



SWEET'N LOW RECIPE LEAFLETS

SHEET 1	BANANA BUNS PLAIN EASTER BISCUITS
SHEET 2	FRUIT CRUMBLE LEMON CINNAMON BISCUITS
SHEET 3	PROFRITEROLES SWEDISH APPLE PUDDING
SHEET 4	QUICK-MIX MOCHA CAKE
SHEET 5	SCONES BAKED BATTER PUDDING
SHEET 6	PEACH AND STRAWBERRY PANCAKES DIABETIC SPONGE

SWEET'N LOW RECIPE SHEET 1

BANANA BUNS

MAKES 9 BUNS

4oz plain flour
2 teaspoons baking powder
1oz margarine
1 mashed banana (2oz peeled weight)
1 tablespoon lemon juice
2/3 sachets Sweet'N Low
1 egg
Grated rind of half a lemon
Little orange/lemon preserve if desired

bake at 400F, 205C
Gas Mark 6
for 15 minutes

Sieve the flour and baking powder together into a bowl. Rub in the margarine. Mash the banana with the lemon juice and mix in the Sweet'N Low. Whisk egg and add the grated lemon rind. Add the banana and egg mixtures to the flour and thoroughly mix together. Put the mixture onto a greased tray, or into patty tins. Make a small depression in the tops of the buns with a teaspoon and fill with a little orange or lemon preserve. Bake in a fairly hot oven.

PLAIN EASTER BISCUITS

MAKES 12 BISCUITS

3oz plain flour
½ teaspoon baking powder
Pinch salt
¼ teaspoon ground cinnamon
1oz margarine
½oz currants
½ egg
2 sachets Sweet'N Low
2 tablespoons sour cream
Grated rind of ½ lemon

bake at 375F, 190C
Gas Mark 5
for 10-15 minutes

Sieve together the flour, baking powder, salt and cinnamon. Rub in the margarine, add the currants. Mix the Sweet'N Low and the grated lemon rind with the beaten egg, add to dry ingredients together with sour cream. Mix thoroughly together. Chill the mixture in the fridge for about 20 minutes before rolling out, if necessary. Roll out thinly, cut out the biscuits and place on greased baking tray. Bake in a fairly hot oven. Biscuits will appear quite pale even when cooked.

SWEET'N LOW RECIPE SHEET 2

FRUIT CRUMBLE

1½lbs cooking apples (or other fruits in season)
6 sachets Sweet'N Low
6 tablespoons water
Grated lemon rind or cinnamon if desired

CRUMBLE TOPPING

5oz plain flour
1oz rolled oats
1oz grated nuts (optional)
3oz margarine
¼ teaspoon salt
2/3 sachets Sweet'N Low

4-6 PORTIONS

bake at 375F, 190C
Gas Mark 5
for 30 minutes in fireproof
dish or tin

Prepare fruit according to kind and arrange in greased pie-dish interlayered with Sweet'N Low and lemon rind/spice. Add the water carefully at one side of the dish.

CRUMBLE TOPPING

Rub fat into the dry ingredients until the mixture resembles fine breadcrumbs. Sprinkle mixture over fruit. Bake for 25-30 minutes. Serve hot or cold with cream or ice cream.

LEMON CINNAMON BISCUITS MAKES 20

4oz plain flour
2oz margarine
2 sachets Sweet'N Low
½ egg
Rind and juice of 1 lemon
1½ level teaspoon cinnamon

bake at 150F, 175C
Gas Mark 3
for 10/15 minutes

Heat oven to Reg.4-350F. Lightly grease a baking tray. Cream together margarine and Sweet'N Low together until soft. Add the lemon rind and gradually beat in the egg. Beat in the lemon juice. Sieve together the flour and cinnamon and fold into the mixture. It should be a fairly soft consistency. Place dough onto a floured board. Roll out thinly. Using a 2" cutter cut out the biscuits. Place on baking tray and cook until just firm and lightly golden. Leave on tray to cool down slightly then lift onto a cooling tray.

SWEET'N LOW RECIPE SHEET 3

PROFRITEROLES

**MAKES 15-16 4 PORTIONS
WHEN SERVED AS
DESSERT**

CHOUX PASTRY

2oz plain flour
¼ teaspoon salt
1oz margarine
1/8th pint water
2 eggs

bake at 400F, 205C
Gas Mark 6
for 25 minutes

Sieve together the flour and salt. Place the margarine in a pan with the water and heat to boiling point. Add the flour and continue to cook until the mixture forms a soft ball which leaves the side of the pan. Remove from the heat, and beat in the eggs a little at a time. Place the pastry into a piping bag with a ½ plain pipe. Pipe out small rounds no more than ¾ in diameter onto a greased baking tray. Bake for approximately 25 minutes, remove from oven, make a small slit near the base and return to oven for a further 3-5 minutes to dry out. When cool fill with cream.

