

# Spring & Summer

## RECIPE COLLECTION



**Splenda**  
SWEETENER



# Chill

and grill your way through the warmer months in style with our latest recipe collection! Every one of these recipes makes it easy to bring some culinary chic to the table, from irresistible sweet treats to cool drinks, and effortless entrees you can just throw on the barbeque. Enjoy!

## **SPLENDA® No Calorie Sweetener**

SPLENDA® No Calorie Sweetener, Granulated, measures and pours cup for cup just like sugar — just right for cooking and baking — and SPLENDA® No Calorie Sweetener, Packets is perfect for sprinkling sweetness on beverages, fruit and cereal.

## **SPLENDA® No Calorie Sweetener, 1 Gram of Fiber**

The sweet taste you love and 1 gram of fiber per serving.

## **SPLENDA® Sugar Blend and SPLENDA® Brown Sugar Blend**

Cook, bake, and sprinkle with half the calories of sugar and brown sugar!



Serves: 8 | Prep Time: 2 hours | Cook Time: 20 minutes | Total Time: 2 hours 35 minutes



# Barbecued Chicken

## Nutrition Facts

Servings Per Recipe: 8

Serving Size: 4 oz chicken, 2 Tbsp sauce

### Amount Per Serving

<b>Calories:</b> 270	<b>Sodium:</b> 1770mg
<b>Calories from Fat:</b> 60	<b>Total Carbs:</b> 25g
<b>Total Fat:</b> 7g	<b>Dietary Fiber:</b> 1g
<b>Saturated Fat:</b> 1.5g	<b>Sugars:</b> 68g
<b>Cholesterol:</b> 70mg	<b>Protein:</b> 22g

## ingredients

### Barbeque Sauce

- 3 cups reduced-sugar ketchup
- 1/4 cup SLENDA® Brown Sugar Blend
- 1/3 cup cider vinegar
- 3 tablespoons prepared yellow mustard
- 3 tablespoons Worcestershire sauce
- 2 tablespoons molasses
- 2 tablespoon paprika
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon onion powder
- 3/4 teaspoon ground black pepper
- 2 teaspoons liquid smoke

### Chicken

- 1/4 cup SLENDA® Sugar Blend
- 1/2 teaspoon kosher salt
- 1 cup hot tap water
- 3 cups cold water
- 1 pound boneless, skinless chicken breasts
- 1 pound boneless, skinless chicken thighs
- 1/2 teaspoon ground black pepper

## directions

- 1 Combine all ingredients for barbecue sauce in a medium saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer 20 minutes, or until slightly thickened. (Top with a splatter guard during cooking.)
- 2 Use immediately or cool, cover, and refrigerate for up to 1 month.

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# Barbecued Chicken

*Recipe continued from  
previous page.*

## directions *(continued)*

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- 3 Combine SPLENDA® Sugar Blend, salt, and hot water in 1-gallon zipper-lock bag and shake to dissolve SPLENDA® Sugar Blend and salt. Add cold water and chicken. Press air out of bag, seal, and refrigerate 1 1/2 to 2 hours.
- 4 Remove chicken from brine and discard brine. Refrigerate chicken until half an hour before you want to grill it (up to 1 day). Pat chicken dry with paper towels and sprinkle all over with pepper. Let rest at room temperature for 20 minutes.
- 5 Heat grill to medium-high. Brush grill grate and coat with oil.
- 6 Put chicken on grill, cover, and cook 5 to 7 minutes on one side. Flip chicken and brush with barbeque sauce. Cook another 5 to 7 minutes, or until chicken is no longer pink and juices run clear (about 170° F on an instant-read thermometer).
- 7 Coat chicken with 1 1/2 cups Sweet and Smoky Barbeque Sauce.

