



A Sugar Free Christmas

Carolyn Hartz

Sugar Free
Gluten Free
Keto Friendly
Low Carb
All Natural
Ingredients

sweetlife®

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"A Sugar Free Christmas"

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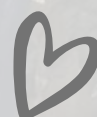
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Christmas is one of my favourite times of the year and like many of you I am hoping the borders will open and my loved ones can come home for the holidays.


This year, I am not only bringing you my favourite gluten free, sugar free, Christmas recipes using Perfect Sweet™ xylitol, but I am excited to share with you some of my quick, easy Sugar Free Kitchen™ mix recipes. My new versatile mixes are the perfect 'sugar free pantry staple'. They reduce shopping for ingredients and are a quick and easy standby for unexpected guests.

At last, I don't have to bake Christmas cakes and desserts and not be able to eat them because they are not gluten free!! Everyone can enjoy these delicious recipes and the added bonus is there are no sugars or hidden sugars. Perfect for friends who may be on the keto diet or just wanting to watch their weight and wellbeing.



Chocolate, Hazelnut and Pistachio Slice





We all know that popular store-bought chocolate spreads are 'sugar loaded'. In fact, sugar is on the top of the label ingredient list. I am very excited to create my own sugar free version, Hazelnut Chocolate Spread, for this decadent Chocolate Hazelnut and Pistachio Slice. The kids can't tell the difference and my 'recipe taster' husband loved it instantly!! It's an all-round favourite in our household.

Makes 18

INGREDIENTS

Slice

400g Hazelnut Chocolate Spread*
50g almond meal
75g desiccated coconut
5g freeze dried raspberries, crumbled
40g almonds, slivered
40g pistachios, chopped

*Hazelnut Chocolate Spread

Makes 500ml (500g)

300g raw hazelnuts
180g Perfect Sweet™ xylitol, ground
50g cacao powder or good quality cocoa
¼ tsp salt
40ml coconut oil, melted

METHOD

Hazelnut Chocolate Spread

Preheat oven to 180°C.

Spread the hazelnuts evenly over a baking tray and roast for 10 minutes, shaking the tray after 5 minutes so they roast evenly, until lightly browned.

Place toasted hazelnuts on a clean tea towel or cloth. Rub in the towel to remove as much of the skins as possible. Transfer the hazelnuts to a food processor and process until finely ground.

Add the xylitol, cacao (or cocoa), salt and coconut oil and process until smooth and creamy. Spoon into a clean airtight container or jar. Keep refrigerated.

RECIPE TIP

Not all the hazelnut skin will come away when you roll them in a tea towel. This method is just to remove the excess loose skin.

METHOD continued

Slice

Line a 15 x 21cm tray with cling wrap.

Roughly chop almonds and pistachios, and lightly crumble the raspberries.


In a large bowl, mix together the chocolate spread, almond meal and coconut until well combined. Fold in half the almonds, pistachios and raspberries.

Press mixture into lined tray and sprinkle with remaining almonds, pistachios and raspberries. Press them gently into the top of the mixture.

Cover and chill for 30 - 45 minutes before slicing.

Baked Cheesecake with Raspberries





The most delicious sugar free, gluten free, keto friendly and low carb baked cheesecake that is sure to be a hit with guests! So perfect as the centrepiece for your Christmas table, or treat your family and friends and bake this easy cheesecake for parties, gatherings, picnics, any occasion!

Serves 15

INGREDIENTS

Crust

275g (2½ cups) almond meal
30g (2 tbsps) Perfect Sweet™ xylitol
115g butter, melted

Filling

500g cream cheese
130g Perfect Sweet™ xylitol
25g arrowroot, sifted
3 X-large eggs (60g)
1 lemon, zest and juice
1 tsp pure vanilla extract
500g sour cream
250g raspberries

METHOD

Crust

Preheat oven to 180°C. Grease a 25cm springform round cake tin.

In a large mixing bowl, stir together the almond meal and xylitol until combined. Add the melted butter and mix with a spoon until the mixture has fully combined into a dough-like ball.

Turn the dough into the tin. Using your hands, gently press the dough into the tin ensuring a uniform thickness. Bake for 15- 20 minutes until golden.

Filling

Preheat oven to 160°C.

