

# Sweet 'N' Bake Stevia™

*Nature's Harmony® Sweet 'N' Bake Stevia™ is an all-natural herbal sweetener made with superior quality materials. Stevia is a small plant native to the South American country of Paraguay. The sweetener itself is an extract from the leaves of the stevia plant (Stevia rebaudiana).*

PRODUCT CODE: 400179

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To sweeten when baking and cooking.	150-gram box (powder) One serving = 1/2 teaspoon (0.4 g)	Add to cooking or baking when desired. Do not exceed more than 4 tablespoons (1/4 cup) daily.

## DESCRIPTION:

An extraction of the stevia leaf (stevioside) renders a wonderful sweetening agent that can be up to 300 times sweeter than sugar. The result is an extract that provides no calories, in contrast to sugar that has 4.5 calories per gram. Nature's Harmony® Sweet 'N' Bake Stevia™ is standardized to 94.6% steviosides and is a safe alternative to artificial sweeteners, particularly for anyone with blood sugar problems.

**Recommended Daily Allowance:** N/A

**Food Sources:** Cannot be obtained from foods.

**Causes of Deficiency:** N/A

**Symptoms of Deficiency:** N/A

**Complementary Nutrients:** Type 2 Natural Assist™.

## HOW IT WORKS:

Sweet 'N' Bake Stevia™ can replace sugar in most recipes; however, not cup for cup. For this reason, a comprehensive conversion chart is provided in every package. Because stevia does not breakdown when it is heated, unlike aspartame, saccharin and other synthetic sweeteners, it does not lose its sweetening properties and the sweet taste remains. Stevia does not ferment or discolour, so baked products made with stevia won't brown, caramelize or crystallize like sugar. Stevia does not have the stimulating properties that sugar has to encourage the rising properties of yeast; therefore, some baked items may not rise as much as those made with sugar. It is recommended to check baking occasionally by inserting a toothpick into the center to ensure for readiness. Sweet 'N' Bake Stevia™ is compatible with salts, organic acids and other natural sweeteners such as sucrose, molasses, barley malt, honey, fructose and sorbitol.



## DID YOU KNOW...

*Stevia has been produced as a commercial sweetener in Japan since 1977, where it is widely used in the manufacture of soft drinks and food products, and it is enjoyed for table use. Japan consumes more stevia than any other country in the world.*

# Sweet 'N' Bake Stevia™

## RESEARCH:

Studies using stevia have shown that it can reduce blood pressure in people with hypertension. The onset of decreased blood pressure began within one week of initiation of treatment. Preliminary clinical research suggests that stevia might reduce glucose levels in people with type 2 diabetes.

## SIDE EFFECTS:

When used orally in moderation as a sweetener, stevia offers a safe, natural alternative to artificial sweeteners.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use during pregnancy or breastfeeding. Discontinue use if gastrointestinal discomfort occurs or if you experience headache or dizziness. Use with caution if you have known allergies to plants in the Asteraceae/Compositae family, including ragweed, chrysanthemums, marigolds, daisies and many other herbs. Stevia extract can lower blood glucose levels, and when used together, might increase the effects of other herbs and supplements that lower glucose levels. Consult with your health care practitioner if you are taking medication for high blood pressure, since stevia has been shown to reduce blood pressure.

## OTHER CONSIDERATIONS:

Stevia powder tastes slightly bitter if placed directly in the mouth, but when used in baking, the taste is unique in its sweetness. Sweet 'N' Bake Stevia™ is not recommended as an ingredient in the making of yeast breads.

## LABEL:

**TRY ME!**

**FRUIT MUFFINS**  
(Makes 8 large muffins)

2 cups almond powder	1 cup cream
1/4 cup of Nature's Harmony™ Sweet 'N' Bake™	2 tsp vanilla
1/4 tsp salt	1/3 cup oil
1 1/2 tsp baking powder	1 cup fruit of your choice (blueberries, dates, etc.)

Preheat oven to 350°F. Prepare a greased muffin tin and set aside. Mix together almond powder, Sweet 'N' Bake Stevia™, salt and baking powder. Prepare a second bowl with remaining ingredients and beat until fluffy. Add the wet mixture to the dry mixture and stir until well mixed. Add your favorite fruit and blend well. Using large spoonfuls drop mixture into muffin tins. Bake in oven for 10 to 20 minutes or until light golden in colour. Remove from tray, let cool for 5 to 10 minutes.

**ESSAYEZ-MOI!**

**MUFFINS AUX FRUITS**  
(Donne 8 gros muffins)

2 tasses d'amandes en poudre	1 tasse de crème
1/4 tasse de Nature's Harmony™ Sweet 'N' Bake™	2 c. à thé de vanille
1/4 c. à thé de sel	1/3 tasse d'huile
1 c. à thé 1/2 de poudre à pâte	1 tasse de fruits de votre choix (bleuettes, dattes, etc.)

