

INGREDIENTS

2 ¼ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
1 cup butter or margarine,
softened
¾ cup packed SLENDA®
Brand Brown Sugar Blend
1 tablespoon vanilla extract
2 large eggs
1 ¾ cup butterscotch chips,
divided
½ cup chopped pecans

PREPARATION

Preheat oven to 350°F (180°C).

Combine flour, baking powder and salt in medium bowl; set aside.

Combine butter, SLENDA® Brown Sugar Blend and vanilla in a large mixer bowl; beat at medium speed until creamy. Beat in eggs.

Gradually beat in flour mixture. Stir in 1 cup of the butterscotch morsels and the nuts. Spread into an ungreased 13 x 9-inch baking pan. Sprinkle with remaining 2/3 cup morsels.

Bake 30 to 40 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack.

Cut into 1 inch by 2 inch bars.



Butterscotch Brownies



48 servings



10 minutes prep time
30 minutes bake time

Per Serving (1 inch by 2 inch square):

1 carbohydrate choice

Makes: 48 servings

Calories: 120 Total Fat: 7g (Saturated Fat: 4g)

Sodium: 75mg, Total Carbs: 12g, Dietary Fiber: 0g,

Protein: 1g

Original recipe available:

<https://www.splenda.ca/recipe/butterscotch-brownies/>

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INGREDIENTS

½ cup SPLENDA® Brand
Brown Sugar Blend
¼ teaspoon salt
¼ cup unsalted butter
¼ cup pineapple juice
8 cups air-popped or plain
microwave popcorn
½ cup chopped nuts
(pecans, peanuts)

PREPARATION

Mix the SPLENDA® Brown Sugar Blend, salt, butter and juice in a sauce pan. Bring to a boil for 8 minutes. Remove from the stove and stir in nuts.

Place the popcorn on parchment paper and drizzle the mixture on the popcorn with a spoon. Set aside to air cool for 10 minutes or until the caramel has hardened.

Shape into little balls if desired. Stores well in airtight containers.



Caramel & Nut Popcorn



6 servings



5 minutes prep time

Per Serving (1 1/4 cup): 2 carbohydrate choices

Makes: 6 servings

Calories: 260, Total Fat: 14g(Saturated Fat: 6g),
Sodium: 100mg, Total Carbs: 28g, Dietary Fiber: 2g,
Protein: 3g

Original recipe available: https://www.youtube.com/watch?v=FManmPCP_24

"Caramel Popcorn & Almonds" Photo by Vegan Fest Celebration
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<https://www.flickr.com/photos/veganfeast/4442725044> Caramel
Popcorn & Almonds | Flickr

INGREDIENTS

1 can (19 fl oz/540 mL)

White Kidney Beans,

drained and rinsed

½ cup light cream cheese

½ cup light sour cream

2 tbsp mild green chiles,
chopped

1/3 cup green onion,
chopped

1 cup low fat cheddar
cheese, light

PREPARATION

Preheat oven to 350F.

Mash beans and mix in cream
cheese, sour cream and chiles.

Stir in half of the shredded
cheese (1/2 cup).

Spread into 8 inch by 8 inch
casserole pan and bake in the
oven for 15 minutes.

Turn off the oven, sprinkle the
remaining cheese on top (1/2
cup) and let it melt.

Once melted, remove from oven
and serve with carrot, red
pepper, and celery slices.



Warm White Bean Dip



24 servings



5 minutes prep time

15 min Bake time

Per Serving (2 tbsp)

Makes: 24 (2 tbsp) servings

Calories: 71, Total Fat: 5g, Sodium: 140mg, Total
Carbs: 4g Fibre 1.3g, Protein: 3g

Original recipe available: <https://www.diabetesfoodhub.org/recipes/white-bean-lemon-and-herbed-feta-dip.html>

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INGREDIENTS

1 (8 ounce) package low fat cream cheese, softened
½ cup low fat mayonnaise
½ cup low fat sour cream
1 envelope ranch dip mix
¾ cup sundried tomato, chopped
1 (10 ounce) packages frozen chopped spinach , thawed drained & squeezed dry in paper towels
1 (6 count) package 10-inch flour tortillas (*try Spinach or Sundried Tomato Tortillas for festive colours of red and green)

PREPARATION

In medium mixing bowl, combine cream cheese, sour cream and mayonnaise. Beat in ranch dip mix.

Add chopped sundried tomato and spinach (broken up into small clumps). Mix thoroughly.

Spread mixture onto tortillas, leaving a 1/2" space around edge.

Roll up each tortilla tightly, and wrap each in plastic wrap.

Chill for several hours or overnight.

To serve, cut off ends and cut into 1/2"-3/4" slices (approximately 6 pinwheels per tortilla).



Pinwheel-Sandwich Bites



60 pinwheels



25 minutes prep time

Per Serving (3 pinwheels)

Calories: 115, Total Fat: 4.5g (Saturated Fat: 1.9),
Sodium: 240mg, Total Carbs: 15.5g Fibre 1.3g,
Protein: 3.5g

Original recipe available: <https://health.clevelandclinic.org/low-fat-veggie-and-cream-cheese-pinwheels-recipe/>

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