### NOTE

Serving Size: 4 ounces chicken, 2 tablespoons sauce

**Serves:** Makes 12 Servings | **Prep Time:** 20 minutes | **Total Time:** 1 hour 20 minutes



# Sweet Southern Slaw

## Nutrition Facts

Servings Per Recipe: Makes 12 Servings  
Serving Size: about 1 cup

### Amount Per Serving

<b>Calories:</b> 100	<b>Sodium:</b> 210mg
<b>Calories from Fat:</b> 60	<b>Total Carbs:</b> 10g
<b>Total Fat:</b> 7g	<b>Dietary Fiber:</b> 2g
<b>Saturated Fat:</b> 1g	<b>Sugars:</b> 4g
<b>Cholesterol:</b> < 5mg	<b>Protein:</b> 1g

## ingredients

### For the dressing:

- 1/4 cup SLENDA® No Calorie Sweetener, Granulated
- 1 cup lite mayonnaise
- 2 tablespoons Dijon mustard
- 4 tablespoons apple cider vinegar
- 2 teaspoons fennel seed
- 3 tablespoons lemon juice
- salt and pepper, to taste

### For the slaw:

- 2 each medium, seeded & sliced yellow bell peppers
- 2 each medium, seeded & sliced red bell peppers
- 4 cups shredded cabbage
- 6 oz. bag shredded carrots
- 5 each thinly sliced radishes
- 1 cup diced red onion

## directions

- 1 WHISK together all dressing ingredients until well combined. Add salt and pepper to taste.
- 2 MIX together peppers, cabbage, carrots, radishes, and red onion in a large bowl.
- 3 TOSS the dressing in with the vegetables.
- 4 CHILL for 60 minutes, stir and serve.

### NOTE

A 14 oz. bag of cabbage coleslaw mix is about 6 3/4 cups.

Serves: 10 | Prep Time: 20 minutes | Cook Time: 45 minutes | Total Time: 1 hour 5 minutes



# Classic Carrot Cake

## Nutrition Facts

Servings Per Recipe: 10  
Serving Size: 1 slice (1/10 of cake)

### Amount Per Serving

<b>Calories:</b> 190	<b>Sodium:</b> 270mg
<b>Calories from Fat:</b> 80	<b>Total Carbs:</b> 26g
<b>Total Fat:</b> 9g	<b>Dietary Fiber:</b> 2g
<b>Saturated Fat:</b> 1g	<b>Sugars:</b> 16g
<b>Cholesterol:</b> 0mg	<b>Protein:</b> 4g

## ingredients

- 7/8 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 2 large egg whites
- 1/4 cup egg substitute
- 3/8 cup SLENDA® No Calorie Sweetener, Granulated
- 3 tablespoons reduced fat margarine
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 3 tablespoons unsweetened applesauce
- 3 tablespoons canola oil
- 2 1/4 cups finely shredded carrot
- 1/3 cup walnuts

## directions

- 1 Preheat oven to 350° F. In a medium bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, and allspice. Set aside.
- 2 In a small bowl, whisk together egg whites and egg substitute. Set aside.
- 3 In a large bowl, beat SLENDA® No Calorie Sweetener, Granulated, margarine, honey, vanilla, applesauce, and canola oil. Mix in egg mixture, stir until well mixed. Stir in flour mixture, then carrots and walnuts.
- 4 Pour into ungreased 8 cup loaf pan and bake for 40-45 minutes, or until toothpick inserted comes out clean. Allow to cool, ice if desired.

### NOTE

Carrot cake can be baked in any size pan. Adjust baking time accordingly.

Serves: 5 | Prep Time: 10 minutes | Total Time: 10 minutes



# Strawberry Orange Smoothie

## Nutrition Facts

Servings Per Recipe: 5  
Serving Size: 1 (8 fl oz) drink

### Amount Per Serving

<b>Calories:</b> 90	<b>Sodium:</b> 30mg
<b>Calories from Fat:</b> 0	<b>Total Carbs:</b> 21g
<b>Total Fat:</b> 0g	<b>Dietary Fiber:</b> 2g
<b>Saturated Fat:</b> 0g	<b>Sugars:</b> 17g
<b>Cholesterol:</b> 0mg	<b>Protein:</b> 3g

## ingredients

- 3 cups frozen strawberries, unsweetened
- $\frac{2}{3}$  cup SLENDA® No Calorie Sweetener, Granulated
- $1\frac{1}{4}$  cups orange juice, calcium fortified
- 1 cup yogurt, plain, non fat
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{4}$  cup ice cubes

## directions

- 1 Add all ingredients to blender. Blender will be full. Mix on low speed for 10 seconds. Remove lid, stir with wooden spoon. Mix on medium speed for 15-20 seconds, remove lid and stir again. Mix on high speed for 15-20 seconds or until smooth. Pour into glasses. Serve immediately.

### NOTE

Servings can slightly vary depending on size of fruit.