In a medium-sized bowl, mix the cream cheese and xylitol until smooth. Add the sifted arrowroot and mix well. Beat in the eggs, one at a time. Add the lemon zest, juice and vanilla and stir. Fold in sour cream and mix until combined.

Pour half of the filling over the cooled baked base and scatter half the raspberries over mixture. Pour in remaining filling and scatter remaining raspberries over top of cheesecake to decorate.

Bake for 35 minutes or until firm to touch. Turn oven off and leave cake for 40 minutes with the door slightly ajar. Set aside to cool down to room temperature before refrigerating. Chill for at least 2 hours before serving. Serve with whipped cream and extra raspberries.



MERRY
Christmas



Raspberry Vanilla Cake



This recipe uses a delicious raspberry butter frosting, but you can also use my Raspberry Cream Cheese Frosting*. I purposely didn't smooth the frosting as I like the look of an unperfected cake. This is a great keto friendly cake for Christmas for those who don't like fruit cake. The kids will love this one too!

Serves 8

INGREDIENTS

1 x 97% Sugar Free Kitchen™ Lamington Cake Mix
3 X-large eggs (60g)
60g unsalted butter, melted
½ cup milk (125ml)

Raspberry Butter Cream Frosting

1 punnet raspberries – put aside 10 raspberries for decoration
200g unsalted butter, softened
50g Perfect Sweet™ xylitol

METHOD

Preheat oven to 120°C. Grease 2 x 15cm round cake pans with butter, and line base and side with baking paper.

Use an electric beater to beat the eggs, melted butter and milk. Add the cake mix and mix on low speed to combine. Beat for 2 minutes on medium speed. Fill prepared pans.

Bake for 15 - 20 minutes or until a skewer inserted into the centre comes out clean. Cool in the pans for 10 - 15 minutes and then put cakes on a wire rack to finish cooling.

Method for Frosting and Assembly

Use an electric beater to beat the raspberries, butter and 50g Perfect Sweet™ xylitol until combined.

To assemble, place the first cake layer on a serving plate and spread over 1/3 of the butter cream frosting. Gently place the second cake layer on top. Using a spatula, spread the remainder of the frosting over the entire cake and decorate the top of cake with remaining raspberries.

**Note:* the recipe for the Raspberry and Cream Cheese Frosting can be found on our website:

<https://www.sweetlife.com.au/recipe/raspberry-and-cream-cheese-filling/>

Festive Chocolate Cookies





I know we are all busy at Christmas but this delicious cookie made with our new Sugar Free Kitchen™ Double Choc Cookie Mix is quick and easy. While I love making Christmas tree cookies, these round cookies are just as pretty when decorated and make wonderful Christmas gifts. Remember, it is quality not quantity so 5 - 6 biscuits for each gift is plenty.

Makes 18 (Christmas Trees or Round cookies)

INGREDIENTS

1 packet Sugar Free Kitchen™ Double Choc Cookie Mix
1 large egg (50g)
30ml water
80g butter, melted

To Decorate Christmas Trees

40g premium dark chocolate
20g choc chips set aside from cookie mix packet
1 tbsp almonds, finely chopped
1 tbsp pistachios, finely chopped
1 tbsp freeze dried raspberries, crumbled

OR

To Decorate Round Cookies

80g premium dark chocolate
20g choc chips set aside from cookie mix packet
1 tbsp almonds, finely chopped
1 tbsp pistachios, finely chopped
1 tbsp freeze dried raspberries, crumbled

COOKIE METHOD

Preheat oven to 140°C.

Grease a baking tray.

Beat the egg and add water. Melt the butter.

Set aside the choc chips included in cookie mix packet for decorating.

Place cookie mix into a bowl and stir in the wet ingredients.

Mixture will be crumbly, but holds together when rolled out or made into round cookies.



METHOD continued

Christmas Trees Method

Roll out the cookie dough to 8 - 10mm thick.

Cut out the trees using a tree shaped cookie cutter. Place on prepared tray.

Bake for 17 minutes or until cooked.

Cool completely on the tray.

To Decorate Christmas Trees

Bring a small saucepan of water to the boil, then remove from heat.

