

equal[®] presents

EQUAL FACT GUIDE & DIABETIC FRIENDLY COOKBOOK



Equal at a Glance

About Equal and Diabetes

People with diabetes are among the most frequent consumers of Equal. It can assist in managing calories, which is an issue for people with diabetes who need to control their blood glucose level. Equal range products can help provide people with diabetes with wider food choices and the pleasure of sweet taste without affecting blood glucose levels.

As New Zealand's No. 1 low calorie sweetener for over 30 years, Equal has proudly been a part of "sweet moments" around the world, with millions of people enjoying the great taste of Equal to sweeten their favourite drinks, fruits, cereals and recipes. With Equal, you can enjoy all the sweet things in life... without all the calories, of course!

The Equal family



Equal sachets

Perfect to sweeten your hot or cold beverages, cereal and fruits. Available in 50 and 100 sachet pack sizes.



Equal Spoonful

Perfect for replacing sugar spoon-for spoon in drinks and recipes. Available in a convenient 113g jar for easy sprinkling and pouring.



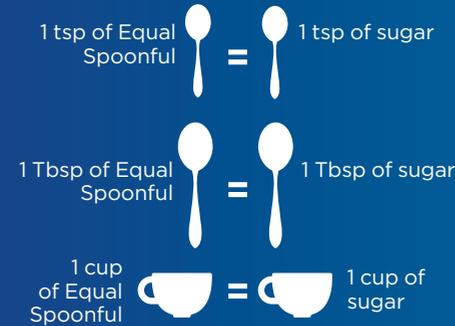
Equal tablets

The perfect sweet addition to your favourite hot or cold beverages. Available in 100, 300 and 500 tablet pack size.

*Note: The recipes in this recipe guide have been approved to meet the nutritional guidelines of Diabetes New Zealand.

Baking Tip

One cup of Equal Spoonful is equal to one cup of sugar



*This product is much lighter in weight than sugar. Be mindful that it does not measure gram for gram, please check measurements when substituting Equal for sugar in recipes.

Chef's Tip

- Use milk to glaze the tops of cakes or muffins which require browning
- Substitute plain flour for self-raising flour when using Equal
- When creating a batter, mix eggs, milk and other liquids together, then add the Equal in last to avoid separation of the mixture.
- Equal can also be used to reduce calories in savoury recipes and works well in marinades, glazes and dressings.

Get the Facts

What is aspartame?

Aspartame is a potent sweetener. It is about 200 times sweeter than sugar (sucrose), so only low concentrations are needed to make foods and beverages sweet. The amounts used are so small that aspartame provides almost no calories. Because of its excellent taste profile, it has become one of the leading low-calorie sweeteners around the world.

Is aspartame safe?

Yes. Aspartame is made from two amino acids, which are the building blocks of protein. When we consume foods or drinks containing aspartame, the sweetener is broken down to its component parts, which are treated in exactly the same way as if they had come from meat, milk or vegetables. Aspartame brings nothing new to the diet. Its safety is supported by more than 200 studies conducted over three decades and confirmed by numerous international

bodies, including the Food and Drug Administration (FDA) in the USA, the Scientific Committee for Food (SCF) - now the European Food Safety Authority (EFSA) - in Europe, and the Food and Agriculture Organisation/World Health Organisation Joint Expert Committee on Food Additives (JECFA). It has been on the market for more than 30 years.

Did you know?

Aspartame is composed of two amino acids, aspartic acid and phenylalanine, which are found naturally in protein containing foods, including meats, grains and dairy products. Your body digests these components in exactly the same way as it would digest them from these other sources.

Is there any truth to the negative information about aspartame I see on the Internet or in the media?

No. Negative allegations that aspartame may be associated with numerous ailments are not based on science. Unfortunately, urban myths about aspartame continue to be circulated over the Internet. The studies have shown that there is no link between aspartame and the anecdotal reports of adverse effects.

What products contain aspartame and how can I tell?

Aspartame is used in carbonated soft drinks, powdered soft drinks, puddings, gelatines, frozen desserts, yogurt, hot cocoa mixes, teas, breath mints, chewing gum and other foods, as well as some vitamin and cold preparations. To locate these products, look for the word “aspartame” (or Sweetener 951) on the ingredient list.

