

Super quick and delicious!



SUGAR FREE KITCHEN MIX RECIPES

FROM CAROLYN HARTZ AT SWEETLIFE AUSTRALIA,
THE HOME OF SUGAR FREE KITCHEN™ AND BAKING

97% Sugar Free
Keto Friendly
Gluten Free
Diabetic Friendly
All Natural Ingredients

Raspberry Vanilla Cake





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'SUGAR FREE KITCHEN™ RECIPES'
BY CAROLYN HARTZ AND SWEETLIFE AUSTRALIA PTY LTD

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PUBLISHED BY SWEETLIFE AUSTRALIA PTY LTD
PO BOX 198
MOSMAN PARK WA 6912
AUSTRALIA
WWW.SWEETLIFE.COM.AU

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a message from Carolyn

I have always had a “sweet tooth” and I know that sugar addiction is real and sugar cravings are very difficult to manage. Over 25 years ago I was diagnosed with prediabetes 2 and gluten intolerance. I could not have the sugar laden gluten free cakes and cookies that were available in stores and cafes. My health is too important to me and I knew I had to find a solution as “sweet deprivation” did not work for me either. I found a solution!



I am now excited to be able to share with you, my Sugar Free Kitchen™ mixes and this gorgeous recipe eBook. I have created 17 fabulous gluten free, keto friendly, low carb recipes that can be made from either the Sugar Free Kitchen™ cookie mixes, the lamington mix or the chocolate mousse mix. Too good to be true! The quick, easy mixes are a great “pantry staple” and can be made following the instructions on the packet or used as a “quick starter” for these decadent desserts, yummy cookies or even a breakfast treat or birthday cake.

My journey from not being able to eat sweet treats to now being able to enjoy them totally guilt free, began with a chance encounter during a conference overseas. I met a lady who introduced me to Perfect Sweet™ xylitol, a natural sugar free sweetener that actually tasted like sugar and had no nasty after taste. It did not raise blood sugar levels and had no awful side effects. I was ecstatic that I had found a sugar free sweetener that tasted so good!

I started my business, SweetLife, 18 years ago and was the first company to introduce Perfect Sweet™ xylitol to Australia. I soon became known as Australia’s first sugar free pioneer which I loved. Little did I know that years later, I would develop the Sugar Free Kitchen™ mixes at the beginning of a pandemic. During these challenging times, these wonderfully versatile Sugar Free Kitchen™ mixes are perfect if we are looking for healthy “comfort food” desserts and snacks.

I promise you my new Sugar Free Kitchen™ mixes are different to any others and perfect for everyone, not just the gluten free.

Enjoy and welcome to my SweetLife!

Carolyn 



SUGAR FREE CHOCOLATE MOUSSE

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 8-10 serves

INGREDIENTS

1 x 98% Sugar Free Kitchen™
Chocolate Mousse Mix
600ml whipping cream

For chocolate lovers, this 98% sugar free chocolate mousse is almost too good to be true! Delicious and perfect for everyone especially those on low carb and keto eating plans. So chocolatey and deliciously sweet you will never know it is 98% sugar free. Even better, is knowing that the mousse has no “empty calories”, is a source of protein and is deliciously satisfying. The perfect dessert or quick snack!

METHOD

1. Place chocolate mousse mix into a medium sized bowl. Pour in the whipping cream. Use an electric beater on low speed to beat the cream and chocolate mousse mix until combined and then continue to beat until you reach your desired consistency. Do not overbeat.
2. Spoon into serving dishes, serve as is or simply decorate with berries of your choice.

Tip: If you don't need 10 serves, you can use half the packet (90g) with 300ml of whipping cream. Seal the packet and use remainder for another occasion.

GLUTEN FREE – LOW CARB – KETO – DIABETIC FRIENDLY



Nutritional Information

Servings per package: 8
Serving (61g)

	Prepared as directed	
	Per serve 61g	Per 100g
Energy	840kJ	1380kJ
Protein	4.2g	6.9g
Fat - total	17.2g	28.4g
- saturated	11.3g	18.6g
Carbohydrate - total	2.7g	4.5g
- sugars	1.4g	2.2g
Sodium	48mg	79mg
Erythritol	9.4g	15.4g
Xylitol	4g	6.6g

Ingredients: Natural sugar free sweeteners (erythritol, xylitol), cocoa powder (25%), whey protein isolate, calcium caseinate (from milk), psyllium, natural flavours, salt, vegetable gum (xanthan).



SUGAR FREE CHOCOLATE ICE CREAM

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 8-10 serves

INGREDIENTS

1 x 98% Sugar Free Kitchen™
Chocolate Mousse Mix
600ml whipping cream

METHOD

1. Place chocolate mousse mix into a medium sized bowl. Pour in the whipping cream. Use an electric beater on low speed to beat the cream and chocolate mousse mix until combined. Beat for 2 minutes on high speed until soft peaks form. Do not overbeat.
2. Transfer prepared mousse into a container and freeze overnight.

