

# HOW TO COOK WITH LESS CALORIES

by

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**Masters Degree**

in Nutrition, overweight and eating disorders



sorze4  
a taste of sun



amazon  
secret



early  
canola



## Norwegian Apple cake



### Ingredients:

4 pcs. apples (sour)  
5 tbs sugar (75 gr) - 50 g replaced with;  
2 g Just Sweet Natural pre biotic sweetener (mix)  
200 g butter (margarine)  
200 g sugar - where 100 g is replaced by;  
4 g Just Sweet  
2 eggs  
1 dl milk  
170 g flour  
1 ts baking soda

2 tbs of pearl sugar - Sprinkle on top of the cake it goes into the oven.

### Instructions:

Set the oven to 180 °C. Peel the apples and remove the kernel and divide them into thin boats.

Cut the apples into pieces (boats). Put the apple pieces into a plastic bag and add sugar and cinnamon, shake well so that sugar and cinnamon is well distributed on the apple pieces.

Whip butter, sugar and JustSweet lightly and airy in a kitchen machine. Add the eggs one at a time, and whip well between each egg. Add the milk. Sift flour and baking powder over the pipe and gently turn it into the dough.

Distribute half of the dough evenly into a round cake tin, 24 cm in diameter (already prepared with Clearly Canola oil).

Put half of the apples into the dough, with the thinnest side down. Distribute the rest of the dough. Stab the remaining apples with the thin side down into the dough. Finally sprinkle a smooth layer of pearly sugar. Put the cake in the middle of the oven for about 50 minutes.

To be served with sugar free ice cream, sweetened with JustSweet.

**150 of total 275g of sugar was replaced.**

**A calorie reduction close to 600 kcal.**

## Norwegian Pancake - Crepe



### Ingredients:

6 eggs  
~~2 tbs sugar (30g)~~ are replaced with  
1 g JustSweet  
5 dl milk  
5 dl flour  
50 g butter

A can of Clearly Canola for frying - or butter/oil if you don't have it.

### Instructions:

Whip together egg, sugar and milk with a steel whip. Whip flour and melted butter.

Let the dough rest for at least half an hour.

Stir thin pancakes in medium-heated frying pan.

Use Clearly Canola or butter/grease when frying if you do not have a good teflon pan.

To be served with JustSweet'ened jam. Ex. Raspberries, Strawberries or Blueberries. Or with Blueberries, Bacon dices.

**30 of total 30g of sugar was replaced.  
A calorie reduction close to 130 kcal.**

## Brazilian Coconut cake



### Make your own condensed milk, without sugar

½ cup hot water (1.25 dl)  
1 cup (2.5 dl – 210 g) sugar, replaced with;  
½-1 tbs JustSweet™ (2.2-4.5g)  
1 cup (2.5 dl) dried milk from whole milk (105 kcal)

The ingredients should be whipped together and then you put your selfmade condensed milk in the refrigerator overnight. Your home-made condensed milk (3.75 dl – 250 g), have approx. 115 kcal. 46 kcal per 100 g.

### Ingredients for the cake:

4 eggs  
400-200g sugar, replaced with;  
1-2 tbs JustSweet™ (if you do not like it very sweet, start with 1 spoon)  
1 cup vegetable cooking oil (not olive, but preferably coconut oil).  
3 cups flour (7.5 dl)  
1 cup of milk (2,5 dl)  
1 spoon baking powder.

### Instructions:

Mix eggs and sweets with a whisk. If you use sugar, use a mixer. After this is well mixed, put in the rest of the ingredients (baking powder in the end). Then fill this in a finished greased cake form and put it in the oven at 180° C – Check with a knitting needle or fork to see when it is finished.

### To make the cake more juicy

½ cup (1.25 dl) of the condensed milk (made one day in advance).  
1 cup (2.5 dl) of milk. (can be orange juice. Gives an interesting  
¼ cup (0.6 dl) coconut milk

### Coconut Cream

200g of condensed milk (the one you made the day before)  
150g grated coconut without sugar  
150 g of coconut milk  
2.5-3 dl cream

Heat in a saucepan until it becomes like a thick porridge / cream.

### Instructions:

Wait until the cream is cooled. Then;

Divide the cake.

Moisten the parts with what was described as; “to make the cake more juicy”. Use the coconut cream in between the pieces and then on top of the cake.

Sprinkle with grated coconut.

Put in the refrigerator for cooling.