“Consumers can enjoy products sweetened with aspartame as part of a healthy diet.”

Who can use aspartame?

Consumers can enjoy products sweetened with aspartame as part of a healthful diet. However, it is important to keep in mind that children, particularly young children, need ample calories for rapid growth and development. In addition, pregnant and breastfeeding women need to consume adequate calories to nourish the fetus or infant and should consult with a physician or registered dietician about their nutritional needs to follow dietary recommendations given by their doctor.

But what about aspartame’s components? Why do I see “contains phenylalanine” on labels of products containing aspartame?

Phenylalanine is one of the components of aspartame, and is released when aspartame is digested. It is an essential amino acid necessary for growth and development and is obtained from protein containing foods. Some people suffer a rare inherited disorder, phenylketonuria (PKU), which means their ability to metabolise phenylalanine is seriously impaired. In many countries, therefore, it is a legal advisory requirement to state “contains phenylalanine” on the aspartame containing products labels for the information of the PKU patients.

Is Equal safe for those with diabetes?

Yes. People with diabetes are among the most frequent consumers of Equal. It can assist in managing calories, which is an issue for people with diabetes who need to control their blood sugar level. Equal range products can help provide people with diabetes with wider food choices and the pleasure of sweet taste without contributing to raise blood sugar level

Does aspartame cause allergic reactions?

Several well-controlled studies investigating aspartame as a potential allergen have consistently failed to detect any reproducible adverse effects of aspartame ingestion.



Bread and Butter Pudding

Preparation 20 mins | Cooking 40 mins | Serves 12

Ingredients *Method*

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|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6 thick slices bread | 1. Preheat oven to 180°C. Remove the crusts from the bread and cut into triangles. Arrange the bread in a medium sized ovenproof dish. |
| 5 eggs | |
| 2/3 cup <i>Equal Spoonful</i> | |
| 1.2 litres low fat milk | |
| 1 tsp vanilla essence | 2. Whisk together the eggs, Equal, milk, vanilla and sultanas. Pour over the bread. Allow to stand for 15 minutes so the bread can absorb the custard. Sprinkle with nutmeg or mixed spice. |
| 3/4 cup sultanas | |
| 1/2 tsp nutmeg or mixed spice | |
| | 3. Bake for 35-40 minutes or until the custard is set. |



Average Quantity per serving, Energy 640kJ, Protein 8.2g, Fat Total 2.6g, Saturated Fat 0.8g, Carbohydrate 22.7g, Sugars 15.0g, Dietary Fibre 1.4g

Vanilla Slice with Passionfruit Glaze

Preparation 10 mins + 5 hrs chilling time | Cooking 5 mins | Serves 18

Ingredients *Method*

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|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cooking oil spray, to grease | 1. Grease a 20cm square tin with cooking oil. |
| 200g packet lattice biscuits | Line base and sides with baking paper. |
| 1/2 cup custard powder | 2. Line base of tin with 9 lattice biscuits in a single layer, leaving a 1cm border around the outside. |
| 4 cups skim milk | 3. Put custard powder in a medium saucepan and whisk in milk in two batches until well combined and smooth. Cook over a medium heat, stirring constantly for 5 minutes until mixture is very thick. Remove from heat and stir in Equal and vanilla extract. |
| 1 cup <i>Equal Spoonful</i> | 4. Pour over biscuits. Spread to smooth surface. Top with 9 lattice biscuits in a single layer, leaving a 1cm border around the outside. Refrigerate for 5 hours or overnight or until filling has set. |
| 2 Tbsp vanilla extract | 5. To make passionfruit icing, put passionfruit pulp, cornflour and extra Equal in a medium bowl and stir until combined. Cut slice into 9 squares following biscuits as a guide then cut each square in half to form triangles. Drizzle with passionfruit icing and serve. |
| 2 Tbsp fresh passionfruit pulp | |
| 1 Tbsp cornflour | |
| Extra 1 Tbsp <i>Equal Spoonful</i> | |