Tip: Halve the ingredients and make 5 individual dishes of Chocolate Mousse and half Chocolate Ice-Cream.

This versatile chocolate mousse mix also makes a delicious chocolate ice-cream. So simple, you only need to add whipping cream and freeze. Who knew you could have a guilt free ice-cream that helps control your sugar cravings. Our premium quality cocoa increases your serotonin levels, giving you that natural boost of happiness.



VANILLA AND CHOCOLATE MOUSSE CAKE

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Serves 18

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)

Chocolate Mousse Frosting

300ml whipping cream
90g Sugar Free Kitchen™ Chocolate
Mousse Mix

Option:

Use whole packet of Chocolate Mousse Mix (180g and 600ml whipping cream) if you would like to split cake in half and use as a decadent filling as well as frosting.

Rose petals or edible flowers, to decorate (optional)

Everybody says the same thing when they taste this cake “there is no way this cake is sugar free.” Well, it is and is absolutely decadent when covered with this simple chocolate mousse frosting. I was so excited when we developed this amazing cake mix because I finally had a quick “go to” mix for a gluten free celebration cake.

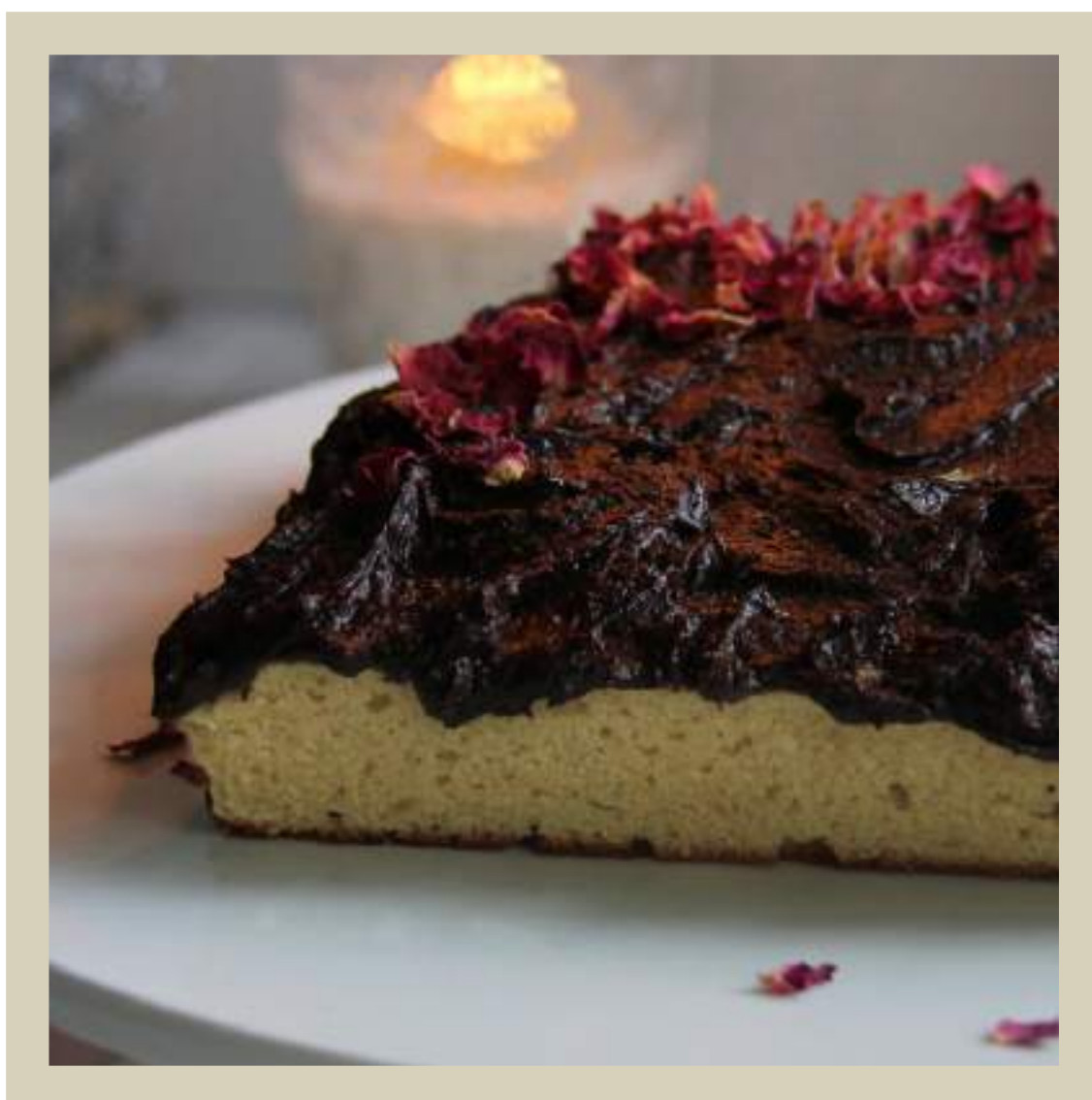
METHOD

1. Preheat oven to 180°C. Grease an 18cm square cake pan with butter and line with baking paper.
2. Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Fill prepared pan.
3. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Cool in the pan for 10-15 minutes. Turn onto a wire rack, remove baking paper and finish cooling.