**150 of total 400g+ of sugar was replaced.  
A calorie reduction of approximately; 1600 kcal.**



## Norwegian «Cuttet Wreath»



### Ingredients:

Regular bun dough; 12 buns  
25 gr. yeast  
2 dl lukewarm milk  
4-5 tbs liquid margarine  
~~60 g sugar~~, all replaced with;  
2 g JustSweet  
½ ts cardamom  
5,5 dl flour

### Filling

2 tbs room tempered margarine  
~~2 tablespoons sugar (36g)~~, replaced with;  
1,5g JustSweet  
1 ts cinnamon

and

1 egg for brushing the finished wreath before frying.

### Instructions:

Warm milk and margarine to 37°C, dissolve yeast in the mixture. Mix your the other ingredients with the lukewarm yeast mixture.

If the dough still is «glued» to the bowl, add more flour, until it is no longer attached to the bowl.

Put the dough aside and allow it to rise to double size. This will take 30-40 minutes. Ekt the dough carefully and roll a 20 cm long «sausage».

Roll it into a rectangle about 25-50 cm. Butter a thin layer of margarine and sprinkle sugar and cinnamon evenly.

Roll the dough into a sausage and add it to a wreath. Cut deep in the wreath approx. 1,5 cm and bend the "leaves" alternately to the right and left. The dough is left resting 30-40minutes.

Brush the wreath with eggs as before frying it in the oven at 220°C on the bottom groove, 15 - 20 minutes.

**96 of total 96g of sugar was replaced.  
A calorie reduction close to 400 kcal.**

# Italian Bolognese

4 servings



## Ingredients:

2 tbsp olive oil  
6 rashers of streaky 'pancetta' bacon, chopped  
2 large onions, chopped  
3 garlic cloves, crushed  
2 carrots, chopped  
Stick of celery  
1kg lean minced beef  
2 large glasses of red wine  
2 x 400g cans chopped tomatoes  
2 fresh or dried bay leaves salt and freshly ground black pepper  
800g-1kg dried tagliatelle  
Freshly grated parmesan cheese, to serve

## Instructions:

Heat the oil in a large, heavy-based saucepan and fry the bacon until golden over a medium heat. Add the onions and garlic, frying until softened. Increase the heat and add the minced beef. Fry it until it has browned. Pour in the wine and boil until it has reduced in volume by about a third. Reduce the temperature and stir in the tomatoes and celery. Use JustSweet as a flavor enhancer, to get a round fabulous sauce. ¼ to ½ teaspoon.

Cover with a lid and simmer over a gentle heat for 1-1½ hours until it's rich and thickened. Stir occasionally.

Cook the pasta in plenty of boiling salted water. Drain and divide between plates. Sprinkle a little parmesan over the pasta before adding a good ladleful of the sauce. Finish with a further scattering of cheese and a twist of black pepper.

**No sugar removed from the recipe, but sugar is often the «secret» used to give sauces a round pleasant flavor. When using JustSweet you don't add calories to the Bolognese.**



## Asian Sashimi with Jiāngyóu



### Ingredients:

450 g Salmon loin  
~~3 tbs Soy sauce~~, replaced with sodium reduced;  
10 g of Jiāngyóu soy sauce (with 2 tablespoons of water | optional)  
1 tsp sorze4's instant lime juice\*  
1 tsp of grated garlic  
1 tsp grated ginger  
1 tsp finely chopped shallots  
1 tsp finely chopped coriander  
½ tsp chopped chili

If you don't have sorze4's instant lime juice, use fresh lime juice.

### Instructions:

Cut thin slices of salmon filet, max 3 mm thick.

Arrange on a plate or serving dish.

Mix the remaining ingredients.

Just before serving, toss a few tablespoons of lemon vinaigrette over the salmon and top lightly with sea salt and crushed pepper.

**37% of the sodium from a regular soy sauce was reduced if it was replaced with Jiāngyóu instant Soy sauce.**



## JustSweet Raspberry jam

### Ingredients:

400g of frozen raspberries  
200g of sugar, replaced with;  
1,5g of JustSweet

### Instructions:

Put the ingredients in a blender, or blend it the way you want.

**200 of total 200g of sugar was replaced.  
A calorie reduction close to 800 kcal.**

JustSweet works well with all types of fruits and berries. The sweetness will vary. JustSweet is a synergistic sweetener. It enhances the sweetness of the ingredient it is used in. In raspberries it appears to be 130 times sweeter than sugar. This may vary from fruit to fruit. There is not one fixed reference number for the sweetness of JustSweet mixed in a product.

Note that fruits and berries, contain sugar. Technically, the jam will be; «natural sweetener, with no sugar added». In red berries; sugar is preventing oxidation. JustSweet is not an antioxidant. To preserve the color, jam you want to store, must be frozen or you can add natural colors. like Uruicum.

If you have diabetes, check your intake of jam, also when it's sweetened with JustSweet.





