

## Bourbon BBQ Sauce



### Ingredients

- 12 ounces Tomato Paste
- 6 ounces Apple Cider Vinegar
- 3 tablespoons Splenda® Stevia, Granulated
- 1/2 cup Bourbon
- 2 tablespoons Worcestershire Sauce
- 3 tablespoons BBQ Spice Mix (salt, red pepper, garlic powder, onion powder, paprika, parsley)
- 1 cup No Sugar Added Apple Sauce

### Preparation

- Combine all ingredients in a medium sauce pot and bring to a boil. Remove from heat and chill sauce for 1 hour. Blend sauce in blender until smooth.

### NUTRITION FACTS PER SERVING

Servings: 32  
Serving size: 3 Tbsp  
Calories 25, Total Fat 0g, Cholesterol 0mg, Sodium 340mg, Total Carbs 3g, Dietary Fiber 1g, Sugars 2g, Protein 1g

## Teriyaki Sauce



### Ingredients

- 1 cup Japanese rice wine, for cooking
- 1 teaspoons garlic powder
- 3 tablespoons Splenda® Stevia, Granulated
- 1/2 cup tamari, reduced sodium
- 1 tablespoon corn starch

### Preparation

- Place Japanese rice wine in saucepan and bring to a boil. Remove from heat and let cool for 5 min.
- Return saucepan to heat; whisk in remaining ingredients and bring to a boil (stirring constantly) until slightly thickened. Use immediately or refrigerate for later use.

### NUTRITION FACTS PER SERVING

Servings: 10  
Serving size: 2 Tbsp  
Calories 50, Total Fat 0g, Cholesterol 0mg, Sodium 560mg, Total Carbs 3g, Dietary Fiber 0g, Sugars 0g, Added Sugars 0g, Protein 2g

## Strawberry Sweet Lime Compote



### Ingredients

- 1 1/2 pounds fresh strawberries
- 2 cups Splenda® No Calorie Sweetener, Granulated
- 4 tablespoons Low Sugar or No Sugar Needed Pectin
- 1 lime (juice & zest)

### Preparation

- Hull strawberries and cut in half; place in a stainless steel saucepan.
- Combine Splenda Granulated Sweetener and pectin in a small mixing bowl; add to strawberries and toss until coated. Bring to a boil over medium heat; reduce heat and simmer 4-5 minutes. Remove from heat; stir in lime peel and juice.
- Chill, covered. Keeps 7-10 days.

### NUTRITION FACTS PER SERVING

Servings: 40  
Serving size: 1 Tbsp  
Calories 10, Total Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carbs 3g, Dietary Fiber 1g, Sugars 0g, Protein 0g

## Chocolate Frosting



### Ingredients

- 2 teaspoons Splenda® Liquid
- 1/4 cup shortening
- 2 tablespoons cocoa powder, unsweetened
- 1 teaspoon vanilla extract
- 1/4 cup 4% milkfat cottage cheese, drained

### Preparation

- In a blender, combine cottage cheese, Splenda Liquid, vanilla extract and shortening on high until smooth. Add cocoa powder, blend until fully incorporated.
- Refrigerate until ready to use.

### NUTRITION FACTS PER SERVING

Servings: 8  
Serving size: 1 Tbsp  
Calories 70, Total Fat 6g, Cholesterol 0mg, Sodium 25mg, Total Carbs 1g, Dietary Fiber 0g, Sugars 0g, Protein 1g