Pavlova with Summer Fruits

Preparation 15 mins | Cooking 1 hr 10 mins | Serves 8

Ingredients Method

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|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup Equal Spoonful | 1. Preheat oven to 120°C. Line 2 oven trays with baking paper. Spread Equal onto 1 of the prepared trays and warm in oven for 5 minutes. |
| 4 egg whites | 2. Meanwhile, put egg whites in the large bowl of an electric mixer and beat on high, using whisk attachment, until stiff peaks form. With beater running, add Equal 1/4 cup at a time. Once incorporated, beat for a further 2 minutes. |
| 1 tsp white vinegar | 3. Beat in vinegar, cream of tartar, vanilla and cornflour. Spoon mixture onto remaining prepared tray, in a mound about 18cm wide. Bake for 5 minutes, then reduce oven temperature to 100°C and bake for a further 1 hour or until firm to touch. |
| 1/2 tsp cream of tartar | 4. Remove from oven and set aside to cool for 15 minutes or until cooled to room temperature. Transfer to a serving plate and top with whipped cream, fruits and passionfruit pulp. Serve. |
| 2 tsp vanilla extract | |
| 2 tsp cornflour | |
| 200ml thickened cream, whipped | |
| 1/4 mango, peeled, thinly sliced | |
| 60g raspberries | |
| 1 kiwi fruit, peeled, thinly sliced | |
| 1/4 cup thinly sliced fresh pineapple pieces | |
| Pulp of 1 passionfruit | |



Average Quantity per serving, Energy 534 kJ, Protein 2.7 g, Fat total 9.4 g, Saturated fat 6 g, Carbohydrates 7.6 g, Sugars 3.8 g, Sodium 38 mg

Peanut Butter & Choc-Chip Slice

Preparation 20 mins | Cooking 20 mins | Serves 24

| <i>Ingredients</i> | <i>Method</i> |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1/2 cup (125g) butter, softened | 1. Preheat oven to 175°C |
| 1 cup <i>Equal Spoonful</i> | 2. Beat butter, Equal and brown sugar until well combined. Stir in milk, peanut butter, egg and vanilla until blended. Gradually mix in combined flour, oats, baking soda and salt until blended. Stir in chocolate chips. |
| 1/3 cup firmly packed brown sugar | 3. Spread mixture evenly in well-sprayed 32cm x 23cm baking pan. Bake for 23-25 minutes or until a skewer inserted near centre comes out clean. Cool completely in pan on wire rack. Cut into squares. |
| 1/2 cup low fat milk | 4. Store in airtight container at room temperature. |
| 1/2 cup creamy peanut butter | |
| 1 egg | |
| 1 tsp vanilla | |
| 1 cup all-purpose flour | |
| 3/4 cup quick oats, uncooked | |
| 1/2 tsp baking soda | |
| 1/4 tsp salt | |
| 3/4 cup mini semi-sweet chocolate chips | |

Ginger Moments

Preparation 20 mins | Cooking 20 mins | Serves 32

| <i>Ingredients</i> | <i>Method</i> |
|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup plain flour | 1. Preheat oven to 180°C. Line 3 oven trays with baking paper. |
| 1/2 cup self-raising flour | 2. Put flours, Equal and spices into a large bowl and stir until combined. In a second large bowl combine butter, treacle, egg and milk. Add glacé ginger then add to dry ingredients and mix until a firm dough forms. Roll teaspoonfuls of mixture into balls and arrange on prepared trays. Press down gently with a fork. Bake for 12-15 minutes or until golden brown. Allow to cool on a wire rack. |
| 1 cup <i>Equal Spoonful</i> | 3. Meanwhile, to make cream cheese filling put all ingredients into a large bowl. Beat with an electric hand beater until smooth. |
| 1 Tbsp ground ginger | 4. Once biscuits have cooled, sandwich biscuits together with a little filling. Serve. |
| 1/2 tsp mixed spice | |
| 80g butter, melted | |
| 1 Tbsp treacle, warmed | |
| 1 egg | |
| 1 Tbsp low fat milk | |
| 1 Tbsp finely chopped glacé ginger | |
| <i>Cream Cheese Filling</i> | |
| 125g light cream cheese | |
| 2 Tbsp <i>Equal Spoonful</i> | |
| 1 tsp ground ginger | |
| 1/4 tsp grated orange rind | |
| 1/2 tsp vanilla essence | |

