



Experience the sweet way to reach your New Year's goals without all of sugar's calories.



Iced Mocha Latte

Recipe Summary

Preparation Time: 10 minutes

Chill Time: At least 4 hours

Servings: 5

Ingredients

- 1 cup boiling water
- 4 tsp instant espresso granules
- 1/3 cup SLENDA® No Calorie Sweetener, Granulated
- 2 cups fat-free half-and-half
- 2 cups 2% reduced-fat milk

Preparation

1. Pour boiling water over instant espresso granules stirring until granules dissolve. Add SLENDA® Granulated Sweetener and remaining ingredients, stirring well.
2. Chill 4 hours or overnight. Serve over ice.

Note: Add additional SLENDA® Granulated Sweetener, if desired.

Nutrition Information per Serving:

Calories 110, Calories from Fat 15, Protein 7g, Fat 2g (sat 1g),
Carbohydrate 15g, Fiber 0g, Cholesterol 25mg, Sodium 150mg, Sugar 11g
Exchanges Per Serving: 1 starch, 1/2 fat



Choco-Chip Cookies

Recipe Summary

Preparation Time: 15 minutes

Cook Time: 12 minutes

Servings: 36

Ingredients

- 2/3 cup butter or margarine, softened
- 2/3 cup brown sugar, firmly packed
- 2/3 cup SPLENDA[®] No Calorie Sweetener, Granulated
- 2 tsp vanilla
- 2 eggs
- 1-1/2 cup all-purpose flour
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup semi-sweet chocolate chips

Preparation

1. Preheat oven to 350° F.
2. 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, mixing well after each addition. Scrape sides of bowl. Add flour, baking soda and salt. Mix until well blended. Stir in chocolate chips.
3. Place level tablespoons of cookie dough on an ungreased baking sheet. Bake 10–12 minutes or until golden brown. Remove from oven and cool on a wire cooling rack.

Nutrition Information per Serving:

Calories 90, Calories from Fat 45, Protein 1g, Fat 5g (sat 3g), Carbohydrate 11g, Fiber 0g, Cholesterol 20mg, Sodium 90mg, Sugar 7g Exchanges Per Serving: 1/2 starch, 1 fat