To Make Chocolate Mousse Frosting

Place chocolate mousse mix into a medium sized bowl. Pour in the whipping cream. Use an electric beater on low speed to beat the cream and chocolate mousse mix until combined and then continue to beat until you reach your desired consistency. Do not overbeat. Spoon over the top of the cake and decorate as you wish or make a more decadent birthday cake following the recipe option above.

TIP: It is best to have the milk lukewarm as it gives the cake a better texture.



Sugar Free Kitchen™ Mixes

97% SUGAR FREE | GLUTEN FREE
KETO FRIENDLY | LOW CARB | PANTRY STAPLE



Tired of baking from scratch?

Sugar Free never tasted so delicious. Each versatile mix, makes at least 3 different recipes!

- HELPS REDUCE SUGAR CRAVINGS
- GOOD SOURCE OF PROTEIN
- ALL NATURAL INGREDIENTS



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LAMINGTON CAKE MIX

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 24

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)

I used to love lamingtons as a child and how I missed them when I was diagnosed gluten intolerant. Now I have my own gluten free, sugar free version and they are better than ever!! My friends love this keto friendly lamington that you can even have for breakfast instead of a muffin as it is more nutritious, a good source of protein and will keep you satisfied for much longer. My favourite breakfast treat!

METHOD

1. Preheat oven to 180°C. Grease an 18cm square cake pan with butter and line with baking paper.
2. Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Fill prepared pan.
3. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Shave off the edges of cooled cake and cut into 24 pieces.

Chocolate Coating

- 1 tsp arrowroot, sifted
- 250ml cold water
- 20g cocoa or cacao powder
- 60g Perfect Sweet™ xylitol
- 20g unsalted butter, softened
- 150g desiccated coconut, to coat

To Assemble

1. In a small bowl, mix arrowroot with 2 tbsp of water until smooth. Stir in the remainder of the water and transfer to small saucepan. Stir in the cocoa and xylitol, bring to the boil and simmer for 2 minutes. Stir in the butter.
2. Using a fork, dip each cube into the chocolate mixture, coating all sides, then roll in the coconut. Place on a rack to dry.

GLUTEN FREE – LOW CARB – KETO – DIABETIC FRIENDLY



Nutritional Information

Servings per package: 8
Serving size 3 lamingtons (67g)

	Prepared as directed	
	Per serve 67g	Per 100g
Energy	816kJ	1210kJ
Protein	8.7g	13.1g
Fat - total	12.6g	18.6g
- saturated	6g	8.8g
Carbohydrate - total	4.2g	6.1g
- sugars	2.1g	3.3g
Sodium	147mg	216mg
Erythritol	8.2g	12.3g
Xylitol	4.7g	7.1g

Ingredients: Natural sugar free sweeteners (erythritol, xylitol), gluten free coconut flour, almond meal, whey protein isolate, calcium caseinate (from milk), gluten free baking powder, psyllium, natural vanilla extract, vegetable gum (xanthan), salt.



LAMINGTON CAKE WITH CREAM AND SUGAR FREE BERRY JAM

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 16 serves

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)

Chocolate Coating

1 tsp arrowroot, sifted
250ml cold water
20g cocoa or cacao powder
60g Perfect Sweet™ xylitol
20g unsalted butter, softened
150g desiccated coconut, to coat

Filling

300ml whipping cream
Sugar Free Berry Jam (*see Resources*)

I love single lamingtons, but this is a very quick way to make a whole lamington cake using the same recipe. It looks decadently divine and is perfect for morning teas. 97% sugar free and with added protein, a slice of this yummy cake will curb your sugar cravings leaving you deliciously satisfied. Your family and friends will love this guilt free nutritious cake.

METHOD

1. Preheat oven to 180°C. Grease an 18cm square cake pan with butter and line with baking paper.
2. Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Fill prepared pan.
3. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Cool in the pan for 10-15 minutes and then put on a wire rack to finish cooling.
4. Wrap the cake with plastic wrap and refrigerate for 2 hours to give the cake a chance to firm up before coating in chocolate and coconut.

Method for Chocolate Coating and Assembly

1. Make a slurry with the arrowroot and 2 tbsp of the water in a small bowl. Stir in the remainder of the water and transfer into small saucepan. Stir in the cocoa and xylitol and bring to the boil, simmer for 2 minutes. Stir in the butter. Allow to cool slightly.
2. Cut the cooled cake through the middle into 2 even layers. Coat the top half of the cake with two thirds of the chocolate mixture, coating the top and sides only. Sprinkle two thirds of the coconut onto the top and sides of cake. Pat the coconut onto sides. Place on a rack to dry.
3. Spread the remaining chocolate coating and coconut on the sides of the bottom half. When it is dry spread the Sugar Free Berry Jam (*Resources page*) over the bottom half of the cake. Beat the cream until soft peaks form and spread over the jam. Place the top of the cake onto the filled bottom half of the cake. Slice and serve with any remaining whipped cream.