Serves: 30 | Prep Time: 27 minutes | Cook Time: 10 minutes | Total Time: 1 hour 37 minutes



# Sweet As Sugar Cookies

## Nutrition Facts

Servings Per Recipe: 30

Serving Size: 1 cookie

### Amount Per Serving

<b>Calories:</b> 150	<b>Sodium:</b> 55mg
<b>Calories from Fat:</b> 60	<b>Total Carbs:</b> 19g
<b>Total Fat:</b> 7g	<b>Dietary Fiber:</b> 1g
<b>Saturated Fat:</b> 4g	<b>Sugars:</b> 7g
<b>Cholesterol:</b> 30mg	<b>Protein:</b> 2g

## ingredients

- 1 cup unsalted butter, softened
- 1 cup SPLENDA® Sugar Blend
- 2 large eggs
- 2 teaspoons vanilla extract
- 4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- Optional Garnishes: decorative candies and colored sugars

## directions

- 1 Beat butter at medium speed with an electric mixer in a medium mixing bowl until creamy. Gradually add SPLENDA® Sugar Blend, beating well. Add eggs, one at a time, mixing well after each addition. Stir in vanilla.
- 2 Combine flour, baking powder, and salt in a separate mixing bowl. Gradually add flour mixture to SPLENDA® Sugar Blend mixture, beating until blended. Do not over-mix.
- 3 Place dough on a lightly floured work surface. Divide dough in half; pat each half into a circle and wrap with plastic wrap. Chill cookie dough for one hour or until slightly firm.
- 4 Preheat oven to 325° F.
- 5 Remove dough from refrigerator. Work with one portion of dough at a time. Roll each portion to 1/8-inch thickness on a lightly floured surface. Cut with a cookie cutter, and place on lightly greased cookie sheets. Sprinkle with decorative candies or colored sugars, if desired.
- 6 Bake in preheated oven 8 to 10 minutes or until edges of cookies are lightly browned. Cool slightly on cookie sheets; remove to wire racks to cool completely.



# Simply Sweet Strawberry Jam

## Nutrition Facts

Servings Per Recipe: 48

Serving Size: 1 tablespoon jam

### Amount Per Serving

<b>Calories:</b> 10	<b>Sodium:</b> 0mg
<b>Calories from Fat:</b> 0	<b>Total Carbs:</b> 3g
<b>Total Fat:</b> 0g	<b>Dietary Fiber:</b> 1g
<b>Saturated Fat:</b> 0g	<b>Sugars:</b> 0g
<b>Cholesterol:</b> 0mg	<b>Protein:</b> 0g

## ingredients

- 3 pints ripe strawberries, stems removed
- $\frac{3}{4}$  cup water
- 1 (1.75 ounce) package Fruit Pectin for Lower Sugar Recipes
- $\frac{1}{2}$  cup SLENDA® No Calorie Sweetener, Granulated

## directions

- 1 Wash jars and lids in hot soapy water; rinse with warm water. Fill boiling-water canner half full with water; add jars and water to cover. Bring water to a boil, reduce heat and simmer. Place lids in water to cover in a small saucepan; bring water to a simmer. Simmer until ready to use. Remove and drain jars and lids, one at a time, as needed for filling.
- 2 Cut strawberries in half; crush using potato masher or food processor. Place exactly 3 cups of crushed strawberries in a large saucepan; stir in water. Gradually add pectin, stirring until blended.
- 3 Bring mixture to a full rolling boil (a boil that doesn't stop bubbling when stirred) over medium-high heat. Boil for 1 minute, stirring constantly. Remove from heat; add SLENDA® No Calorie Sweetener, Granulated, stirring until SLENDA® No Calorie Sweetener, Granulated dissolves. Skim off any foam with metal spoon. Allow to stand for 5 minutes to minimize separation of fruit and liquid.

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Serves: 48 | Prep Time: 45 minutes | Cook Time: 8 minutes | Total Time: 58 minutes



# Simply Sweet Strawberry Jam

*Recipe continued from  
previous page.*

## directions *(continued)*

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- 4 Ladle hot jam into prepared jars, filling to within 1/4-inch of tops. Wipe jar rims and threads. Cover with 2-piece lids. Screw bands tightly. Place jars on rack in canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil.
- 5 Process 10 minutes. Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing center of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.) Store in a cool, dark place for up to 1 year. Once opened, store refrigerated and use within 2 weeks.

