

A perfectly sweet Christmas

Great tasting, sugar free, healthier festive fare with all natural ingredients, low carbs, low GI and also gluten free. Perfect for health conscious people who have high sugar levels, on a gluten free diet or on weight loss programs who also have a sweet tooth.

SUGAR
FREE

5 FABULOUS SUGAR FREE,
GUILT FREE FESTIVE RECIPES



Delicious sugar free Christmas treats.

Now you can bake guilt free, gluten free Christmas treats with our all natural, sugar free Perfect Sweet® xylitol.

Perfect Sweet® xylitol looks and tastes just like sugar. It's perfect in tea, coffee, cereals and in all your favourite recipes. Heat stable for cooking and baking, Perfect Sweet® xylitol mixes and dissolves just like ordinary sugar. Use half the quantity of Perfect Sweet® xylitol to sugar. Perfect for low GI and low carb recipes.

Perfectly natural. Perfect for taste. Perfect for cooking. Perfectly healthy.

See over for recipes or visit sweetlife.com.au for more recipes and information.

life's sweet with sweetlife®

Available at health food stores, independent supermarkets and selected pharmacies.
For the nearest to you, telephone 1300 768 783 or visit www.sweetlife.com.au

Perfect Sweet® Traditional Christmas Cake

Sugar free, flour free, gluten free and guilt free feast



SUGAR
FREE

Gluten Free

250g chopped butter
1/2 cup water
1/2 cup brandy
1/2 cup Perfect Sweet® xylitol
375g raisins
250g sultanas
250g currants
125g chopped pitted prunes
100g mixed peel
4 beaten eggs
1 teaspoon grated lemon zest
1 teaspoon grated orange zest
2 1/4 cup almond meal
100g chopped almonds
1/2 teaspoon bi-carb soda
1 1/2 teaspoon mixed spice
Extra whole almonds to decorate top
2 tablespoons brandy

Grease 23cm cake tin and double line with baking paper. Preheat oven 160°C.
Melt butter, water, brandy and Perfect Sweet® xylitol in a saucepan. Add dried fruit and mixed peel, bring to the boil and simmer for 8 minutes, stirring frequently. Place mixture into large mixing bowl and allow to cool.
Stir in beaten eggs and citrus zest with a wooden spoon. Stir in almond meal, bi-carb soda, mixed spice and chopped almonds. Spoon mixture into prepared tin. Decorate the top with whole almonds and cover the top of cake with baking paper. Loosely wrap cake in brown paper and bake in preheated oven at 160°C for 1 hour. Remove the brown paper and reduce temperature to 150°C. Bake for a further hour or until skewer inserted into centre comes out clean.
Drizzle with 2 tablespoons of brandy and leave to cool in the tin.

Visit sweetlife.com.au for even more recipes and information.

It's healthier with no added sugar and can be made 1 week before Christmas

Perfect Sweet® Christmas Pudding

SUGAR FREE

250g raisins
300g sultanas
200g currants
190g dried figs, chopped
250g butter or suet, finely chopped
200ml brandy
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/8 teaspoon ground allspice
1/8 teaspoon ground black pepper
Melted butter or olive oil, for greasing
300g stale breadcrumbs (Option: gluten-free breadcrumbs)
125ml hot milk
125ml sweet sherry
4 x 60g eggs
80g Perfect Sweet® xylitol
½ teaspoon salt

Perfect Sweet® Brandy Butter
125g unsalted butter, at room temperature
50g Perfect Sweet® xylitol
125ml brandy

Combine raisins, sultanas, currants, figs, butter or suet, brandy, cinnamon, nutmeg, cloves, allspice and pepper in a large glass or ceramic bowl. Cover and refrigerate overnight.

Brush a 2.5 litre pudding basin with butter or oil to grease well. Soak breadcrumbs with hot milk and sherry in a large mixing bowl. Meanwhile, use electric beaters to beat eggs, Perfect Sweet® xylitol and salt in a separate bowl until pale. Stir into breadcrumb mixture. Add fruit mixture and mix well. Spoon into pudding basin. Cover with greaseproof paper and secure tightly with string.