VANILLA BUTTER CELEBRATION CAKE

SUGAR FREE | GLUTEN FREE
KETO | DIABETIC FRIENDLY

Makes 8 serves

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)

Filling and Decoration

Sugar Free Lemon Curd or Berry
Jam (*see Resources*)
½ cup ground Perfect Sweet™
xylitol

Sometimes I need a simple vanilla cake that is quite plain for friends who don't like overly sweet or decorated cakes and this one is my answer. The ground xylitol over the stencil or pretty doyley is the perfect finish to this understated but delicious cake. You can use either Sugar Free Lemon Curd or Berry Jam as the filling or just fluffy whipped cream.

METHOD

1. Preheat oven to 180°C. Grease a 20cm round spring form cake pan with butter and line base and side with baking paper.
2. Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Fill prepared pan.
3. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Cool in the pan for 10-15 minutes and then put cake on a wire rack to finish cooling.

To Assemble

1. When cool slice the cake in half. Place the first cake layer on a serving plate and spread over the Lemon Curd or Berry Jam. Gently place the second cake layer on top.
2. Using a mortar and pestle grind the xylitol into a powder and lightly dust the top of the cake or use a paper doyley as a stencil. Lay the doyley over the cake and dust with powdered xylitol. Carefully remove the doyley.





EASY APPLE COBBLER

SUGAR FREE | GLUTEN FREE
KETO | DIABETIC FRIENDLY

Makes 8-10 serves

INGREDIENTS

4 sliced apples
1 tsp ground cinnamon
1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
120g unsalted butter, melted
1 cup milk (250ml)

This apple cobbler will become one of your favourite “go to” desserts as it is so quick and easy. You don’t even have to think about ingredients when you have this 97% Sugar Free Kitchen™ Lamington Cake Mix on hand, the perfect pantry staple. Just mix and pour the cake-like batter on top of thinly sliced apples or fruit of our choice. Super satisfying and deliciously sweet, everyone will love this old-fashioned dessert.

METHOD

1. Preheat oven to 180°C. Grease a 20cm round pie dish with butter. Slice the apples and spread over the base of the pie dish. Sprinkle the cinnamon over the apples.
2. In a medium bowl use an electric beater to beat the eggs, melted butter and milk until pale and fluffy. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Pour over the apples.
3. Bake for 45- 50 minutes or until a skewer inserted into the centre comes out clean. Serve with fresh whipped cream or Greek yoghurt.





LAMINGTON SWISS ROLL

SUGAR FREE | GLUTEN FREE
KETO | DIABETIC FRIENDLY

Serves 6

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)
Berry Jam for filling (*see Resources*)

Chocolate Coating

1 tsp arrowroot, sifted
250ml cold water
20g cocoa or cacao powder
60g Perfect Sweet™ xylitol
20g unsalted butter, softened
150g desiccated coconut, to coat

A Swiss Roll is an old family favourite, especially a lamington one, but the store-bought varieties are not gluten free and are loaded with sugar and additives. This one is created from my wonderful 97% Sugar Free Kitchen™ Lamington Cake Mix and is so simple and delicious. Unlike the normal roll it is a great source of protein and fibre and I call it “sweet satisfaction”.
I love this recipe.

METHOD

1. Preheat oven to 180°C. Grease and line a 25cm x 37.5cm Swiss roll pan with baking paper extending the paper 5cms over the sides to make it easy to lift the cooked cake out of the pan.
2. Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Fill prepared pan.
3. Bake for 15 minutes or until a skewer inserted into the centre comes out clean with a few crumbs.
4. Cut out a piece of baking paper the same size as the Swiss roll pan and place on the benchtop. Turn out the warm cake onto the paper and peel away the lining paper the cake was cooked on. Using the new baking paper, loosely roll the cake from the long side to make the Swiss roll shape. Stand 2 minutes, unroll and allow to cool. Trim sides of the cake. Spread over sugar free Berry Jam (*see Resources*) and carefully roll into the Swiss roll from the long side. Allow to cool.

Method for Chocolate Coating and Assembly

1. Make a slurry with the arrowroot and 2 tbsp of the water in a small bowl. Stir in the remainder of the water and transfer into a small saucepan. Stir in the cocoa and the xylitol and bring to the boil, simmer for 2 minutes. Stir in the butter. Allow to cool slightly.
2. Carefully spoon coating evenly over the cooled roll, coating all sides. Place coconut on a large tray and roll the chocolate coated roll in the coconut. Refrigerate 30-45 minutes or until set.

Tip: I usually cut off a few slices and freeze them separately in a freezer bag for a “sweet moment” with a cup of tea when I do not have time to cook.





