



QUICK-MIX MOCHA CAKE

4 oz (100g) margarine
1 oz castor sugar + 5 measures or sachets Sweet 'n Low
2 eggs (Size 3)
4 oz (100g) self-raising flour
1 rounded teaspoon baking powder
1 tablespoon instant coffee powder mixed with 3 tablespoons warm water

Filling

1 heaped tablespoon natural yoghurt
1 heaped teaspoon cocoa
1 level tablespoon cottage cheese
1 measure or sachet Sweet 'n Low

Heat oven to Reg. 3 - 325° F. Grease two 6" sandwich tins. Sieve the self-raising flour and baking powder together into a large mixing bowl. Add the margarine, sugar, sweetener, eggs and the coffee liquid. Beat these together for 2-3 minutes until the mixture forms a smooth, thick batter. Divide evenly between the two tins. Place in the centre of the oven and cook for 25-30 minutes or until well risen and firm to 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 the yoghurt, cottage cheese, Sweet 'n Low and cocoa in a blender and run at medium speed for a minute. When cakes are cold, sandwich together with the filling.

Serves 8 1/16th slice = 430K/J (101 K/Cal)



FLORIDA COCKTAIL

1 grapefruit
1 orange
1 measure or sachet Sweet 'n Low
2 oz (50g) fresh or frozen strawberries

Cut the grapefruit in half and carefully remove the segments. Peel the orange and also separate and remove the segments. Place the two grapefruit skins in individual dishes. Wash the strawberries and cut into halves.

Mix all three fruits together and add the Sweet 'n Low, mixing carefully. When all the Sweet 'n Low has dissolved, divide the fruits between the two cases.

Serve chilled as a starter.

Serves 2 150 K/J (35 K/Cal) per portion



RHUBARB AND ORANGE REFRESHER

1 lb rhubarb
1 orange
approx. ¼ pt water
2-3 measures or sachets Sweet 'n Low

Wash the rhubarb and chop into 1" (2½ cm) pieces. Peel the orange and cut into segments. Place both fruits with the water and sweetener in a saucepan and bring to the boil. Simmer for 10 minutes until rhubarb is tender. Taste for sweetness and adjust accordingly. Serve hot or cold.

Serves 3 85 K/J (20 K/Cal) per portion



HONEY BAKED APPLES

2 small cooking apples
½ tablespoon sultanas
1 teaspoon chopped nuts
1 heaped teaspoon chopped dates
2 measures or sachets Sweet 'n Low
A pinch of cinnamon
1 teaspoon honey
2 tablespoons water

Heat the oven to Reg. 6 - 400° F.

Wipe the apples with a clean cloth, core and score the skin round the centre of each apple. Place both apples in an ovenproof dish. Mix together the sultanas, chopped nuts, chopped dates, Sweet 'n Low and cinnamon. Pile in to the centre of each apple and press down firmly. Mix together the honey and water and pour over the apples. Cover and bake in the centre of the oven for 30-40 minutes or until apples are tender. Serve hot with a little custard or single cream but remember that this will add extra calories.

Serves 2 285 K/J (67 K/Cal) per portion



FLUFFY PEAR OMELETTE

- 2 standard eggs
- 1 measure or sachet of Sweet 'n Low
- 1 teaspoon margarine

Filling

- 1 ripe pear - peeled and chopped
- 1-2 measures or sachets of Sweet 'n Low
- 1 tablespoon soured cream
- 1 teaspoon sultanas

Mix together the chopped pear, 1 tablespoon soured cream, sultanas and enough Sweet 'n Low to sweeten to taste. Separate the eggs. Mix 1 measure of Sweet 'n Low with the yolks. Whisk the egg whites in another bowl until stiff. Fold into the yolks.

Melt the margarine in an omelette pan. Pour in the omelette mixture and cook gently until lightly golden underneath. Remove from heat and place pan under a low grill until the mixture is just firm. Turn omelette onto a plate and place filling on one side. Fold in half. Cut into half and serve immediately.

Serves 2 565 K/J (133 K/Cal) per portion



SPICY BARBECUED CHICKEN

4 chicken joints (approx. 8 oz (200g) each)

Salt and pepper

Spicy sauce

1 tablespoon margarine

1 onion - chopped finely

1 rasher back bacon - chopped

1 tablespoon tomato puree

¼ pt (150ml) dry white wine + ¼ pt water

1 measure or sachet Sweet 'n Low

1 tablespoon Worcester sauce

½ green or red pepper - chopped finely

A pinch of dried tarragon

4 oz (100g) long grain rice

Wipe the chicken joints with a clean cloth and place in a large casserole dish. Sprinkle with salt and pepper.

To make the sauce - Melt the margarine in a saucepan and gently sauté the bacon and onion and pepper until soft - about 5 minutes. Add the tomato puree, wine, water, Sweet 'n Low, Worcester sauce and tarragon and bring to the boil stirring all the time. Pour over the chicken joints. Place the lid on the casserole and cook in the centre of the oven at Reg. 6 - 400°F for one hour.

After 40 minutes place 2 pts water, 1 teaspoon salt and the rice in a large saucepan. Bring to the boil and continue to boil until the rice is tender, about 15-20 minutes. Drain thoroughly and place on a serving dish. Keep warm.

Remove the casserole from the oven. Lift out the chicken joints and arrange on top of the rice, then pour the sauce over the top. Serve with cabbage.

Serves 4 1195 K/J (280 K/Cal) per portion



PRINCE OF PUDDINGS

- 1 lb (450g) fresh or frozen cooking plums
- 2 tablespoons water
- 2 eggs separated (Size 3)
- ½ oz (15g) butter
- 5 measures or sachets Sweet 'n Low
- 1 tablespoon castor or fine brown sugar

Wash the plums, cut in half and remove the pips.

Place in a saucepan with the water and stew until tender. Leave to cool slightly then place in a liquidizer with the butter, egg yolks and 3 measures of Sweet 'n Low and blend until completely smooth.

Divide the mixture between 4 small ovenproof soufflé dishes and place in the centre of the oven Reg. 6 - 400° F for about 15 minutes or until set. Remove from oven.

