**STEVIA SWEETENED PUMPKIN PIE**

**Crust:**

1 C. whole almonds, pecans or walnuts

¼ C. butter

1/8 to ¼ teas. Stevia

Process nuts in a blender or food processor for only a few seconds until nuts are coarsely chopped. Place chopped nuts in a bowl and set aside. Put butter in blender and process for 30 seconds or until whipped. Transfer butter to bowl containing chopped nuts and add stevia. Line pie plate with parchment paper to prevent sticking and spread nut mixture on top.

**Filling:**

3 eggs, beaten

1 C. plain yoghurt or uncreamed cottage cheese (dry curd-King Soopers caries this)

½ teas Stevia + or –, depending how sweet you want it

2 C. prepared pumpkin

2 teas cinnamon

1 teas nutmeg

½ teas cloves

Mix all ingredients together in a blender. Blend until smooth. Pour filling over nut crust and bake at 350 degrees for 1 hour or until golden brown.

**Whipping Cream Topping:**

1 Pint heavy whipping cream

¼ tea + or - stevia

Whip the cream and stevia in a blender or electric mixer for several minutes until it gets thick.

**Plain yoghurt sweetened with a little stevia also works great for a whipped topping alternative**

**PUMPKIN MUFFINS**

About - 2 C. pumpkin 0r 1 can ½ to 1 teas. stevia

3 eggs, beaten 2 teas. cinnamon

3 C. nut flour (almond meal) 1 teas. Baking soda

1/3 C. melted butter ½ teas. nutmeg

½ teas. Sea salt

Mix almond flour, melted butter, Stevia, and pumpkin in a blender or food processor until well blended. Add cinnamon, baking soda and salt. Bake in muffin tins, lined with papers, at 350 degrees for about 30 minutes or until done.

\*Nut flour can be made by grinding nuts in a food processor or Vitamin Cottage caries Almond meal in their freezer section.

**CHOCOLATE CHUNK PUMPKIN MUFFINS**

**Variation:** You can add an **unsweetend** baking chocolate bar to make chocolate chip pumpkin bars. You might want to increase stevia by another 1/4 teas or more depending on how sweet you want them. Just take the bar and break or cut the chocolate with a knife into choc. Chip size pieces and mix into batter before filling tins.

**ZUCCHINI MUFFINS**

Use above recipe but use 3 C. grated zucchini instead of pumpkin and leave out the nutmeg.

**Variation:** You can add ½ C. unsweetend cocoa powder to this and 1/4 teas. additional Stevia to make chocolate zucchini muffins.

**STEVIA SWEETENED BROWNIES**

2/3 C. oil or butter ½ teas. Sea salt

3 eggs ¾ C. cocoa powder

1 C. brown rice or nut flour ½ teas. baking soda

½ C. chopped walnuts or pecans (optional) 1 C. dry curd cottage cheese

½ to 1 teaspoon Stevia

Blend all ingredients, except rice flour and chopped nuts, in the blender or food processor until smooth. Stir dry ingredients together, and then mix with wet ingredients. Add nuts and pour into oiled 8” x 8” pan. Bake at 350 degrees for 35min. or until done.

**CHOCOLATE MINT BROWNIES**

Use the Stevia sweetened brownie recipe and add 1 teas. non-sweetened peppermint flavoring.

**CHOCOLATE COCONUT BROWNIES**

Use Stevia Brownie recipe and sprinkle ¾ C coconut on top before baking. What to make sure coconut does not burn

\*Remember to store all flours and nuts in the freezer to keep them from going ransid.

**Stevia Sweetened Carrot Cake**

1 ½ C. nut flour or nut meal (Vitamin Cottage freezer department )

1 ½ C. finely shredded carrots

½ to 1 teas. White powder Stevia

1 C. shredded coconut ( unsweetened )

½ C. butter – softened

3 eggs

1 teas. Cinnamon

1 pinch of salt

1 teas. Baking soda

1 teas. Vanilla ( optional )

Mix eggs and softened butter, then add remaining ingredients and mix thoroughly. Place in a medium sized buttered cake pan and bake for about 30 to 45 min. at 350 degree oven. Cool and then frost with yogurt frosting.

**Yogurt Frosting**

2 C. plain yogurt

 ¼ teas. Stevia

½ teas. vanilla flavoring – optional

Mix all ingredients together and spread on cooled cake. Serve or store in the refrigerator or freezer.

**Banana Bread**

3 very ripe bananas

¼ C. oil

2 eggs

1/3 C. plain yogurt

1 ½ C. rice flour

1 teaspoon baking soda

2 teaspoons baking powder

Blend first 4 ingredients together in a food processor or blender until thoroughly mixed. Mix dry ingredients together, then blend with banana mix. Place in oiled and floured bread pan or muffin pans and cook at 350 degree oven for about 30 to 45 min or until done.

Can add fresh or frozen strawberries and unsweetened whipping cream or Stevia sweetened plain yogurt on top for a strawberry short cake.