LEMON MERINGUE CAKE

SUGAR FREE | GLUTEN FREE
KETO | DIABETIC FRIENDLY

Makes 8 serves

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)
Zest of one lemon
Lemon Curd (*see Resources*)

Sugar Free Meringue Topping

4 large eggs (50g), whites only
Pinch of salt
90g Perfect Sweet™ xylitol
1 tsp white vinegar
1 tsp vanilla extract
Optional: 300ml whipping cream

I was delighted when I created a sugar free fluffy meringue that I could use as a topping on my Lemon Meringue cake made with the versatile Sugar Free Kitchen™ Lamington Cake Mix. No chocolate or coconut in this recipe, just a delicious butter cake with tangy homemade lemon curd poured over the swirls of delicious baked meringue. If you are not a meringue fan, this cake is amazing covered in whipped cream with a drizzle of lemon curd on top.

METHOD

1. Preheat oven to 180°C. Grease a 20cm round springform cake pan with butter and line base and side with baking paper.
2. Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Add the lemon zest and beat for 2 minutes on medium speed. Fill prepared pan.
3. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Cool in the pan for 10-15 minutes and then put cake on a wire rack to finish cooling. When cool, make the Meringue Topping.

To Make the Meringue Topping

1. Preheat oven to 180°C.
2. In a clean bowl use an electric beater to beat egg whites with the salt until stiff peaks form. Gradually beat in xylitol and mix until mixture is glossy. Use a large metal spoon to gently fold in vinegar and vanilla until combined.
3. Spread the meringue over the top of the cake like a frosting and use the back of the spoon to make swirly peaks. Place the decorated cake back in the oven (180°C) and bake for approx. 10 minutes, until the peaks and swirls are lightly browned. Leave cake to cool. To serve, drizzle slightly warmed lemon curd over the top of the cake and serve with whipped cream if desired.

Variation: If you are not a meringue fan this cake is amazing covered in whipped cream that has lemon curd folded through it.





RASPBERRY VANILLA CAKE

SUGAR FREE | GLUTEN FREE
KETO | DIABETIC FRIENDLY

Makes 8 serves

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)

Raspberry Butter Cream Frosting

1 punnet raspberries – put aside 10
raspberries for decoration
200g unsalted butter, softened
50g Perfect Sweet™ xylitol

This recipe uses a delicious raspberry butter frosting, but you can also use my Raspberry Cream Cheese Frosting, included in the Resources pages. I purposely didn't smooth the frosting as I like the look of an unperfected cake. This is a great keto friendly cake for a ladies' afternoon tea or special occasion.

METHOD

1. Preheat oven to 120°C. Grease 2 x 15cm round cake pans with butter and line base and side with baking paper.
2. Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Fill prepared pans.
3. Bake for 15- 20 minutes or until a skewer inserted into the centre comes out clean. Cool in the pans for 10-15 minutes and then put cakes on a wire rack to finish cooling.

Method for Frosting and Assembly

1. Use an electric beater to beat the raspberries, butter and 50g Perfect Sweet™ xylitol until combined.
2. To assemble, place the first cake layer on a serving plate and spread over 1/3 of the butter cream frosting. Gently place the second cake layer on top. Using a spatula, spread the remainder of the frosting over the entire cake and decorate the top of cake with remaining raspberries.

Note: the recipe for the Raspberry and Cream Cheese Frosting is on the *Resources* page.





DOUBLE CHOC COOKIES

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 18

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Double Choc Cookie mix
1 large egg (50g)
30 ml water
80g butter
1 packet choc chips (included
in packet)

METHOD

1. Preheat oven to 140°C. Grease a baking tray.
2. Beat egg and add water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mix in choc chips. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Place on the baking tray, flatten and shape edges. Repeat the process.
3. Bake for 17 minutes or until cooked. Cool completely on the tray. Store in an airtight container.

Cookies everywhere are loaded with sugar, especially the gluten free varieties. If you check the ingredient list on the back of the packet you will almost always see that sugar is listed first, which means there is more sugar than any other ingredient in the product. Most gluten free flours have no taste, so sugar is needed for sweetness and flavour. Our 98% sugar free cookie mix is different, as it will actually help control your sugar cravings.

GLUTEN FREE – LOW CARB – KETO – DIABETIC FRIENDLY



Nutritional Information

Servings per package: 6 / Serving size 3 cookies (54g)

	Prepared as directed	
	Per serve 54g	Per 100g
Energy	664kJ	1230kJ
Protein	5.0g	10.8g
Gluten	0g	0g
Fat - total	11.9g	22g
- saturated	7.2g	13.4g
Carbohydrate - total	7.4g	13.8g
- sugars	1.4g	2.7g
Dietary fibre	1.8g	3.3g
Sodium	110mg	203mg
Erythritol	12g	22.3g
Xylitol	4.1g	7.6g

Ingredients: Natural sweeteners (erythritol, xylitol), gluten free flour mix (tapioca, brown rice, buckwheat), calcium caseinate (from milk), chocolate chips (5%) (sugar, cocoa mass, milk solids, cocoa butter, emulsifier - soy lecithin, natural flavour. Contains 41% cocoa solids), cocoa powder (4%), apple fibre, natural flavour, vegetable gum (xanthan), baking powder, salt, natural monk fruit flavour extract.