Whisk egg whites until stiff. Fold in the remaining 2 measures of the sweetener and the sugar with a metal spoon. Using a large meringue nozzle, pipe the meringue on top of the mixture. Replace in oven for a further 5 minutes or until the meringue is golden brown.

Serves 4 generous helpings 460 K/J (108 K/Cal) per portion



SCANDINAVIAN CREAM

4 teaspoons apricot jam
3 eggs
2 measures or sachets Sweet 'n Low
 $\frac{3}{4}$ pt (450ml) milk
 $\frac{1}{2}$ teaspoon vanilla essence
3 tablespoons single cream
 $\frac{1}{2}$ small chocolate flake bar

Spread the jam over the base of a 6" ovenproof dish. Break 2 eggs and one yolk into a bowl and cream together with the vanilla essence and Sweet 'n Low. Heat the milk until just warm, and then pour on to the mixture. Stir well, making sure the Sweet 'n Low is dissolved, then strain through a sieve on to the jam.

Stand the dish in a roasting tin half full of water, cover the dish with a piece of greaseproof paper and set in a moderate oven, Reg. 4 - 350° F until firm to the touch (approx. 40 minutes). Remove from oven and leave until cold. Whip the remaining egg white stiffly and fold into the cream. Cover the dish with the cream then break up the flake and sprinkle over the top.

Serves 6 640 K/J (150 K/Cal) per portion



PEACH AND STRAWBERRY PANCAKES

4 oz (100g) plain flour
1 egg
1 measure or sachet Sweet 'n Low
½ pt water mixed with 2 tablespoons dried milk powder
Pinch salt
1 peach - peeled and chopped
4 oz (100g) strawberries - cut in halves (fresh or frozen)
1 small natural yoghurt
2 measures or sachets Sweet 'n Low
1 teaspoon Cointreau

Sieve the flour, 1 measure of 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, 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 of the filling in the centre of each and fold over. Keep in a warm place until all the pancakes are made. Serve immediately.

Makes 9 pancakes 340 K/J (80 K/Cal) per portion



BLACK CHERRY ICE CREAM

1 x 15 oz can black cherries
4 measures or sachets Sweet 'n Low
2 cartons natural yoghurt

Strain the juice from the cherries. Place in a pan with the Sweet 'n Low and heat very gently until the sweetener has dissolved. Leave to cool. Remove the stones from the cherries and cut fruit in half. Add the juice to the yoghurt and mix together. Place in a rigid container in the freezer, and freeze until it forms a mush.

Remove from freezer, place in a basin and whisk until creamy. Stir in the cherries and replace in the container. Cover and replace in the freezer until solid.

Serves 6 **Approximately 380 K/J (89 K/Cal) per portion**



LEMON CINNAMON BISCUITS

4 oz (100g) plain flour
2 oz (50g) margarine
2 measures or sachets Sweet 'n Low
½ egg
Rind and juice of 1 lemon
1½ level teaspoons cinnamon

Heat the oven to Reg. 4 - 350°F. Lightly grease a baking tray. Cream the 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 on to a floured table. Roll out thinly - about 1/8th inch thick. Using a two inch (5cm) cutter cut out the biscuits. Place on the baking tray and cook for 10-15 minutes or until just firm and lightly golden. Leave on the tray to cool down slightly then lift on to a cooling tray.

Makes 20 biscuits approximately

Each biscuit 190 K/J (45 K/Cal)



BLACKBERRY SOUFFLÉ

12 oz (300g) fresh or frozen blackberries
6 fluid oz (175ml) water
1 large tin evaporated milk
1 packet gelatine
6 rounded measures or sachets Sweet 'n Low

Prepare a 6" soufflé dish by wrapping a band of greaseproof paper about 3" higher than dish round the outside of the dish and securing tightly with a pin. Place the tin of evaporated milk in the freezer compartment of the fridge for ½ hour before use.

Wash the blackberries carefully and remove any stalks. Reserve 6 blackberries for decoration. Place the rest of the blackberries in a saucepan with the water and 4 measures of Sweet 'n Low. Bring to the boil and stew gently until tender, about 10-12 minutes. Leave to cool. Whisk the evaporated milk until it is thick enough to leave a trail on the top. Add the 2 measures of Sweet 'n Low. Place the fruit and juice into a liquidizer and puree or push through a fine sieve. Add this to the evaporated milk. Fold in carefully until well blended.

Dissolve the gelatine in a basin with three tablespoons of warm water. Add this to the mixture and make sure it is well mixed in. Pour into the prepared soufflé dish and leave in the fridge until set.

Remove the greaseproof band just before serving and decorate with the remaining blackberries. Rosettes of whipped cream may also be used for decoration but remember to add on the extra calories!

Serves 6 500 K/J (117 K/Cal) per portion



RHUBARB AND TANGERINE FOOL

1 lb rhubarb
2 tangerines
2-3 measures or sachets of Sweet 'n Low
Approximately $\frac{1}{4}$ pt water
1 tablespoon custard powder
1 measure or sachet of Sweet 'n Low
 $\frac{1}{4}$ pt milk
3 tablespoons single cream

Prepare fruit as for rhubarb and orange refresher. Leave to cool. Make up the custard by blending the custard powder and a little cold milk together to form a paste. Bring the rest of the milk to the boil and blend into the paste. Replace on heat, bring to boil and cook for 1 minute. Sweeten to taste with Sweet 'n Low. Approximately 2 measures. Leave to cool but stir frequently to prevent a skin forming.

Liquidize the fruit and fold into the cooled custard. Stir in the cream carefully. Pile into individual serving dishes and serve cold. Decorate with small pieces of angelica or small decorations.

Serves 4 275 K/J (65 K/Cal) per portion



FRESH FRUIT SALAD

2 eating apples
1 banana
1 orange
4 oz (100g) seedless grapes
4 oz (100g) strawberries
1 pineapple
2 measures or sachets Sweet 'n Low
½ pt (300ml) water

Grate the orange rind coarsely and put into a basin with the Sweet 'n Low. Add 4 fluid oz (100ml) of boiling water and stir until dissolved. Make up to ½ pt (300ml) with cold water and leave to infuse.

