowfoods.ca/now/recipes/potato-leek-pancakes-lemon-thyme-gravy](http://www.nowfoods.ca/now/recipes/potato-leek-pancakes-lemon-thyme-gravy)
- Zesty Lime Slaw [www.nowfoods.ca/now/recipes/zesty-lime-slaw](http://www.nowfoods.ca/now/recipes/zesty-lime-slaw)
- Carob Hot Cocoa [www.nowfoods.ca/now/recipes/carob-hot-cocoa](http://www.nowfoods.ca/now/recipes/carob-hot-cocoa)
- Cinnamon Roll Muffin [www.nowfoods.ca/now/recipes/cinnamon-roll-muffin](http://www.nowfoods.ca/now/recipes/cinnamon-roll-muffin)
- Butternut Squash Soup [www.nowfoods.ca/now/recipes/butternut-squash-soup](http://www.nowfoods.ca/now/recipes/butternut-squash-soup)
- Lemon Thyme Gravy [www.nowfoods.ca/now/recipes/lemon-thyme-gravy](http://www.nowfoods.ca/now/recipes/lemon-thyme-gravy)
- Peppermint Brownies [www.nowfoods.com/now/recipes/peppermint-brownies](http://www.nowfoods.com/now/recipes/peppermint-brownies)
- Bread Pudding [www.nowfoods.com/now/recipes/organic-bread-pudding-no-sugar-added](http://www.nowfoods.com/now/recipes/organic-bread-pudding-no-sugar-added)
- Coconut Shrimp Soup [www.nowfoods.com/now/recipes/coconut-shrimp-soup](http://www.nowfoods.com/now/recipes/coconut-shrimp-soup)
- Coconut Lime Sesame Dressing [www.nowfoods.com/now/recipes/coconut-lime-sesame-dressing](http://www.nowfoods.com/now/recipes/coconut-lime-sesame-dressing)
- Coconut Peppermint Patties: <https://nowfoods.ca/recipes/coconut-peppermint-patties/>