Préchauffer le four à 350 °F. Graisser un moule à muffins et mettre de côté. Mélanger les amandes en poudre, le Sweet 'N' Bake Stevia™, le sel et la poudre à pâte. Préparer un deuxième bol et y verser le reste des ingrédients, et battre jusqu'à consistance légère et aérée. Ajouter le mélange humide au mélange sec, et mélanger jusqu'à consistance homogène. Puis, déposer de grosses cuillerées du mélange dans des moules à muffins. Faire cuire au four pendant 10 à 20 minutes, ou jusqu'à ce que les muffins soient dorés. Retirer du moule, laisser refroidir pendant 5 à 10 minutes.

Extrait traditionnel de la plante stevia, notre produit Stevia offre un goût sucré dans le cadre d'une alimentation saine en calories et en glucides, et sans sucre. La bûche pratique de 150 g de Sweet 'N' Bake Stevia™ Nature's Harmony™ vous aide à convertir facilement vos recettes préférées en petits délices sans sucre! Il existe toujours de légères variations entre les agents édulcorants, aussi assurez-vous d'utiliser notre tableau pratique imprimé sur l'emballage, et prenez soin de consulter le livre de recettes gratuit offert à l'intérieur, à titre de référence rapide.

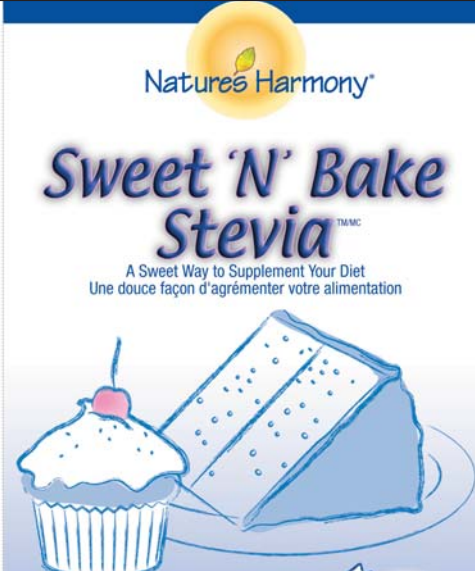
Également disponibles : les sachets Stevia Nature's Harmony™. Ces sachets individuels pratiques sont parfaits pour ajouter une petite touche agréable à vos fruits ou vos boissons chaudes ou froides.

Valeur nutritive: Pour 1/4 c. à thé	
Teneur	% valeur quotidienne
Calories	0 %
Teneur en lipides	0 %
Sodium	0 %
Protéines	0 %
Glucides	0 %
Fibres	0 %
Sucres	0 %
Protéines	0 %
Vitamine A	0 %
Vitamine C	20 %
Calcium	0 %
Fer	0 %

**Usage recommandé ou but :** Adultes : Utilisez le dans vos recettes ou pâtisseries, selon vos goûts.

**ingrédients médicinaux :** Une portion = 1/4 c. à thé (0,4 g) contient :  
Extrait de feuille de Stevia (Stevia rebaudiana) 94,6 g  
glycosides de stevia 30 mg  
ingrédients non médicinaux : maltodextrine, acide ascorbique, citrate de calcium, silice et maïs.

**Information sur les risques :** Ne pas dépasser 4 c. à soupe (1/4 tasse) par jour. Cesser l'usage si on ressentait un inconfort gastro-intestinal le produit ou si vous éprouvez des maux de tête ou des étourdissements. Utiliser avec précaution en cas d'allergies aux plantes de la famille des Astéracées / Compositae (herbe à pouce). Contre-indiqué pour les femmes enceintes ou qui allaitent. Ranger dans un endroit frais et sec.



**Nature's Harmony**  
**Sweet 'N' Bake Stevia™**  
A Sweet Way to Supplement Your Diet  
Une douce façon d'agréments votre alimentation

150 g

**FREE Recipe Booklet Inside!**  
**livret de recettes GRATUIT à l'intérieur!**

**Nutrition Facts:** Per 1/4 teaspoon

Amount	% Daily Value
Calories	0 %
Fat	0 %
Saturated + Trans	0 %
Polysaturated	0 g
Omega-3	0 g
Omega-6	0 g
Monosaturated	0 g
Cholesterol	0 mg
Sodium	0 mg
Potassium	0 mg
Carbohydrate	0 mg
Fibre	0 g
Sugars	0 g
Protein	0 g
Vitamin A	0 %
Vitamin C	20 %
Calcium	0 %
Iron	0 %

**Recommended Use or Purpose:** Adults: Add to cooking or baking when desired.

**Medicinal Ingredients:** One serving = 1/4 teaspoon (0.4 g) contains: Stevia leaf extract (stevia rebaudiana) 94.6 g Stevia glycosides 30 mg

**Non-medical Ingredients:** Maltodextrin, ascorbic acid, calcium citrate, silica and maize.

**Risk Information:** Do not exceed more than 4 tbsps. (1/4 cup) daily. Discontinue use if gastrointestinal discomfort occurs or if you experience headache or dizziness. Use with caution if you have known allergies to plants in the Asteraceae / Compositae family (ragweed). Do not use during pregnancy or lactation. Store in a cool dry place.

Manufactured for / Fabriqué pour:  
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