Meanwhile prepare the fruit:

Wipe the apples and wash the grapes and strawberries. Peel the orange carefully and cut the segments away from the membranes. Hull the strawberries and cut in half. Also cut the grapes in half. Core the apples, cut into quarters and slice thinly. Cut off top quarter of pineapple. Scoop out centre carefully and chop up into cubes. Finally peel the banana and slice. Mix the fruit together and arrange in the pineapple. Strain the juice through a sieve and pour a little over the fruit. Serve cold.

Serves 6 340 K/J (80 K/Cal) per portion



SWEET AND SOUR STUFFED CABBAGE LEAVES

For the cabbage leaves

6 large cabbage leaves
8 oz (200g) minced beef
salt and pepper
2 oz (50g) mushrooms
1 small onion
¼ teaspoon nutmeg
2 tablespoons boiled rice
1 teaspoon fresh chopped mint

Sweet and Sour sauce

4 oz (100g) unsweetened pineapple tidbits + approximately ¼ pt (125ml) juice
½ small green pepper - sliced thinly
1 small carrot - chopped finely
½ small onion - chopped finely
¼ pt liquid - made up from half vinegar + half water
3 measures or sachets Sweet 'n Low
Pinch salt
2 tablespoons tomato ketchup
1 level tablespoon cornflour

Stuffed Cabbage Leaves

Chop the mushrooms and onions finely. Cook the minced beef in a non-stick saucepan until it has all turned brown. Pour away any excess fat. Add the onion and cook for a few minutes until onion is transparent. Add the mushrooms, nutmeg, rice, seasoning and mint and mix thoroughly over a low heat. Wash cabbage leaves thoroughly. Place in a saucepan of boiling water and cook for 2 minutes. Drain and cool slightly. Divide stuffing between leaves. Fold into a parcel and pack into an ovenproof dish.

Sweet and Sour sauce

Place carrot, pepper and onion in ½ pt boiling salted water and simmer for 5 minutes. Drain well and leave to cool. Blend the cornflour with the juice from the pineapple. Place the vinegar, water, Sweet 'n Low, pineapple, salt, tomato ketchup, cornflour mixture and previously cooked vegetables into a saucepan and bring to the boil, stirring all the time. Pour over the cabbage leaves.

Cover and cook in centre of oven at Reg. 6 - 400°F for 45 minutes. May be served with extra rice and green vegetables but these will add extra calories.

Serves 4 470 K/J (110 K/Cal) per portion



ORANGES A LA CARMEL

4 oranges - preferably navel
1 measure or sachet Sweet 'n Low
2 teaspoons maple syrup
1 teaspoon orange liqueur
¼ pt (150ml) water

Wash the oranges and peel the zest from one orange only. Cut this into thin strips and place in boiling water for 2 minutes. Drain and leave to dry. Place the water, syrup and Sweet 'n Low into a saucepan and bring to the boil. Boil rapidly until the liquid has been reduced by half. Add the liqueur and leave to cool. Using a sharp knife, cut the rind, pith and first membrane from the oranges leaving the flesh exposed. Hold over a bowl while doing this to collect any juice. Holding the orange at top and bottom, cut into slices through the core and push a cocktail stick through to hold them together.

Place in a glass serving dish. Add any juice collected to the syrup. Pour the syrup over the oranges and sprinkle the shredded peel on top. Leave to chill.

Serves 4 Approximately 255 K/J (60 K/Cal) per portion



HAWAIIAN CHICKEN

8 oz (227g) can pineapple in natural juice
9 fluid oz (250ml) chicken stock
11 g gelatine
4 measures or sachets Sweet 'n Low
2 teaspoons vinegar
10 oz (275g) chicken, cooked and diced
½ small green pepper, sliced
1 medium onion, chopped
Seasoning

Drain the juice from the pineapple and heat it with the stock. Remove from the heat and sprinkle the gelatine over. Stir to dissolve. Stir in the Sweet 'n Low and the vinegar. Cool until beginning to thicken.

Cut the pineapple into small pieces and mix with the chicken, pepper and onion. Stir in the thickening jelly and season to taste. Turn into a mould of approximately 1½ pts (750ml) capacity. Chill to set. Turn out to serve.

Serves 4 Total Calories = 660 Calories per portion = 165



SWEET AND SOUR CHICKEN

Marinade:

9 fluid oz (250ml) chicken stock
4 measures or sachets Sweet 'n Low
1 tablespoon jelly marmalade
2 teaspoons vinegar
1 tablespoon soy sauce

Ingredients:

4 leg portions of chicken: 8 oz (225g) each
1 large green pepper, seeded and chopped
1 large red apple, cored and diced
8 oz (225g) mushrooms, sliced
Salt and pepper

Put all the marinade ingredients into a pan and heat just to melt the marmalade. Put the chicken pieces into a casserole, add the vegetables and season as liked. Pour the marinade over the chicken, cover and cook in the oven at 180°C (350°F) Gas 4 for approximately 45 minutes or until the chicken is tender.

Serves 4 Total Calories = 1,000 Calories per portion = 250



FISH IN CITRUS SAUCE

7 fluid oz (200ml) unsweetened orange juice
Juice of 1 lemon (approximately 3 tablespoons)
Grated rind of ½ lemon
1 tablespoon cornflour
1 tablespoon cold water
1 measure or sachet Sweet 'n Low
Salt and pepper
1 teaspoon capers
4 fillets of white fish, approximately 5 oz (150g) each
1 tablespoon oil
Salt and pepper

Heat the orange and lemon juice and the grated rind of half the lemon until just beginning to bubble. Mix the cornflour smoothly with the cold water then stir in the hot juices. Return to the saucepan and stir over a moderate heat for 2-3 minutes until thickened and smooth. Add the Sweet 'n Low and seasoning to taste. Finally, stir in the capers. Keep hot. Brush the fish with oil and season well. Cook under a hot grill until browned. Serve immediately with the sauce.

Serves 4 Total Calories = 700 Calories per portion = 175



PRAWN COCKTAIL

14 fluid oz (400ml) tomato juice
2 teaspoons grated onion
Salt and pepper
1 bay leaf
4-6 whole cloves
11 g gelatine
1 measure or sachet Sweet 'n Low
2 teaspoons lemon juice
4 oz (100g) peeled prawns
2 oz (50g) celery, finely chopped
2 teaspoons chives, chopped
2 tablespoons low-calorie dressing

Simmer together for 5 minutes the tomato juice, onion, seasoning, bay and cloves. Strain. Use to dissolve the gelatine. Stir in the Sweet 'n Low and the lemon juice then adjust the seasoning to taste. Leave to cool until beginning to thicken. Mix half of the jelly with half of the prawns and divide among 4 glasses. Mix the rest of the jelly with the remaining ingredients. Spoon on top. Chill to set. Top with the rest of the prawns for serving.

