

**March is National Peanut Month *and* National Nutrition Month®
Celebrate with Healthier, Low-Carb Peanut Desserts**

Since March is both National Peanut Month *and* National Nutrition Month, it's an ideal time to try some healthier peanut desserts. One way to make these and other desserts healthier is to use stevia, an all-natural alternative to sugar and artificial sweeteners. "Using stevia reduces sugar and carbohydrate intake and, in many cases, calories—without sacrificing flavor," says Lisa Jobs, author of *Sensational Stevia Desserts*.

Since stevia has no calories, carbohydrates or fat, and doesn't affect glucose levels, virtually anyone can use it, including diabetics, dieters, hypoglycemics and health conscious consumers who want to or need to reduce their sugar/carb intake for health or personal reasons.

Peanut butter is a good source of Protein, Magnesium, Phosphorus, Niacin, Folate and Vitamin E. Plus, it is naturally low in saturated fat, naturally cholesterol-free and has antioxidant properties. By using all-natural peanut butter instead of most popular brands, you'll avoid extra sugar and salt, fillers like partially hydrogenated vegetable oils and other undesirable ingredients common in the popular varieties.

The following two dessert recipes are reprinted with permission from *Sensational Stevia Desserts* by Lisa Jobs (www.steviadessert.com). They have no added sugar, are lower in carbs and sugar and are healthier alternatives to the traditional recipes. These desserts can be enjoyed with virtually *no* guilt and *no* loss in flavor. The sugar comparison with the fudge recipe is truly eye opening from a nutritional perspective.

Positively (Divine) Peanut Butter Pie.

Serving Size: 1 slice • Total Servings: 8

*1 cup (8 oz.) heavy cream**

¼ tsp. vanilla extract

*¼ tsp. stevia extract (see page xii for brand variances)***

4 oz. Neufchâtel cream cheese, softened

½ cup smooth natural peanut butter

*¾ tsp. stevia extract (see page xii for brand variances)***

1 prepared chocolate cookie piecrust (preferably Arrowhead Mills brand because it has no hydrogenated oils or refined sugar)

Beat heavy cream, vanilla and stevia extract until stiff peaks form. Set aside.

Fold cream cheese and peanut butter in large mixing bowl. Using an electric mixer, beat at medium until well blended. Add the ¾ tsp. stevia extract and whipped cream mixture to the peanut butter/cheese mixture. Beat until smooth. Place filling into piecrust and cover. Refrigerate or freeze for at least 2 hours. Prior to serving, if frozen, defrost on counter for about 30 minutes.

*1 cup heavy cream yields about 2 cups whipped cream.

**Since different stevia brands have different sweetness levels, *Sensational Stevia Desserts* has a convenient chart with three manufacturers' measurements. This stevia amount is the minimum to use in the recipes.

Nutrition Facts/Serving

Calories	294
Carbohydrates	16g
Total Sugars	7g
Fiber	1g
Fat	23g
Cholesterol	31mg
Sodium	202mg
Protein	7g

Chocolate-Peanut Butter Fudge II

Serving Size: 1 square (1 1/2" x 1 1/2") • Total Servings: 25

1/3 cup boiling water

*1 3/4 tsp. stevia extract (see page xii for brand variances)***

6 Tbsp. unsalted butter, cut in small pieces

1 1/2 tsp. vanilla extract, divided

1 cup (8 oz.) instant nonfat dry milk

6 oz. unsweetened baking chocolate, chopped (look for Scharffen Berger or Ghirardelli brand)

1 cup natural peanut butter

Measure 1/3 cup boiling water and add stevia. Mix until dissolved. Add the butter and stir until most of it is melted. Add 1/2 tsp. vanilla extract and stir. Pour in mixing bowl and add the dry milk. Mix until blended.

Place chocolate and peanut butter in a microwave-safe bowl and cover. Melt chocolate and peanut butter in microwave for a minimum of 1 1/2 minutes on high. Stir well and microwave another 20 seconds or until the mixture is melted and smooth when stirred. Add butter/milk mixture to peanut butter/chocolate and stir well with electric mixer or by hand. Stir in remaining 1 tsp. vanilla extract.

Foil line an 8" square pan and pour fudge into it. Flatten top with knife or wooden spoon. Cover and refrigerate for about 1 hour. Cut into squares. Keep refrigerated. Stays fresh for about 3 to 4 days in fridge or in freezer in an airtight container for up to 2 months.

Sugar Comparison

Nutrition Facts/Serving: - 1 square

This Recipe		Traditional "Sugar" Recipe
Calories	138	109
Carbohydrates	5g	20g- 4 times more!
Total Sugars	2g	19g- 9.5 times More!
Fiber	2g	0g
Fat	12g	3g
Cholesterol	8mg	3mg
Sodium	40mg	31mg
Protein	4g	2g- Half the protein!

The book also offers this recipe using chocolate chips instead of unsweetened chocolate.

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Recipes excerpted with permission from *Sensational Stevia Desserts: 82 Low-Carb Recipes* by Lisa Jobs (Copyright ©9/05 Healthy Lifestyle Publishing LLC).

About Lisa Jobs:

*Lisa Jobs, B.A., M.J., operated her own stevia business, @Stevia LLC (purveyors of fine stevia products and books), for 10 years. During her tenure, she developed a unique stevia packet blend that was manufactured, produced and distributed under her company name. At the same time, she created hundreds of stevia dessert recipes, the best of which are collected in **Sensational Stevia Desserts (SSD)**. Jobs will be a contributing author to a new book entitled **101 Great Ways to Improve Your Health**, with Dr. Julian Whitaker, Dr. Joseph Mercola, et. al. Currently she is working on a second cookbook.*



Sensational Stevia Desserts by Lisa Jobs, BA, MJ

Foreword by Andrew P. Mandell, Exec. Director, Defeat Diabetes Foundation

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For more information, go to www.steviadessert.com.

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