

Calorie-saving Swaps All Day Long

Trying to cut added sugar without avoiding the foods you love? Sugar is a source of high calories. The meals below replace sugar with Splenda so you can achieve your health goals without compromise.

Find these recipes and more at Splenda.com/recipes

Breakfast

Strawberry
Banana Protein
Smoothie



Banana
Walnut
Pancakes



Apple Pie
Oatmeal



Lunch or Dinner

Lemon
Poppyseed
Dressing



Tacos
w/Southwest
Citrus Salsa



Black Bean
Chili



Chicken
w/Kansas City
Style BBQ Sauce



Snacks & Sweet Treats

No-Sugar
Sugar Cookies



Veggies with
Jalapeno-Lime
Cilantro Dressing



Cinnamon
Apple Crackers



Sweet &
Crunchy Nuts



Chocolate Peanut
Dessert Hummus w/Fruit



Beverages

Mint
Lemonade



Cold Brew
Iced Tea



Hibiscus Tea
Mocktail



Cranberry Bees
Knees Cocktail



Coffee with
Splenda Packets