Serves 4 Total Calories = 280 Calories per portion = 70



GOULASH

1 lb (450g) approximately, lean frying steak
2 tablespoons oil
2 medium onions, peeled and chopped
14 oz (397g) can of tomatoes
2 teaspoons paprika
2 teaspoons flour
¼ pt (150ml) stock
4 measures or sachets Sweet 'n Low
Salt and pepper
5.29 oz (150g) low-fat natural yoghurt

Cut the meat along the grain into finger-sized pieces. Heat the oil in a frying pan and use to brown the meat. Add the onions and cook for 5 minutes. Stir in the tomatoes, paprika, flour and stock. Simmer for 10-15 minutes until the meat is tender. Flavour to taste with salt and pepper, and Sweet 'n Low. Finally, stir in the yoghurt just to heat through. Serve immediately.

Serves 5 Total Calories = 1,400 Calories per portion = 280



JELLIED WALDORF SALAD

16 fluid oz (450ml) unsweetened apple juice
11g gelatine
1 measure or sachet Sweet 'n Low
5 oz (150g) celery, chopped
5 oz (150g) dessert apple, chopped
3 oz (75g) walnuts, chopped
2 oz (50g) low-calorie French mayonnaise

Heat the apple juice and use to dissolve the gelatine. Stir in the Sweet 'n Low. Leave to cool until beginning to thicken. Mix with all the other ingredients and turn into a mould of approximately 1½ pts (750ml) capacity. Chill to set. Turn out for serving.

Serves 4 Total Calories = 880 Calories per portion = 220



SAVOURY MINT JELLY

8 measures or sachets Sweet 'n Low
7 fluid oz (200ml) hot water
11 g gelatine
¼ pt (150ml) vinegar
½ teaspoon salt
Few drops of green colouring
2 oz (50g) fresh mint, chopped finely

Dissolve the Sweet 'n Low in the hot water then add the gelatine and stir to dissolve. Add the vinegar, salt and colouring. Cool until beginning to thicken. Stir in the mint and pour into a glass jar. Cover, and store in the fridge for up to 1 month. Serve with roast lamb.

Total Calories = 70



SAVOURY YOGHURT DRESSING

- 5.29 oz (150g) natural low-fat yoghurt
- 2 large cloves garlic, pressed or finely chopped
- 1 tablespoon vinegar
- 1 measure or sachet Sweet 'n Low
- ½ teaspoon celery salt
- 1 tablespoon finely chopped gherkins
- 1 teaspoon chopped capers

Mix all the ingredients together and chill before serving. Good with potato salad, chopped eggs or chicken.

Serves 6 Total Calories = 90 Calories per portion = 15



CABBAGE AND CARROT SALAD

14 fluid oz (400ml) water
3 tablespoons vinegar
2 measures or sachets Sweet 'n Low
11g gelatine
4 oz (100g) white cabbage, finely chopped
1 medium carrot, grated
1 small onion, grated
2 oz (50g) sultanas
Seasoning

Heat the water and vinegar and use to dissolve first the Sweet 'n Low then the gelatine. Leave to cool until beginning to thicken. Stir in the vegetables and sultanas then season to taste. Turn into a mould of approximately 1¼ pt (700ml) capacity. Chill to set. Turn out for serving.

Serves 4 Total Calories = 220 Calories per portion = 55



COTTAGE CHEESE RING

1 large cucumber
1 teaspoon salt
18 fluid oz (500ml) hot water
22g gelatine
4 measures or sachets Sweet 'n Low
3 tablespoons lemon juice
Few drops green colouring
1 lb (450g) cottage cheese
5 oz (150g) low-calorie French mayonnaise

Thinly slice half the cucumber. Put into a saucepan with the salt and water. Simmer just to soften the cucumber. Drain off the cooking liquid and use to dissolve the gelatine. Stir in the Sweet 'n Low, lemon juice and a little green colouring. Leave to cool. Spread the cooked cucumber over the bottom of a 2 pt (1 ltr) ring mould. Pour over about $\frac{1}{4}$ pt (150ml) of the liquid jelly and leave to set.

Peel and finely chop the rest of the cucumber. Mix with the remaining gelatine mixture, the cheese and the mayonnaise. When beginning to thicken spoon over the jelly base. Chill to set. Turn out and serve with salad.

Serves 8 Total Calories = 960 Calories per portion = 120



TOMATO DRESSING

¼ pt (150ml) tomato juice
1 tablespoon lemon juice
1 tablespoon grated onion
1 teaspoon Worcester sauce
1 measure or sachet Sweet 'n Low
½ teaspoon celery salt
1 clove garlic pressed or finely chopped

Mix together all the ingredients and adjust the seasoning with salt as liked. Chill before serving. Good with fish and seafood.

Serves 5-6 Total Calories = 30 Calories per portion = 6



VINAIGRETTE

1 measure or sachet Sweet 'n Low
¼ teaspoon salt
6 tablespoons oil
2 tablespoons vinegar
1 clove garlic, crushed, if liked

Put all the ingredients into a screw-top jar and shake to mix well. The garlic may be omitted, and the herbs to taste added instead, if preferred - or a true vinaigrette has no extra flavouring at all.

Good to serve with all green salads

Sufficient for 8 single portions

Total Calories = 820 Calories per portion = 102



YOGHURT AND HERB DRESSING

5.29 oz (150g) natural low-fat yoghurt
½ teaspoon dry mustard
1 measure or sachet Sweet 'n Low
1 tablespoon vinegar
1 teaspoon finely chopped parsley
1 teaspoon finely chopped chives
Salt and pepper

Mix the mustard smoothly with the yoghurt. Stir in the remaining ingredients, adjusting the seasoning to taste. Chill before serving. Good with a mixed green salad.