DOUBLE CHOC COOKIE SANDWICHES

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 9

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Double Choc Cookie mix
1 large egg (50g)
30 ml water
80g butter
1 packet choc chips (included in packet)

Vanilla Cream Filling

125g cream cheese, softened
25g unsalted butter, softened
30g Perfect Sweet™ xylitol or to taste
2 tsp pure vanilla extract or
1 tsp fresh lemon juice

METHOD

1. Preheat oven to 140°C. Grease a baking tray.
2. Beat egg and add water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mix in choc chips. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Place on the baking tray, flatten and shape edges. Repeat the process.
3. Bake for 17 minutes or until cooked. Cool completely on the tray.

Filling and Assembly

1. Beat or process the cream cheese, butter and xylitol until smooth. Mix in the vanilla extract or lemon juice. Taste and adjust for sweetness. A little beetroot powder or natural pink flavouring can be added to make a pretty pink filling.
2. Sandwich between 2 cookies and serve.

Variation

To make half Chocolate Cream filling, halve the vanilla cream mixture and add 20g cocoa to the second half.

I think these are the best 97% sugar free Double Choc cookies ever and are heavenly when sandwiched together with sugar free cream filling. Mix chopped strawberries into the cream for a yummy cookie. They are so simple, even the kids can make them. This anytime treat will keep them happy and not cause a rollercoaster of highs and lows on blood sugar levels which can lead to 'cranky' kids.



SUGAR FREE BISCUIT LOG

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Serves 6-8

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Double Choc Cookie mix
1 large egg (50g)
30ml water
80g butter, melted
1 packet choc chips (included in
the packet)

Filling

60ml milk
300ml whipping cream
1 tsp vanilla extract

I first made this Biscuit Log over 10 years ago for a weekend lunch for my friends who were not gluten free and it was a huge hit. Now that I have developed my own 97% sugar free, gluten free Double Choc cookies, I too can enjoy this indulgent dessert. You must make this log a day in advance so that the biscuits have time to soak up the milk and cream and soften into a cake-like log.

METHOD

1. Preheat oven to 140°C. Grease a baking tray.
2. Beat egg and add the water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mix in choc chips. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Place on the baking tray and gently flatten and cut out cookies with a scone cutter so they are all of a uniform size. Place on the baking tray.
3. Bake for 17 minutes or until cooked. Cool completely on the tray.

To Make Filling and Assemble Log

1. Beat the cream with the vanilla until soft peaks form. Reserve half of the whipped cream to cover the log when it is assembled. Spread ½ cup whipped cream onto a serving plate into a 5cm x 30cm rectangle.
2. Dip the cookie quickly into the milk and shake off excess. Spread one side of it with whipped cream then dip another biscuit and join them together. Stand biscuit upright on its edge in the cream. Repeat sandwiching milk-dipped biscuits together with cream to form a log shape.
3. Spread remaining whipped cream over top and sides of log. Decorate. Refrigerate, covered, overnight. Cut slices on an angle to serve.

Variation: Dip the cookies quickly into milk, shake off the excess and spread one side with Lemon Curd or Hazelnut Chocolate Spread (*see Resources*) instead of cream, continue as in recipe and cover log with whipped cream and decorate as desired.



Sugar Free Kitchen™ Mixes

97% SUGAR FREE | GLUTEN FREE

KETO FRIENDLY | LOW CARB | PANTRY STAPLE



Tired of baking from scratch?

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SUGAR FREE VANILLA COOKIES

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 18

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Vanilla Cookie Mix
1 X-large egg (60g)
50g butter, melted
¼ cup water (60ml)

I decided to create my own 97% sugar free vanilla cookies because the stores and café varieties were loaded with refined sugar and “hidden sugars” especially the gluten free ones. This is a “pantry staple” as you can do many things with it. Make a simple cookie for the friend who does not like “too sweet”. Add nuts or seeds or other flavours like ginger to the batter for variation.

METHOD

1. Preheat oven to 140°C. Grease a baking tray.
2. Beat egg and add the water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Place on the baking tray, flatten and shape edges. Repeat the process.
3. Bake for 20 minutes or until cookies are golden. Cool completely on the tray. Store in an airtight container.

GLUTEN FREE - LOW CARB - KETO - DIABETIC FRIENDLY



Nutritional Information

Servings per package: 6 / Serving size 3 cookies (64g)

	Prepared as directed	
	Per serve 64g	Per 100g
Energy	747kJ	1170kJ
Protein	8.7g	13.7g
Fat - total	9g	14g
- saturated	6g	9.2g
Carbohydrate - total	9.6g	15.1g
- sugars	2.4g	3.9g
Sodium	186mg	290mg
Erythritol	15.3g	24g

Ingredients: Gluten free flour mix (coconut, tapioca, buckwheat flour), erythritol, calcium caseinate (from milk), natural vanilla extract, apple fibre, vegetable gum (xanthan), gluten free baking powder, natural monk fruit flavour extract, salt.