Place the 40g dark chocolate and the choc chips from the cookie mix packet that have been set aside into a heat proof bowl, large enough to sit on the rim of a saucepan without touching the water. Stir constantly until melted and smooth.

When chocolate is slightly cooled, fill a piping bag and pipe fine lines onto trees and sprinkle with chopped or slivered almonds, pistachios and raspberries.

Round Cookies Method

Take a tablespoon of mixture and roll into a ball.

Place onto the prepared tray, flatten and shape the edges. Repeat process.

Bake for 17 minutes or until cooked. Cool completely on the tray.

To Decorate Round Cookies

Bring a small saucepan of water to the boil, then remove from heat.

Place the 80g dark chocolate and the choc chips from the cookie mix packet that have been set aside into a heat proof bowl, large enough to sit on the rim of a saucepan without touching the water. Stir constantly until melted and smooth.

When slightly cooled, spoon chocolate mixture onto the centre of each cookie and sprinkle with chopped or slivered almonds, pistachios and raspberries.



Chocolate Mousse

This is the perfect dessert or quick snack for any occasion over the festive season, as it can be made a day or two in advance or even a week before and frozen if you want a really delicious ice cream!

Chocolate lovers will think this 98% sugar free Chocolate Mousse is too good to be true! Delicious and so chocolatey and decadently sweet you will never know it is 98% sugar free. Even better, is knowing that the mousse has no 'empty calories', is a source of protein and is deliciously satisfying.

Makes 8-10

INGREDIENTS

1 x 98% Sugar Free Kitchen™ Chocolate Mousse Mix
600ml whipping cream

METHOD

Place chocolate mousse mix into a medium sized bowl. Pour in the whipping cream. Use an electric beater on low speed to beat the cream and chocolate mousse mix until combined and then continue to beat until you reach your desired consistency. Do not overbeat.

Spoon into serving dishes, serve as is or simply decorate with berries of your choice.

Tip: If you don't need 10 serves, you can use half the packet (90g) with 300ml of whipping cream. Seal the packet and use remainder for another occasion.

Sugar Free Kitchen™ Mixes



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Christmas Cake





How nice it is to be able to have a delicious gluten free Christmas cake at last. We use almond meal instead of flour and Perfect Sweet™ instead of sugar which gives us a more delicious and much healthier cake at Christmas. Last year, I made 6 mini Christmas Cakes with this recipe and decorated them for gifts. Remember, they don't have to be large as it is the thought that counts. Watch your friends smile with delight!

Serves 24

INGREDIENTS

Butter or oil, to grease
250g unsalted butter, chopped
125ml water
165ml brandy
80g Perfect Sweet™ xylitol
375g raisins
250g sultanas
250g currants
125g pitted prunes, chopped
100g dried mixed peel
4 eggs, large, lightly beaten
1 tsp lemon zest, finely grated
1 tsp orange zest, finely grated
270g almond meal
100g natural almonds, chopped
1½ tsp mixed spice
½ tsp bicarb soda
16-20 whole natural almonds, to decorate

METHOD

Preheat oven to 160°C/140°C fan-forced.

Brush a 23cm round cake pan with butter or oil to grease. Line base and side with two layers of baking paper.

Place butter, water, 125ml of the brandy and xylitol in a medium saucepan and stir over low heat until melted and combined.

Add raisins, sultanas, currants, prunes and peel. Bring to the boil, reduce heat and simmer, uncovered for 8 minutes, stirring often.

Place mixture into a large bowl and cool to room temperature.

METHOD continued

Add eggs, lemon zest and orange zest to fruit mixture and use a wooden spoon to mix well. Stir in almond meal, chopped almonds, mixed spice and bicarb soda, mixing well to combine. Spoon mixture into prepared pan. Decorate with whole almonds and cover cake with baking paper.

Loosely wrap pan in brown paper and bake for 1 hour. Remove the brown paper and reduce temperature to 150°C/130°C fan-forced. Bake for a further hour or until a skewer inserted into the centre comes out clean.

Drizzle hot cake with the remaining 40ml of brandy and set aside to cool completely

Recipe Tip:

When I buy my ingredients, I take the recipe with me to a store that has bulk products and I weigh each ingredient out individually into a small bag (if you have to make 2 cakes get 2 sets of ingredients).