Serves 6 Total Calories = 90 Calories per portion = 15



CURRY SOUP

1 tablespoon oil
1 tablespoon curry paste
1 medium onion, peeled and finely chopped
8 oz (225g) unsweetened apple puree
1 pt (570ml) skimmed milk
5.29 oz (150g) natural low-fat yoghurt
Salt and pepper
1-2 measures or sachets Sweet 'n Low

Put the oil, curry paste and onion into a saucepan over a low heat. Cook with occasional stirring for about 10 minutes, but do not allow the onion to brown. It should just be tender. Stir in the apple puree and the milk and heat until just beginning to bubble. Stir in the yoghurt and heat through. Season to taste with the salt and pepper, and Sweet 'n Low.

Serves 6 Total Calories = 540 Calories per portion = 90



HOME-MADE TOMATO SOUP

2 x 14 oz (397g) cans of tomatoes
2 medium onions, grated
½ teaspoon celery salt
Pepper
2 measures or sachets Sweet 'n Low
1 tablespoon chopped chives

Put the tomatoes, onion, celery salt and pepper into a saucepan. Simmer gently for 20 minutes. Sieve, and then return to the pan. Add the Sweet 'n Low, and adjust the salt and pepper to taste. Re-heat. Serve hot, garnished with chopped chives.

Serves 4 Total Calories = 160 Calories per portion = 40



PEAS IN MINT JELLY

12 oz (350g) peas (frozen or shelled fresh)
12 fluid oz (350ml) stock
Salt
1 tablespoon chopped mint
1 measure or sachet Sweet 'n Low
1 tablespoon vinegar
11 g gelatine

Cook the peas until tender in the stock with the mint, adding salt only if necessary. Add the Sweet 'n Low and the vinegar. Sprinkle the gelatine over and stir to dissolve. Leave to cool until beginning to thicken then turn into four individual moulds, or into a large mould of approximately 1 pt (550ml) capacity.

Serves 4 Total Calories = 180 Calories per portion = 45



APPLE CAKE

8 oz (225g) plain flour
16 measures or sachets Sweet 'n Low
2 teaspoons mixed spice
½ teaspoon salt
1 teaspoon bicarbonate of soda
8 oz (225g) chopped, peeled cooking apple
3 tablespoons oil
1 egg, size 2
2 tablespoons natural low-fat yoghurt

Mix together in a mixing bowl all the dry ingredients and the chopped apple. Mix together the oil, egg and yoghurt and stir into the dry ingredients, to make a stiff mixture. Turn into a square cake tin 5½" (14cm), greased and base lined. Bake at 180°C (350°F) Gas 4 for approximately 50 minutes or until baked in the centre. Turn out onto a wire rack to cool

If liked, cover with orange icing.

Slice into 16 portions Total Calories = 1,450 Calories per portion = 90



ORANGE ICING

7 oz (200g) skimmed milk cheese (quark)
Grated rind of 1 large orange
12 measures or sachets Sweet 'n Low

Beat together briefly all the ingredients just to mix. Use to coat the top and sides of the Apple Cake (or other cake of a similar size).

Total Calories = 240



CHOCOLATE ICING

2 tablespoons cocoa
12 measures or sachets Sweet 'n Low
Approximately 1 tablespoon hot water
4 oz (100g) skimmed milk cheese (quark)
½ teaspoon vanilla essence

Mix the cocoa, Sweet 'n Low and water to a smooth stiff paste: add a very little extra water if necessary. Cool. Beat in the cheese and the vanilla essence. Spread over the top and sides of the cake.

Sufficient to cover the top and sides of the Chocolate Cake.

Total Calories = 200



BANANA BUNS

2 oz (50g) soft, ripe, peeled banana
1 tablespoon lemon juice
1 egg, size 2
1 oz (25g) soft margarine
6 measures or sachets Sweet 'n Low
Grated rind of ½ lemon
4 oz (100g) plain flour
2 teaspoons baking powder

In a mixing bowl mash together the banana and the lemon juice. Add the egg, margarine, Sweet 'n Low and the lemon rind. Mix together. Sift in the flour and baking powder and stir together well to form a smooth mixture.

Drop by spoonfuls onto a greased baking tray. Bake at 200°C (400°F) Gas 6 for 13-15 minutes or until lightly browned. Serve while fresh.

Makes 12 buns Total Calories = 700 Calories per bun = 60 (approximately)



SPICED APPLE LOAF

8 oz (225g) flour: mix half white and half wholemeal
12 measures or sachets Sweet 'n Low
½ teaspoon grated nutmeg
½ teaspoon ground cinnamon
2 teaspoons ground ginger
¼ teaspoon salt
1 teaspoon bicarbonate of soda
2 oz (50g) soft margarine
8 oz (225g) unsweetened apple puree
1 egg, size 2

Sift all the dry ingredients together into a mixing bowl. Add the margarine, apple and egg and stir to make a smooth stiff mixture. Turn into a greased 1 lb (500ml) loaf tin and bake at 180°C (350°F) Gas 4 for approximately 50 minutes or until baked in the centre: test with a skewer. Cut into thin slices and serve with a thin spreading of butter, margarine or low-calorie spread.

Slice into number of portions required.

Total Calories = 1,350



CHOCOLATE CAKE

7 oz (200g) flour: half wholemeal, half white
1 oz (25g) cocoa
16 measures or sachets Sweet 'n Low
½ teaspoon salt
1 teaspoon bicarbonate of soda
3 tablespoons oil
8 oz (225g) unsweetened apple puree
1 egg, size 2

Mix all the dry ingredients together in a bowl. Mix together the oil, apple puree and egg. Stir into the dry ingredients to form a stiff mixture. Spread into a deep 8" (20cm) greased sandwich tin. Bake at 180°C(350°F) Gas 4 for approximately 35 minutes or until baked in the centre.

Turn out and cool on a wire rack.

Cover with chocolate icing if liked.

Note: if liked, and extra 4 measures or sachets of Sweet 'n Low can be used in the cake to make it sweeter.