Place the basin in a large saucepan. Add enough boiling water to come three-quarters up side of 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 (300°F/250°F). Remove basin from saucepan. Remove greaseproof paper and bake pudding for 30 minutes.

Boil pudding for a further 2-3 hours on the day of serving.

Perfect Sweet® Brandy Butter

To make brandy butter, use electric beaters to beat butter with Perfect Sweet® xylitol in a small bowl until pale. Add the brandy a tablespoon at a time, beating well after each addition. (This prevents mixture from separating.) Place in a serving bowl. The brandy butter can be frozen for up to 1 month.

Serves 16

Gluten Free

A great gift and easy for kids to bake

Perfect Sweet® Shortbread

SUGAR FREE

150g rice flour
50g ground rice
50g Perfect Sweet® xylitol
150g butter

Mix rice flour, ground rice and Perfect Sweet® xylitol in a mixing bowl.

Add butter and knead into dry ingredients until mixture is combined into a smooth, stiff dough.

Dust worktop with a little ground rice and roll out dough into a 1cm thick oblong. Cut into 8cm x 2cm fingers or use Christmas cutter shapes.

Place dough on a lined baking tray, prick well and rest in refrigerator for 30 minutes.

Bake for 15–20 minutes at 180°C.

Makes 20 shortbread fingers.

Option

Use red rice flour instead of rice flour. Available at health food or Asian grocery stores.

Gluten Free

This healthy delicious jam makes a wonderful Christmas gift. It has no added sugar and is sweetened only with sugar free Perfect Sweet® xylitol.

Perfect Sweet® Blueberry Jam

SUGAR FREE

2 lemons
1kg blueberries
125ml (1/2 cup) water
500g Perfect Sweet® xylitol

Squeeze the juice from the lemons, retaining any seeds. You will need 60ml (1/4 cup) juice. Wrap any seeds in a piece of muslin and tie with string. Set juice aside. Place blueberries, lemon seeds and water in a large saucepan. Bring to a simmer, and cook, uncovered, over low heat for 15 minutes.

Add the lemon juice and Perfect Sweet® xylitol and stir over low heat until Perfect Sweet® xylitol is dissolved. Bring to the boil and cook uncovered, for 25 minutes, removing any surface scum with a slotted spoon, until jam reaches setting point.

Pour hot jam into hot sterilised jars and seal immediately. Turn jars upside-down and stand for 2 minutes to sterilise lids, then turn upright to complete cooling.

Makes 1 litre.

Variation: Strawberry Jam

Use 1kg fresh strawberries, hulled and quartered, in place of blueberries.

Setting Point Test

Drop a teaspoon of jam liquid onto a freezer-chilled saucer and return saucer to freezer for a few seconds until jam is at room temperature. Push the edge of the jam with a fingertip and if the surface wrinkles, the jam is ready. If not, retest on a clean chilled saucer in 5 minutes.

Gluten Free

This Boxing Day treat can be made 2 days in advance

Perfect Sweet® Mini Trifles

SUGAR FREE

Perfect Sweet® Flourless Orange Cake — one serving for each Mini Trifle



Perfect Sweet® Sugar Free Fruit Tea Jelly — 1/4 cup for each Mini Trifle



1 tablespoon orange juice for each Mini Trifle
Strawberries or berries in season
Whipped cream

Place a serving of Perfect Sweet® Flourless Orange Cake into small individual glasses.

Add 1 tablespoon of fruit juice.

Add 1/4 cup of Perfect Sweet® Sugar Free Fruit Tea Jelly.

Add a layer of whipped cream and a layer of strawberries or fresh berries.

Decorate with mint leaves.

Option

You can substitute the whipped cream with yoghurt, ricotta or mascarpone.

You'll find Perfect Sweet® Flourless Orange Cake and Perfect Sweet® Sugar Free Fruit Tea Jelly recipes at sweetlife.com.au

Gluten Free