### NOTE

Yield: 3 half-pint jars



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# Splenda<sup>®</sup> Baking Tips

SWEETENER

SPLENDA<sup>®</sup> No Calorie Sweetener, Granulated delivers the same sweetness as sugar on a volume basis. It can be used cup-for-cup and spoon-for-spoon in place of sugar in most recipes where sugar is used to sweeten. This would include recipes such as muffins, quick breads, puddings, pie fillings and beverages. SPLENDA<sup>®</sup> No Calorie Sweetener, Granulated works best in recipes where the main role is to provide a sweet taste. For example, SPLENDA<sup>®</sup> No Calorie Sweetener, Granulated works well in custards, fruit or custard pie filling, cheesecake, cobblers, sweet sauces, marinades, glazes, salad dressings, shakes and sorbets. It also works well in quick breads, muffins, cookies and pies.

For candy, fudge and some other recipes, sugar not only sweetens, but also contributes to the structure and volume of the finished product. In recipes where the amount of sugar is quite high and sugar plays other roles in the product's structure and texture, such as meringues, caramel, pecan pie and angel food or pound cakes, complete substitution of SPLENDA<sup>®</sup> No Calorie Sweetener, Granulated for all sweeteners may not yield optimal results. In these types of recipes, use SPLENDA<sup>®</sup> Sugar Blend. SPLENDA<sup>®</sup> Sugar Blend is a mix of SPLENDA<sup>®</sup> Brand Sweetener and pure sugar. It acts more like pure sugar - it rises, spreads, browns, and helps retain moisture in baked goods.

Our kitchen has developed dozens of delicious recipes available at [www.splenda.com](http://www.splenda.com) or by calling **1-800-777-5363**. Our recipes are all developed for optimal results and require no modification.

Here is some additional cooking and baking information you may find helpful.

- 1 Volume/Height:** Sugar contributes volume to many recipes. When baking cakes, switching from 9" round pans to 8" rounds pans with 2" sides will help achieve height in your cake. You may also try adding 1/2 cup nonfat dry milk powder and 1/2 teaspoon of baking soda for every 1 cup of SLENDA® No Calorie Sweetener, Granulated.
- 2 Creaming:** When creaming butter or margarine with SLENDA® No Calorie Sweetener, Granulated, your mixture will appear less smooth than with sugar and may separate upon the addition of eggs. This is normal.
- 3 Texture:** Sugar can play an important role in texture. Cookies often rely on brown sugar for their chewy, crunchy texture. Therefore, replace only the white granulated sugar in your cookie recipes. In jams, jellies, puddings and custards, sugar lends a thickening quality. With SLENDA® No Calorie Sweetener, Granulated, these recipes may be slightly thinner or soft set.
- 4 Flavor:** You may wish to enhance the flavor in cookies, puddings and custards by adding an additional ½ teaspoon of vanilla extract per cup of SLENDA® No Calorie Sweetener, Granulated.
- 5 Moistness:** Sugar helps to keep baked goods moist. In muffins and quick breads, the addition of one-two tablespoons of honey and molasses will help retain some moistness and provide flavor.
- 6 Yeast Activation:** SLENDA® No Calorie Sweetener, Granulated will not activate yeast. Maintain at least two teaspoons of sugar in recipes calling for yeast and replace the remaining sugar with SLENDA® No Calorie Sweetener, Granulated
- 7 Spread:** Cookies often rely on sugar to spread. Should you substitute all the sugar for SLENDA® No Calorie Sweetener, Granulated in your cookie recipe, you may need to flatten your cookies before baking.
- 8 Browning:** Baked goods made with little or no sugar do not brown like recipes made with sugar. To help achieve a more golden brown color when baking with SLENDA® No Calorie Sweetener, Granulated, lightly spray the batter or dough with cooking spray just before placing in the oven.
- 9 Bake Time:** Recipes made with SLENDA® No Calorie Sweetener, Granulated may bake more quickly than those made with sugar. Check your baked goods for doneness a bit earlier than the original recipe states.
  - Cakes: check 7-10 minutes before stated bake time.
  - Cookies, Brownies and Quick Breads: check 3-5 minutes before stated bake time.
- 10 Storage:** Baked goods made with SLENDA® No Calorie Sweetener, Granulated will stay fresh for 24 hours, when stored in an airtight container at room temperature. If you wish to keep your baked goods longer, wrap well and freeze. Consult a sugarless canning cookbook for instructions on sugarless canning.