Serves 14 slices Total Calories = 1,400 Calories per portion = 100



SCONES

8 oz (225g) flour: mix half white and half wholemeal
4 teaspoons baking powder
¼ teaspoon salt
4 measures or sachets Sweet 'n Low
1 oz (25g) margarine or butter
2 oz (50g) raisins or sultanas
Approximately ¼ pt (150ml) skimmed milk
Milk to brush

Sift the dry ingredients together into a bowl. Rub the butter or margarine in finely then mix to a rollable dough with milk. You may need a very little more than the stated quantity. Roll to the thickness of a match box and stamp out with a scone cutter 2" (5cm) diameter. Place onto a baking tray, brush with milk and bake at 210°C (425°F) Gas 7 for approximately 15 minutes until well risen and lightly browned. Serve while fresh.

Makes 16 scones Total Calories = 1,120 Each scone = 70 Calories



COFFEE MILK SHAKE

For each portion:

- 7 fluid oz (200ml) skimmed milk
- 1 teaspoon instant coffee
- 1 measure or sachet Sweet 'n Low
- 2 tablespoons natural low-fat yoghurt

Put all the ingredients into a liquidizer or processor and work briefly until foamy and well mixed. Or if you prefer, whisk vigorously with an electric or rotary whisk.

Total Calories = 100



HOT MALTED MILK

For each portion:

- 9 fluid oz (250ml) skimmed milk
- ½ teaspoon malt extract
- 1 measure or sachet Sweet 'n Low
- ¼ teaspoon grated nutmeg

Heat the milk and the malt together until the malt is melted. Stir in the Sweet 'n Low. Pour into a tall beaker and sprinkle with grated nutmeg. Serve immediately.

Total Calories = 100



STRAWBERRY MILK SHAKE

For each portion:

2 oz (50g) fresh strawberries, or thawed frozen fruit

1 measure or sachet Sweet 'n Low

2 tablespoons natural low-fat yoghurt

¼ pt (150ml) skimmed milk

Put all the ingredients into a liquidizer or processor and work briefly until foamy and well mixed. Or if you prefer, whisk vigorously with an electric or rotary whisk.

Also excellent with raspberries.

Total Calories = 90



BAKED APPLES

For each portion:

- 1 measure or sachet Sweet 'n Low
- 1 tablespoon water
- 5 oz (150g) cooking apple, cored

Mix the Sweet 'n Low with the water. Put the apple/s into a suitable sized oven dish and spoon the dissolved Sweet 'n Low over. Bake at 180°C (350°F) Gas 4 for 35-40 minutes or until tender when tested with a skewer. Baste the apples with the liquid 2 or 3 times during cooking.

Each apple = 50 Calories



BLACKCURRANT CRUMBLE

10 oz (275g) blackcurrants
¼ pt (150ml) dry red wine
8 measures or sachets Sweet 'n Low
11g gelatine

Crumble:

4 large digestive biscuits
1 tablespoon butter, softened

Bring the fruit and the wine to the boil. Remove from the heat and stir in the Sweet 'n Low. Sprinkle the gelatine over the surface and stir to dissolve. Turn into a serving dish and chill to set.

Crush the biscuits and rub in the butter. Brown under the grill. Cool. Sprinkle over the jelly just before serving.

Serves 4 Total Calories = 640 Calories per portion = 160



FRESH FRUIT MEDLEY

18 fluid oz (500ml) unsweetened canned orange juice
4 measures or sachets Sweet 'n Low
11 g gelatine
2 large fresh peaches
2 large oranges

Heat the orange juice and use to dissolve first the Sweet 'n Low then the gelatine. Leave to cool until beginning to thicken. Peel and slice the peaches. Peel and segment the oranges. Place the fruit into 5 glasses. Spoon over the thickening jelly. Chill to set.

Serves 5 Total Calories = 400 Calories per portion = 80



FRESH FRUIT SALAD

- 1 large orange
- 2 measures or sachets Sweet 'n Low
- ¼ pt (150ml) boiling water
- ¼ pt (150ml) cold water
- Juice of ½ lemon
- 1 pineapple approximately 1 kg (2lb) before preparation
- 4 oz (100g) fresh strawberries
- 4 oz (100g) seedless grapes
- 2 dessert apples: 5 oz (150g) each

Coarsely grate the orange rind into a large bowl. Add the Sweet 'n Low and the boiling water. Stir to dissolve the Sweet 'n Low and leave until cold. Stir in the rest of the water and the lemon juice.

Meanwhile prepare the fruit: cut a slice from the top of the pineapple. With a sharp knife cut out the flesh, taking care not to cut the skin. Discard the core, and cut the flesh into bite-sized cubes. Hull the strawberries and cut into halves or quarters depending on their size. Cut the grapes in half. Peel the orange and remove all the white pith then cut out the segments (work over the bowl so you don't waste any of the juice). Wash and core the apples and slice thinly. Add first the apples, then the other fruits to the liquid in the bowl. Stir lightly with a fork to coat all the fruits, and then spoon them into the pineapple shell. Pour as much of the juice as possible over the fruit. Chill well.

Serves 6 Total Calories = 510 Calories per portion = 85



GRILLED GRAPEFRUIT

1 large grapefruit
2 measures or sachets Sweet 'n Low

Cut the grapefruit in half. Snip out all the dividing membranes and pith. Sprinkle the fruit with the Sweet 'n Low. Place under a hot grill until lightly browned. Serve hot for a first course, or as a dessert.

Serves 2 Total Calories = 40 Calories per portion = 20



PEARS IN COFFEE

4 cooking pears, approximately 1 lb (450g)
8 measures or sachets Sweet 'n Low
9 fluid oz (250ml) strong black coffee

Peel the pears and cut each in half lengthways. Remove the cores. Dissolve the Sweet 'n Low in the coffee in a saucepan. Add the pears and poach gently. Baste during cooking, and turn the pears to be sure they're evenly cooked. Cook only until tender. Cool, and then chill in the fridge.

Note: extra Sweet 'n Low may be added depending on how sweet the pears are naturally.

Serves 4 Total Calories = 165 Calories per portion = 41



APRICOT SOUFFLÉ

8 oz (227g) can apricots in natural juice
2 eggs, size 2, separated
8 measures or sachets Sweet 'n Low
11 g gelatine
Squeeze of lemon juice
6 oz (170g) can evaporated milk, chilled

Sieve or liquidize the apricots with their juice to form a puree. Put into a heavy saucepan with the egg yolks and cook over a slow heat. Stir until lightly thickened. Remove from the heat and stir in the Sweet 'n Low, then sprinkle the gelatine over. Stir to dissolve. Add lemon juice to taste and cool until thickening.