ASSORTED VANILLA COOKIES

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 18

INGREDIENTS

1 x 97% Sugar Free Kitchen™

Vanilla Cookie Mix

1 X-large egg (60g)

50g butter, melted

¼ cup water (60ml)

1 tbsp poppy seeds

1 tbsp pumpkin seeds

50g Dark Chocolate Crunch Buds*

**I use Little Zebra 99.8% sugar free buds as they are smooth, deliciously sweet and have no aftertaste. Also, gluten and dairy free.*

Perfect for the Mum on the run. So quick and easy to make. These healthy decorations turn this simple little 97% sugar free vanilla cookie into a mouth watering treat. Great for lunchboxes as they are nut free.

METHOD

1. Preheat oven to 140°C. Grease a baking tray.
2. Beat egg and add the water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Place on the baking tray, flatten and shape edges.
3. If you are decorating some of the cookies with poppy seeds or pumpkin seeds, sprinkle and lightly press them onto the selected cookies. Repeat the process. Bake for 20 minutes or until cookies are golden. Cool completely on the tray.

Chocolate dipped Vanilla Cookie

1. Bring a small saucepan of water to the boil, then remove from heat.
2. Place the chocolate buds into a heat proof bowl, large enough to sit on the rim of the saucepan without touching the water. Stir constantly until the buds are melted and smooth. Allow the melted chocolate to cool slightly.
3. Dip each cookie halfway into the melted chocolate and place them on a tray lined with baking paper to cool or simply fill a piping bag with the slightly cooled chocolate and pipe the chocolate across the cookie to decorate.

Vanilla Cookie with Sugar Free Berry Jam

Sandwich the cookies together with sugar free Berry Jam (*see Resources*).





BERRY BREAKFAST PARFAITS

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 6

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Vanilla Cookie mix
1 X-large egg (60g)
50g butter, melted
¼ cup water (60ml)

Vanilla Cream Filling

250g cream cheese
1 tsp vanilla extract
¼ cup Perfect Sweet™ xylitol
½ cup thickened cream

Blueberry Coulis

2 cups thawed frozen berries
2 tablespoons of Perfect Sweet™
xylitol or to taste
Loose berries for decoration

Make this weekend breakfast parfait the prettiest meal of the day. Watch family and friends' eyes light up when you put this delicious parfait in front of them. The vanilla cookies are low carb, a good source of protein and keto friendly. Breakfast or afternoon treat... the choice is yours!

METHOD

1. Preheat oven to 140°C. Grease a baking tray.
2. Beat egg and add the water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Makes 18 cookies.
3. Place on the baking tray, flatten and shape edges. Repeat the process. Bake for 20 minutes or until cookies are golden. Cool completely on the tray.

To Make Vanilla Cream and Blueberry Coulis

1. Beat cream cheese and xylitol in a small bowl until smooth. Add the vanilla extract and cream and beat until soft peaks form.
2. Put the berries and Perfect Sweet™ xylitol into a mortar and pestle and ground until it makes a syrup or simply use a food processor.

To Assemble

Place half the broken cookie pieces into 6 serving glasses. Drop half of the vanilla cream over the cookie pieces. Spoon over half of the berry coulis. Repeat and decorate with the whole or halved berries.





CLASSIC BAKED CHEESECAKE

SUGAR FREE | GLUTEN FREE | KETO | DIABETIC FRIENDLY

Makes 8 servings

INGREDIENTS

1 x 97% Sugar Free Kitchen™
Vanilla Cookie Mix
1 X-large egg (60g)
100g butter, melted (50g for
cookies, 50g for cake base)
¼ cup water (60ml)

*Note: you only need half of the
cookies for the cheesecake base.*

Filling

500g cream cheese
90g Perfect Sweet™ xylitol
½ tsp mixed spice, optional
1 tsp vanilla extract or
1 tbsp lemon juice
4 X-large egg (60g)
Sliced strawberries and Perfect
Sweet™ xylitol, to decorate

I love cheesecake but after being diagnosed gluten intolerant, I missed the old-fashioned biscuit base. The alternative bases made with coconut and egg white or nuts just did not satisfy me. I created the gluten free, 97% sugar free Vanilla Cookie Mix with this in mind and I am so happy with the result. It is also great for any slices that need a biscuit base and so easy and quick to make. Truly a “pantry staple” when we lead such busy lives.