This way, I don't buy more than I need and it is so much easier to make the cake when I get home. No more weighing!!!



Ice Cream Cake

Serves 8 -10

INGREDIENTS

2 vanilla pods
500ml milk
6 large egg yolks
120g Perfect Sweet™ xylitol

Raspberry Layer

100g raspberry or strawberry puree
30ml rosewater
200ml whipping cream

Vanilla Layer

200ml whipping cream

Chocolate Layer

100g Raw Dark Chocolate* or good quality
sugar free dark chocolate, grated, plus extra
to decorate
200ml whipping cream
Fresh berries, to decorate

METHOD

Line the base of a 17cm spring form baking pan with baking paper.

Open vanilla pods and with the blunt side of a knife, scrape seeds into a saucepan. Add pods and milk and bring to the boil. Remove from heat.

Using an electric beater, beat the egg yolks and xylitol in a bowl on high speed until pale and creamy. Using a balloon whisk, gradually pour the boiling milk mixture over the egg mixture, while quickly whisking. Remove pods.

Pour mixture back into the saucepan and heat gently, stirring constantly until the custard thickens enough to coat the back of a wooden spoon.

RASPBERRY LAYER

Pour 200ml of the custard mixture into a bowl. Add the puree, rosewater and cream. Mix well and refrigerate.

VANILLA LAYER

Pour 250ml of the custard mixture into another bowl. Add the cream, mix well and refrigerate.

CHOCOLATE LAYER

Pour the remaining 200ml warm custard and the chocolate into a clean bowl and mix well. Add the cream and mix again. Refrigerate.

Follow the instructions on your ice cream maker to first churn the Raspberry Layer. Spoon into the prepared pan and smooth over with a spatula. Freeze.

Repeat for the Vanilla Layer then smooth mixture over the Raspberry Layer. Freeze.

Lastly, churn the Chocolate Layer. Spoon on top of Vanilla Layer and freeze, preferably overnight.

To serve, turn onto a serving dish and decorate with fresh berries and shaved chocolate.

This ice cream cake is worth every minute it takes to prepare but believe me when I say it is worth it!! It can be made up to a week in advance, and kept in a covered container in the freezer until needed.

I have never tasted an ice cream cake as good as this one! The raspberry and rosewater layer is my favourite. It makes a wonderful Christmas lunch dessert for the kids who don't like Christmas Pudding.

*Raw Dark Chocolate Recipe is available on our website: <https://www.sweetlife.com.au/sugar-free-recipes/biscuit-slice/bitter-dark-chocolate/>

Eton Mess





Everybody loves an Eton Mess and this one is especially good as it has delicious sugar free meringue! It won't give the kids a crazy sugar high on Christmas Day. Sweetened with natural Perfect Sweet™ xylitol, it tastes just like the original but is healthy and high in protein. Add seasonal fruit and berries. Adults love it too.

Serves 10

INGREDIENTS

4 large eggs, whites only
Pinch of salt
90g Perfect Sweet™ xylitol
1 tsp white vinegar
1 tsp pure vanilla extract
300ml whipped cream
Small punnet strawberries
2 kiwi fruit, berries or fruit of your choice

METHOD

Preheat oven to 150°C. Line a baking tray with baking paper.

In a clean bowl, use an electric beater to beat egg whites with salt until stiff peaks form.

Gradually beat in the xylitol and whisk until mixture is glossy. Use a large metal spoon to gently fold in vinegar and vanilla until combined.

Divide the mixture into 8 mini meringues.

Bake for 30 minutes. Reduce temperature to 120°C and bake for a further 40 minutes. Turn oven off and leave meringues to cool with door slightly ajar.

TO PREPARE THE ETON MESS

Break meringue into bite size pieces.

Gently fold in whipped cream. Fold in hulled and quartered strawberries and chopped kiwi fruit.

Spoon into a large serving bowl or into individual parfait glasses.


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Christmas Pudding





This is a great Christmas pudding for people like me, who often do not start their Christmas preparations until the last minute. It can be made a week before Christmas as it does not need time to mature to improve the flavour. The last 30 minutes in the oven gives it the lovely rich colour and flavour. It has no artificially coloured glace fruit and is sweetened with natural, sugar free Perfect Sweet™. Delicious and perfect for everyone!