Whip the evaporated milk until it holds shape. Fold in the apricot mixture. Turn into glasses and chill.

Serves 4 Total Calories = 600 Calories per portion = 150



BLACKBERRY MOUSSE

10 oz (275g) blackberries
3 fluid oz (100ml) water
Grated rind of 1 lemon
Squeeze of lemon juice
8 measures or sachets Sweet 'n Low
11 g gelatine
2 egg whites, size 2 eggs

Cook the fruit with the water and lemon rind until very soft. Mash, and stir in the lemon juice and Sweet 'n Low. Sprinkle the gelatine over the surface and stir to dissolve. Cool until beginning to thicken.

Whisk the egg whites stiffly and fold in the thickening jelly. Turn into 4 glasses and chill.

Serves 4 Total Calories = 180 Calories per portion = 45



LEMON MOUSSE

12 measures or sachets Sweet 'n Low
11 g gelatine
4 tablespoons hot water
3 eggs, size 2, separated
Grated rind and juice of 2 lemons
6 oz (170g) can evaporated milk, chilled

Dissolve the Sweet 'n Low and the gelatine in the hot water. Mix with the egg yolks then stir in the lemon juice and rind. When the mixture begins to thicken, whip the evaporated milk to soft peaks and fold in. Whisk the egg whites to a similar consistency and fold in. Spoon into 4 glasses and chill to set.

Serves 4 Each mousse = 150 Calories



RASPBERRY MOUSSE

1 lb (450g) fresh or frozen, thawed raspberries
8 measures or sachets Sweet 'n Low
11 g gelatine
4 tablespoons hot water
5.29 oz (150g) natural low-fat yoghurt
2 egg whites

Reserve a few of the raspberries for decoration and puree the rest. Stir in the Sweet 'n Low. Dissolve the gelatine in the hot water and mix in a little of the puree. Stir into the rest of the puree along with the yoghurt. When beginning to thicken, whisk the egg whites to soft peaks and fold in. Spoon into 6 glasses and chill. Serve decorated with the reserved fruit.

Serves 6 Total Calories = 282 Calories per portion = 47



COFFEE SOUFFLÉ

12 fluid oz (350ml) skimmed milk
2 teaspoons instant coffee
2 eggs, size 2, separated
8 measures or sachets Sweet 'n Low
11 g gelatine
2 tablespoons rum
3 fluid oz (100ml) evaporated milk, chilled

Prepare 5 x 2" (6cm) soufflé dishes with foil collars. Whisk together the milk, coffee and egg yolks in a small saucepan over a low heat until it forms a light custard. Remove from the heat and stir in the Sweet 'n Low then sprinkle the gelatine over the surface. Stir to dissolve. Add the rum, and cool until beginning to thicken.

Whip the evaporated milk and fold into the coffee mixture. Turn into the moulds and chill to set. Remove the collars before serving.

Serves 5 Total Calories = 580 Calories per portion = 116



ORANGE JELLY

11 g gelatine
4 tablespoons hot water
18 fluid oz (450ml) unsweetened canned orange juice
4 measures or sachets Sweet 'n Low

Dissolve the gelatine in the hot water. Stir in a little of the orange juice then add to the rest of the juice. Sweeten to taste with Sweet 'n Low. Turn into a mould of approximately 1 pt (550ml) capacity. Chill to set. Turn out to serve.
(Good with Stirred Custard)

Serves 4 Total Calories = 240 Calories per portion = 60



MINT SORBET

¼ pt (150ml) hot water
11 g gelatine
Few drops peppermint essence
12 measures or sachets Sweet 'n Low
Green colouring
2 pots of natural low-fat yoghurt, each 5.29 oz (150g)
2 egg whites, size 2 eggs

Dissolve the gelatine in the water. Mix in the essence, the Sweet 'n Low and a little colouring. Leave to cool. Stir the cooled gelatine mixture into the yoghurt and put into a plastic box or something similar. Place in freezer for half an hour or so until just firm. Whisk the egg whites until they hold peaks and fold into the frozen mixture. Return to the container and freeze. This is very good if served while it is still soft - about 1½ hours. If it is frozen completely, remove from the freezer for ½ hour before serving.

Serves 4 Total Calories = 280 Calories per portion = 70



CHOCOLATE & PEAR TRIFLE

Half chocolate cake (see chocolate cake recipe)

3 cooking pears

1 pt (550ml) water

12 measures or sachets Sweet 'n Low

Strip of lemon peel

11 g gelatine

Topping:

6 oz (175g) quark or other low-fat soft cheese

Grated rind of ½ lemon

4 measures or sachets Sweet 'n Low

Make the cake as directed. Cool. Peel, quarter and core the pears, then cut into segments. Heat the water and Sweet 'n Low in a saucepan to dissolve the Sweet 'n Low. Add the pears and the lemon peel and simmer gently until the fruit is tender. Cool.

Strain off the liquid from the pears and use to dissolve the gelatine. Leave to cool. Cut the cake in half across and place one layer only (the other may be iced and served as cake) into a suitable serving dish. Pour over about half of the gelatine mixture. Chill until set.

Arrange the pears over top of the cake. As soon as the remaining gelatine mixture begins to thicken spoon it over the pears. Chill again until set.

To finish the trifle: mix all the topping ingredients together and pipe on top of the trifle.

Serves 7 Total Calories = 1,080 Calories per portion = 154



STIRRED CUSTARD

9 fluid oz (250ml) skimmed milk
1 egg, size 2
Few drops vanilla essence
2 measures or sachets Sweet 'n Low

Heat the milk until it just starts to bubble. Whisk the egg in a basin then quickly whisk in the hot milk. Add a little hot water to the saucepan and return to a moderate heat. Set the basin over the pan of water and cook with frequent stirring until the custard thickens. Remove immediately from the heat and set the basin into cold water to stop the cooking. Stir in the vanilla and the Sweet 'n Low.