JUSTSWEET  
PREBIOTIC AND NATURAL



## Hot Brazilian Chocolate sauce



### Ingredients:

300g milk chocolate  
75g coconut oil.

### Instructions:

Melt in water. Stir.

## Vanilla Ice Cream

**50% Sugar reduction.**

### Ingredients:

1 piece vanilla bar  
8 egg yolks  
~~150g of sugar~~, replace ½ with sugar and JustSweet;  
75g of sugar  
3 g JustSweet  
5 dl cream

### Instructions:

Divide the vanilla pod in two, lengthwise, and scoop out the vanilla pod pieces.

Whip egg yolks, sugar and JustSweet into egg dough and add the vanilla seeds. Whisk the cream cream stiff and mix into egg dough.

Pour «cream» in a suitable form and put it in the freezer.

Stir in the ice occasionally during freezing, so that ice crystals do not form.

Serve vanilla ice cream plain or add different flavors of the Amazon Secret fruit powders, JustSweeted jams, or chocolate.

Do not throw the egg whites, for example they may be used for meringue or a white omelet.

**75 of total 150g of sugar was replaced.  
A calorie reduction close to 300 kcal.**

Thanks to Edna for  
experimenting with  
JustSweet!

## Hot Brazilian Chocolate sauce



### Ingredients:

300g milk chocolate  
75g coconut oil.

### Instructions:

Melt in water. Stir.

## Strawberry Ice Cream

**100% sugar reduction.**

### Ingredients:

400ml whole milk  
1 can / 200 ml condensed milk\*  
1 box / 200 ml of cream  
1 sorze4's strawberry powder- No sugar  
600gr of strawberries fruit  
1 ts of emulsifier  
1 tbs of JustSweet

**\*Find our receipt for «Brazilian Coconut cake» and see how you can make condensed milk, without sugar.**

### Instructions:

Whisk ingredients in a blender, with half of the strawberries washed, and dried on paper towel.

Put it in a freezer until frozen. Take it out and put it in a mixer. Run it until it is creamy and add the emulsifier. Continue with the blending until it's creamy. Put it back into the freezer.

### How to sweeten the Strawberries:

Put the berries in a pan and heat until it boil and the water comes out. Add 1 spoon of JustSweet, when the syrup is thick, turn off the heat and let it cool.

**700 of total 700g of sugar was replaced.  
A calorie reduction close to 2800 kcal.**



## Sweetened Natural Yogurt

**Yogurts do very often contain a lot of sugar.**

Did you you switch to natural yogurt, to avoid the sugar? And now you miss the sweet fruity flavors of the yogurts you used to eat before? Then you will be happy to know that JustSweet works well in yogurts.

### **Fruits low on calories**

And, calorie reduced fruits may also be something you want? Know that the Amazon Secret powdered does not contain added sugar. Only the natural sugars from the fruits, and among those you can find some flavors that have no sugar.

### **Not only limited to the Amazon Secret**

sorze4 have a lot of fruits as instant. Very soluble and taste like it did before drying. It goes without saying; all fruit powders from sorze4 are sweet and with JustSweet. 100% natural. No artificial sweeteners.



## The Southern-Style Sweetened Ice tea



### 100% NATURAL - NO SUGAR

It's not easy to find any food or beverage with more sugar than the Southern-Style ice tea. 500g sugar on 1 liter of water is a common receipt.

That is 2000 kcal per 1,5 kg of beverage (don't know the volume for this receipt, because it's only made in the south).

5 to 10 teaspoons of JustSweet should be more than enough. It will reduce the kcal to 10-20, a reduction of at least 1980 (and 500g weight).

**kcal reduction: 1980**

# The Southern-Style Sweetened Ice tea



## Vanilla Panna Cotta with sour cream



7-8 portions

### Ingredients:

8 dl cream  
5 tbs sour cream  
1 ts JustSweet  
2 sticks of vanilla  
4 plates of gelatin

### How to do it:

Place the gelatin plates in cold water for five minutes. Rinse well and squeeze out the water.

Cut the vanilla sticks in the middle and scrape the seeds.

Gently cook the cream together with JustSweet, vanilla sticks and vanilla seeds. Remove the vanilla sticks and stir in the gelatin.

Pour the mixture into small glasses. Cool for at least four hours before serving.

With JustSweet you cut down approx. 225g sugar – 880 kcaleet. 100% natural. No artificial sweeteners.

## Apple Jam



### Ingredients:

3 apples (one red and two green)

1 plate of gelatin

1/2 ts JustSweet

Lemon / Lime to taste (May be Amazon Secret Lime)

Vanilla seed to taste

If desired, you can adjust the taste with a little caramel

**kcal reduction:**

**Depends on normal preferred sweetness**