METHOD

To Make the Crust

1. Preheat oven to 140°C. Grease a baking tray.
2. Beat egg and add the water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Place on the baking tray and gently flatten. Repeat the process. Bake for 25 minutes or until cookies are extra golden. The longer cooking time will make a richer colour and a more crunchy base. Cool completely on the tray.
3. Grease and line the base of a 20cm spring form tin with baking paper. Process half the cookies (approx. 150g) in a food processor until finely crushed, add the melted butter and process to combine. Spoon the mixture into the prepared pan and use a straight sided glass to press and spread evenly over the base. Put in the fridge for approx. 30 mins or until firm.

To Make Baked Cheesecake

1. Preheat oven to 180°C.
2. Beat cream cheese until smooth and add the Perfect Sweet™ xylitol, mixed spice (optional), vanilla extract or lemon juice. Continue to beat until smooth. Add the eggs, one at a time, processing until smooth and combined. Pour cheesecake mixture into the pan over the chilled cookie base and bake for 45 minutes or until just set (mixture should wobble slightly in the centre).
3. Turn oven off and leave cheesecake in the oven, with the door slightly ajar, for an hour. Stand at room temperature for 30 minutes or until cool. Place in the fridge for 3 hours to chill. Decorate as desired or serve with whipped cream.

Tip: I use half the baked cookies for my biscuit base and gift wrap the remaining cookies in cellophane tied with a ribbon as a “keto” gift for a friend.



RESOURCES

Raspberry Cream Cheese Frosting

<https://www.sweetlife.com.au/recipe/raspberry-and-cream-cheese-filling/>

INGREDIENTS

250g light cream cheese, softened
100g unsalted butter
45g Perfect Sweet™ xylitol, to taste
125g fresh raspberry puree

METHOD

Use an electric beater to beat the cream cheese, butter and xylitol in a medium bowl until smooth. Add the strained raspberry puree and mix well. To decorate the Raspberry Vanilla Cake, refer back to this recipe for "Method for Frosting and Assembly".

Raspberry Puree

Simply process fresh or thawed, frozen Australian raspberries and Perfect Sweet™ xylitol to taste, in a food processor or blender and strain through a fine mesh sieve

Sugar Free Berry Jam

<https://www.sweetlife.com.au/sugar-free-recipes/jams-spreads/strawberry-jam/>

Makes 1L (1kg)

INGREDIENTS

60ml lemon juice (approx. 2 lemons)
1kg blueberries or strawberries (hulled and quartered)
125ml water
500g Perfect Sweet™ xylitol

METHOD

1. Squeeze the juice from the lemons, place any seeds in a piece of muslin and tie with cook's string. You will need 60ml juice. Set juice aside.
2. Place lemon seeds (not the juice), berries and water in a large saucepan. Bring to a simmer and cook uncovered, over low heat for 15 minutes. Add the lemon juice and xylitol and stir over low heat until xylitol is dissolved. Bring to the boil and cook uncovered, for 25 minutes, removing any surface scum with a slotted spoon, until jam reaches setting point. (Click the link above for full instructions). Remove the muslin bag of lemon seeds.
3. Carefully pour hot jam into hot sterilised jars and seal immediately. Turn jars upside-down and stand for 2 minutes to sterilise lids, then turn upright to complete cooling. Can be stored in the pantry but once opened it must be refrigerated.

Lemon Curd

<https://www.sweetlife.com.au/sugar-free-recipes/jams-spreads/lemon-curd/>

Makes 500ml (500g)

INGREDIENTS

4 eggs, large (50g)
90g Perfect Sweet™ xylitol
Zest of 2 lemons, finely grated
125ml lemon juice
150g unsalted butter, diced

METHOD

1. Place eggs, xylitol, lemon zest and juice in the top of a non-aluminium double boiler or in a heatproof glass or ceramic bowl. Place over a saucepan filled with gently simmering water, ensuring the bottom of the bowl doesn't touch the water. Whisk well to combine.
2. Gradually whisk in diced butter and continue stirring with a wooden spoon until creamy and thickened. This can take approx. 10 minutes.
3. Carefully remove bowl from water and leave to cool, stirring occasionally. Pour lemon curd into hot sterilised jars and seal when completely cooled. Keep refrigerated.

Hazelnut Chocolate Spread

<https://www.sweetlife.com.au/recipe/hazelnut-chocolate-spread/>

Makes 500ml (500g)

300g raw hazelnuts
180g Perfect Sweet™ xylitol, ground
50g cacao powder or good quality cocoa
¼ tsp salt
40ml coconut oil, melted



METHOD

1. Preheat oven to 180°C.
2. Spread the hazelnuts evenly over a baking tray and roast for 10 minutes, shaking the tray after 5 minutes so they roast evenly, until lightly browned.
3. Place toasted hazelnuts on a clean tea towel or cloth. Rub in the towel to remove as much of the skins as possible. Transfer the hazelnuts to a food processor and process until finely ground.
4. Add the xylitol, cacao (or cocoa), salt and coconut oil and process until smooth and creamy. Spoon into a clean airtight container or jar. Keep refrigerated.

RECIPE TIP

Not all the hazelnut skin will come away when you roll them in a tea towel. This method is just to remove the excess loose skin