Serves 4 Total Calories = 180 Calories per portion = 45



ANGEL'S FOOD

14 fluid oz (400ml) skimmed milk
2 eggs, size 2, separated
Few drops coconut or almond essence
11 g gelatine
4 measures or sachets Sweet 'n Low

Cook the milk, egg yolks and essence together in a small saucepan over a low heat until the custard coats the back of a spoon. Sprinkle the gelatine over and stir to dissolve. Stir in the Sweet 'n Low. Cool until beginning to thicken. Whisk the egg whites stiffly, and then fold in the cooled custard. Turn into 4 glasses and chill.

Serves 4 Total Calories = 340 Calories per portion = 85



CITRUS CHEESECAKE

Base:

4 large digestive biscuits
1 oz (25g) butter or margarine

Filling:

12 measures or sachets Sweet 'n Low
3 tablespoons hot water
11 g gelatine
Juice and grated rind of 1 large orange and 1 lemon
8 oz (225g) quark, cottage or other low-fat soft cheese
5.29 oz (150g) natural low-fat yoghurt
1 orange for decoration

To make the base: crush the biscuits to fine crumbs and rub the butter in well. Press into the base of a loose-bottomed sandwich or flan tin of approximately 7" (18cm).

To make the filling: dissolve the Sweet 'n Low in the hot water, then add the gelatine and stir to dissolve. Add the juice and grated rind of the fruits. Mix together the cheese and yoghurt then stir in the gelatine mixture. Spoon over the crumb base and chill to set.

Remove the sides of the tin and decorate the top of the cheesecake with orange segments or slices.

Serves 5 Total Calories = 900 Calories per portion = 180



COCONUT CREAMS

2 eggs, size 2, separated
14 fluid oz (400ml) skimmed milk
Few drops coconut or vanilla essence
1 oz (25g) desiccated coconut
11 g gelatine
4 measures or sachets Sweet 'n Low
A little coconut, toasted for decoration

Whisk the egg yolks, milk, essence and coconut in a small saucepan over a low heat until thickened to a light custard. Remove from the heat, sprinkle the gelatine over, and stir to dissolve. Stir in the Sweet 'n Low. Cool until thickening.

Whisk the egg whites stiffly and fold in the thickening custard. Spoon into 4 glasses and leave to chill. Serve sprinkled with toasted coconut.

Serves 4 Total Calories = 560 Calories per portion = 140



GOOSEBERRY FOOL

12 oz (350g) raw gooseberries
¼ pt (150ml) water
8 measures or sachets Sweet 'n Low
Few drops green colouring
11 g gelatine
6 oz (170g) can evaporated milk, chilled

Cook the gooseberries in the water until tender. Liquidize or sieve to puree. Stir in the Sweet 'n Low, then the gelatine until dissolved. Add a little green colouring if liked. Leave to cool until thickening.

Whip the evaporated milk until it holds shape, and then fold in the thickening jelly. Spoon into 4 glasses and chill before serving.

Serves 4 Total Calories = 420 Calories per portion = 105



RHUBARB FOOL

1 lb (450g) rhubarb, after trimming
Grated rind and juice of 1 lemon
8 measures or sachets Sweet 'n Low
Few drops red colouring if liked

Custard:

9 fluid oz (250ml) skimmed milk
1 tablespoon custard powder
4 measures or sachets Sweet 'n Low

Cut the rhubarb into small chunks and put into a saucepan with the lemon rind and juice. Cover and cook gently until the rhubarb is mushy. Stir in the Sweet 'n Low and a few drops of red colouring if liked. Cool, then liquidize, process or sieve.

Make the custard as directed on the pack - but omitting the sugar. When cooked, stir in the Sweet 'n Low. Stir the fruit puree in well. Chill.

Serves 4 Total Calories = 200 Calories per portion = 50



ICED ZABAGLIONE

3 tablespoons hot water
11 g gelatine
4 measures or sachets Sweet 'n Low
4 eggs, size 2, separated
6 tablespoons dry sherry
5 tablespoons single cream

Dissolve the gelatine in the hot water then stir in the Sweet 'n Low. Whisk the egg yolks, sherry and cream together in a basin standing in a pan of water over a low heat, to form a lightly thickened custard. Remove immediately from the heat and stir in the melted gelatine. Whisk the egg whites stiffly and fold in. Divide among 4 glasses. Chill before serving.

Serves 4 Total Calories = 640 Calories per portion = 160



APPLE SNOW

10 oz (275g) peeled, chopped cooking apples
3 fluid oz (100ml) unsweetened apple juice
11 g gelatine
Squeeze of lemon juice
8 measures or sachets Sweet 'n Low
2 egg whites, size 2

Cook the apples with the apple juice until the fruit is well softened to a thick pulp. Remove from the heat and sprinkle the gelatine over the apples. Stir to dissolve. Add lemon juice and Sweet 'n Low to taste. Cool until beginning to thicken. Whisk the egg whites until they form peaks. Gradually whisk the apple mixture into the whisked egg whites until thick and frothy. Divide among 4 glasses. Chill.

Serves 4 Total Calories = 240 Calories per portion = 60



STRAWBERRY CHEESE

3 tablespoons water
4 measures or sachets Sweet 'n Low
11 g gelatine
2 tablespoons kirsch
5 oz (150g) quark, cottage or other low-fat cheese
6 tablespoons evaporated milk, chilled
5 oz (150g) frozen strawberries, thawed

Heat the water and use to dissolve first the Sweet 'n Low then the gelatine. Stir in the kirsch. Cool. Whisk the cheese then whisk in the gelatine. Cool until beginning to thicken. Whip the evaporated milk and fold in. Mash the strawberries and stir in last. Turn into a mould of approximately 1 pt (550ml) and chill to set. Turn out for serving.

Serves 5 Total Calories = 460 Calories per portion = 92



CITRUS CREAMS

11 g gelatine
3 tablespoons hot water
9 fluid oz (250ml) unsweetened canned orange juice
Juice of 1 lemon
Grated rind of ½ lemon
8 measures or sachets Sweet 'n Low
6 oz (170g) can evaporated milk, chilled

Dissolve the gelatine in the hot water. Mix with the fruit juices, lemon rind and the Sweet 'n Low. Cool until syrupy. Whip the evaporated milk until it holds shape. Fold in the thickening jelly. Turn into a mould of approximately 1¼ pts (700ml) capacity. Chill to set. Turn out for serving.

Serves 4 Total Calories = 460 Calories per portion = 115