SWEDISH APPLE PUDDING

4 PORTIONS

4 tablespoons butter/margarine melted
¼ pint white/brown breadcrumbs
4 large apples, peeled and sliced
¼ teaspoon nutmeg
½ teaspoon cinnamon
2 teaspoons grated lemon rind
2 teaspoon lemon juice
4 tablespoons water
4 sachets Sweet'N Low

2 ½ pint greased
dishes with foil
lids.
bake at 375F, 190C,
Gas mark 5 for
approx. 50 mins

Toss the butter/margarine with the breadcrumbs. Arrange one third of the crumbs in the baking dish. Cover with half the sliced apples and half the mixed spices and lemon rind. Cover with one third of the crumbs and then the remaining apples and spice mixture. Mix the lemon juice, water and Sweet'N Low and pour over the contents of the dish. Top with the rest of the breadcrumbs. Cover the dish and bake for half an hour. Remove the lid and bake until apples are tender, about 20 minutes further.

SWEET'N LOW RECIPE SHEET 4

QUICK MOCHA CAKE

SERVES 8

4oz margarine
1oz caster sugar or 5 sachets Sweet'N Low
2 eggs (size 3)
4oz self-raising flour
1 rounded teaspoon baking powder
1 tablespoon instant coffee powder
mixed with 3 tablespoons warm water

bake 375F, 190C,
Gas Mark 3 for
25-30 minutes

FILLING

1 heaped tablespoon natural yoghurt
1 heaped teaspoon cocoa
1 level tablespoon cottage cheese
1 sachet Sweet'N Low

Heat oven Reg.3-325. Grease 2 6" sandwich tins. Sieve the self-raising flour and baking powder together into a large mixing bowl. Add the margarine, sugar/Sweet'N Low, eggs and the coffee liquid. Beat these together for 2-3 minutes until the mixture forms a smooth thick batter. Divide evenly between the 2 tins. Place in the centre of the oven and cook for 25-30 minutes or until well risen and firm to the touch. Remove from oven and leave to cool for a few minutes. Take out of tins and place on a cooling tray.

TO MAKE THE FILLING

Place yoghurt, cottage cheese, Sweet'N Low and cocoa into a blender and run at medium speed for a minute. When cakes are cold sandwich together with filling.

SWEET'N LOW RECIPE SHEET 5

SCONES

½lb self-raising flour
¼ teaspoon salt
1oz margarine
½oz lard
2/3 sachets Sweet'N Low
8 tablespoons milk/buttermilk
¼ teaspoon ground cardamom (optional)

bake scone-round at 450F
230C, Gas Mark 8 for
15-20 minutes
bake small scones at 475F
250C, Gas Mark 9 for
approx. 8 minutes

Rub fat into sifted dry ingredients. Mix with the milk/buttermilk to form a soft dough. Turn onto a greased baking sheet and mark the top of the scone round into eight segments using a floured round-bladed knife. Bake at 450F, 230C or Gas Mark 8 for 15-20 minutes. Alternatively, turn the scone dough onto a floured board. Roll out to a layer ½ thick and cut into rounds using a 2" cutter (plain or fluted). Place the small scones onto a greased baking sheet. Bake at 475F, 250C or Gas Mark 9 for about 8 minutes. Cool scone/s on a wire rack. Serve with butter and lemon curd or apple butter

BAKED BATTER PUDDING

6 PORTIONS

1½lbs Bramley apples
4/5 sachets Sweet'N Low
1 teaspoon grated lemon rind
or ½ teaspoon ground cinnamon

bake at 400F, 205C,
Gas Mark 6 for
35/40 mins in 2½ pt
fireproof dish or tin

BATTER

9oz self raising flour
1 pint milk
2 eggs
Pinch salt
2/3 sachets Sweet'N Low
1½oz margarine
1½oz chopped hazelnuts/walnuts

Rinse, peel and core the apples cut into slices. Sift flour, salt and Sweet'N Low into a bowl. Make a well in the centre and add the eggs. Stir in the eggs and milk gradually, beating the mixture with a wooden spoon or whisk. Heat margarine in a fireproof dish. Place the sliced apples, Sweet'N Low and selected flavouring into a 2½ pint fireproof dish, then pour the batter on top. Bake for 35/40 minutes until set and browned. Sprinkle grated nuts on top and serve hot.

SWEET'N LOW RECIPE SHEET 6

PEACH AND STRAWBERRY PANCAKES MAKES 9

4oz plain flour
1 egg
1 sachet Sweet'N Low
½ pint water mixed with 2 tablespoons
Dried milk powder
Pinch salt
1 peach - peeled and chopped
4oz strawberries - cut in halves (fresh or frozen)
1 small natural yoghurt
1 teaspoon Cointreau

Sieve flour, one Sweet'N Low and salt together into a mixing bowl. Add the egg and half the milk and beat until thoroughly mixed. Add rest of milk gradually until a batter is formed. Whisk for 2-3 minutes. Mix together the fruit, yoghurt, 2 sachets Sweet'N Low and Cointreau and set aside. Using a non-stick frying pan, make the pancakes from the batter using a little at a time to keep them thin. As they are made, place on a serving dish and put some filling in the centre of each pancake and fold over. Keep in a warm place until all the pancakes are made. Serve immediately.

DIABETIC SPONGE

6oz soft margarine
8 sachets/measures of Sweet'N Low
3oz self-raising flour
3oz potato flour
2 teaspoons baking powder
3 eggs - size 3
3 tablespoons of skimmed milk

bake at 150C
Gas mark 3
for 20 minutes

Put everything into a bowl together and mix until soft, smooth dropping consistency.

Pour into 2 x 8" greased and floured sandwich tins.

When cooked, sandwich together with Sugar-free jam.