Serves 16

INGREDIENTS

250g raisins
300g sultanas
200g currants
190g dried figs, chopped
250g butter, finely chopped
200ml brandy
1 tsp ground cinnamon
½ tsp ground nutmeg
⅛ tsp ground cloves
⅛ tsp ground allspice
⅛ tsp ground black pepper
Butter or oil, to grease
300g stale gluten-free breadcrumbs
(remove crusts before processing)
125ml milk, hot
125ml sweet sherry
4 X-large eggs (60g)
90g Perfect Sweet™ xylitol
½ tsp salt

Brandy Butter

125g unsalted butter, softened
50g Perfect Sweet™ xylitol
125ml brandy



METHOD

Combine dried fruit, butter, brandy, spices and black pepper in a large glass or ceramic bowl and mix to combine. Cover and refrigerate overnight.

Brush a 2.5 litre pudding basin with butter or oil to grease well.

Soak breadcrumbs in a large bowl with the hot milk and sherry.

Meanwhile, use an electric beater to beat eggs, xylitol and salt in a separate bowl until pale. Add to breadcrumb mixture and stir well to combine. Add fruit mixture and mix well.

Spoon batter into pudding basin. Cover with greaseproof paper and secure tightly with string. Place the basin in a large saucepan. Fill the saucepan with enough boiling water to come three-quarters up the sides of the basin.

Cover and bring water to the boil. Reduce heat and simmer for 7 hours. Check often and top up with boiling water as needed.

Preheat oven to 150°C/130°C fan-forced. Carefully remove basin from saucepan. Remove greaseproof paper and bake pudding for 30 minutes. Boil the pudding for a further 2 hours on the day of serving.

Serve with brandy butter.

BRANDY BUTTER

Use an electric beater to beat butter and xylitol together in a bowl until pale.

Add the brandy a tablespoon at a time, beating well after each addition (this prevents mixture from separating).

Spoon onto plastic wrap, roll into sausages and refrigerate. Slice and serve with pudding.



Boxing Day Berry Parfaits

Makes 6

INGREDIENTS

1 x 97% Sugar Free Kitchen™ Vanilla Cookie Mix
1 X-large egg (60g)
50g butter, melted
¼ cup water (60ml)

Vanilla Cream Filling

250g cream cheese
1 tsp vanilla extract
¼ cup Perfect Sweet™ xylitol
½ cup thickened cream

Blueberry Coulis

2 cups thawed frozen berries
2 tablespoons of Perfect Sweet™ xylitol or to taste
Loose berries for decoration

These parfaits are a perfect Boxing Day treat for breakfast, or any celebration. Watch family and friends' eyes light up when you put this delicious parfait in front of them. The vanilla cookies are low carb, a good source of protein and keto friendly. I make these cookies a week in advance, then I can quickly whip this up anytime when needed over the holiday break.

The image shows three glasses of a berry cobbler dessert. Each glass is filled with a layer of dark purple berry coulis at the bottom, followed by a layer of golden-brown cookie pieces, a dollop of white vanilla cream, and topped with fresh blueberries and raspberries. The glasses are set on a white plate against a wooden background with star-shaped bokeh lights.

METHOD

Preheat oven to 140°C. Grease a baking tray. Beat egg and add the water. Melt the butter. Place cookie mix in a bowl and stir in the wet ingredients. Mixture will be crumbly but holds together when rolled into balls. Take a tablespoon of the mixture and roll into a ball. Makes 18 cookies.

Place on the baking tray, flatten and shape edges. Repeat the process. Bake for 20 minutes or until cookies are golden. Cool completely on the tray.

To Make Vanilla Cream and Blueberry Coulis

Beat cream cheese and xylitol in a small bowl until smooth. Add the vanilla extract and cream and beat until soft peaks form.

Put the berries and Perfect Sweet™ xylitol into a mortar and pestle and ground until it makes a syrup or simply use a food processor.

To Assemble

Place half the broken cookie pieces into 6 serving glasses. Drop half of the vanilla cream over the cookie pieces. Spoon over half of the berry coulis. Repeat and decorate with the whole or halved berries..



Happy Holidays
from the
SweetLife Team

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