**Rice Flour Pie Crust**

1 C. rice flour

½ teaspoon salt

¼ C. butter, chilled

¼ C. very cold water

Mix flour and salt thoroughly. Cut the butter into the flour until butter is pea size pieces. Sprinkle in the water tossing mixture with a fork. Stir firmly with the fork until the dough forms a ball. Press a few times with your hands. Roll out the dough and lift it into or press into a 9” pie pan. Fill with pie filling and bake.

Spicy Nuts

2 cups pecans (or raw nuts of choice)

1 1/2 T. butter (melted)

1 t. ginger

1/4 t. cinnamon

1/4 t. allspice

1/4 t. red (cayenne) pepper

2 level scoops Stevia

Place nuts on wax paper lined roll pan.  Place in oven at 300 degrees for 5 minutes.  Remove nuts from oven place in small bowl and mix with melted butter.  Toss with spices and stevia.   Place back on roll pan and cook at 300 degrees for 20 minutes.  Remove and cool completely.  Enjoy.

**Stevia Sweetend Nut Cookies**

4 ½ Cups Nut Flour ( Almond Meal)

1 Cup walnut pieces

1 Cup flaked unsweetened coconut

½ Cup Melted Butter

3 Eggs

1 teas. Stevia (white powder stevia works well)

1 teas. baking soda

1/8 teas. salt

Cinnamon – optional

Mix all ingredients together, roll in a ball, then place on a cookie sheet. You can flatten then a little bit with your hand. Bake at 350 degrees for about 15 minutes. Take out of oven and place on a cooling rack and sprinkle with cinnamon (optional) and let cool. Store in freezer.

Makes about 3 dozen- depending on size.

**Stevia Sweetend Pumpkin Bread**

4 eggs

2 teas. Stevia

2 Cups pumpkin

1 cup butter

3 cups mashed bananas

1 cup unsweetend coconut

½ cup almond milk or yogurt

1 teas. nutmeg

1 teas. cloves

1 teas. cinnamon

2 teas. baking soda

1 cup brown rice flour

1 cup nut flour

In a large bowl, mix eggs, stevia, oil and pumpkin. Dissolve baking soda in yogurt or milk. Add milk, spices and flour. Butter 2 loaf pans. Bake at 325 degrees for 1 ½ hours. Remove from pans and let cool.

**Almond Flour Pancakes**

1 C. almond flour

2 eggs

¼ C. water

2 T. oil

¼ teas. salt

1 Tablespoon sweetener (agave nector, honey, ¼ teas. stevia

Mix wet ingredients together, then add the flour.

**Rice Pizza Crust**

3 cups cold rice

2 Eggs

1 Cup grated motzerella cheese

Oil for pan

Mix all ingredients together with hands and push into an oiled pizza pan.

Cook at 450 degrees for 20 minutes.

Take out of oven and top with sauce, cheese and whatever else you would like. Then put back into oven and bake til done.

**Lois Lang’s Luscious Bread**

This bread resembles a moist whole wheat bread. It slices nicely, can be toasted and can be used for grilled sandwiches.

2 ½ cups blanched, ground almonds (almond flour)- Vitamin Cottage

¼ - 1/3 cups melted butter

1 cup dry curd cottage cheese (press down as you measure) - King Soopers

1 teaspoon baking soda

¼ teaspoon salt

3 eggs

Preheat oven to 350 degrees.

Place eggs, melted butter, dry curd cottage cheese, baking soda, and salt in food processor using metal blade. Process until the mixture is thick and resembles butter in texture. Add almond flour and process until mixed thoroughly. If the stiffness of the mixture stops the processor, remove the dough with wet hands and knead by hand until almond flour is thoroughly mixed into other ingredients. Grease a loaf pan (about 4”x 8”) generously with butter and coat bottom with ground almond flour. Using wet hands, shape dough into a loaf shape and press into greased pan. Bake at 350 to 375 degrees for about 1 hour or until lightly browned on top. There will be a crack on the top of the loaf. Check by inserting a metal kitchen knife; it ell come out clean when bread is done. Remove from oven and run a metal spatula around the sides of the pan pressing gently against the loaf to loosen it at the corners and bottom of pan. Remove bread by inverting the pan onto a cake rack. Allow to cool thoroughly before you cut it. Don’t cut it while it is piping hot. It needs to firm up its texture.

Cheese Cake

Filling:

3 eggs

1/3 c honey

½ C Plain Yogurt

2 C uncreamed cottage cheese ( Dry Curd )

2 teas. vanilla extract

1-2 teas grated lemon rind

Place all ingredients in blender of food processor ( metal blade ) putting eggs in first so that blender blades will turn freely. Blend until smooth stopping, if necessary, every 15 seconds to push ingredients down, scraping the sides of the container at the same time with a spatula.

Pour into loaf pan with or without crust.

If desired, place drained, unsweetend canned pineapple slices on top of filling.

Bake in oven at 350 degrees for about 30 minutes or until edges are brown.

Cool and refrigerate.