Average Quantity per serving, Energy 285 kJ, Protein 1 g, Fat total 4 g, Carbohydrates 7 g

Average Quantity per serving, Energy 197.7 kJ, Protein 1.4 g, Fat total 0.9 g, Saturated fat 0.4 g, Carbohydrates 8.2 g, Sugars 2.2 g, Sodium 41.1 mg

Bruschetta

Preparation 10 mins | Cooking 15 mins | Serves 4

Ingredients Method

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| <p>4 Roma tomatoes 1/2 small red onion, finely diced 1/4 cup fresh basil leaves, finely shredded 2 Tbsp extra virgin olive oil 1 Tbsp <i>Equal Spoonful</i> or 2 <i>Equal Sachets</i> 1 Tbsp chopped fresh oregano 1 tsp minced fresh garlic Sea-salt flakes and freshly ground black pepper, to season Sliced Italian bread, grilled, to serve 1/2 cup bocconcini, thinly sliced extra basil leaves, to serve extra oil, to drizzle</p> | <ol style="list-style-type: none"> 1. Cut tomatoes into quarters and remove seeds. Finely dice and transfer to a large bowl. 2. Add onion, basil, oil, <i>Equal</i>, oregano and garlic. Gently toss together and season with salt and pepper. Set aside at room temperature for 15 minutes to let flavours infuse. 3. Serve tomato mixture on toasted Italian bread with bocconcini, extra basil and a drizzle of extra oil. <p>**CHEF'S TIP - Toss tomato mixture with freshly cooked pasta for a delicious dinner.</p> |
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Roasted Tomato & Apple Chutney

Preparation 10 mins | Cooking 1 hr 45 mins | Serves 2

Ingredients Method

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| <p>750g tomatoes, halved 1/3 cup <i>Equal Spoonful</i> ground black pepper, to taste 2 Tbsp olive oil 2 onions, chopped 4 small red chillies, finely chopped 2 apples, peeled, chopped 1 cup <i>Equal Spoonful</i>, extra 1 cup white wine vinegar 2 Tbsp seedy mustard 1 tsp ground cinnamon 1/2 tsp garam masala</p> | <ol style="list-style-type: none"> 1. Preheat the oven to 200°C. 2. Cut the tomatoes in half and lay them cut side up on a baking paper-lined baking tray. Sprinkle with <i>Equal</i> and pepper. Bake for 30 minutes or until softened. 3. Meanwhile, combine the oil, onions and chilli in a large saucepan and cook over low heat for 15 minutes or until caramelised. Add the tomatoes, apple, extra <i>Equal</i>, vinegar, mustard, cinnamon and garam masala. 4. Bring to the boil, reduce heat to low and cook for 1 hour or until the mixture becomes very thick. Stir often to prevent the mixture from sticking to the base and corners of the saucepan. Allow to cool. |
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*Serving suggestion: Serve chutney with meats, sandwiches or with cheese and biscuits.

Average Quantity per serving: Energy 723.7 kJ, Protein 5.6 g, Fat total 8.5 g Saturated fat 2.2 g, Carbohydrates 16.4 g, Sugars 3.2 g, Dietary Fibre 4 g, Sodium 143.8 mg

Average Quantity per serving: Energy 272 kJ, Protein 1.1 g, Fat total 3.2 g, Saturated fat 0.4 g, Carbohydrates 7.2 g, Sugars 4.7 g, Sodium 35 mg

Big on sweetness Small on calories

As New Zealand's number one low calorie sweetener brand, Equal knows the importance of great taste, and we believe you can enjoy all the sweet things in life...without all the calories, of course!

Rum & Raisin Balls

Preparation 10mins | Cooking nil | Serves 36

Ingredients

- 1 cup raisins
- 3 Tbsp rum
- 1 cup almond meal
- 1 cup flaked almonds
- 1/2 tsp almond essence
- 1/2 cup Equal Spoonful
- Cocoa powder and desiccated coconut, for coating (optional)

Method

1. Soak raisins in the rum overnight.
2. Drain and place in a food processor with the flaked almonds, almond meal, almond essence and Equal. Process until just combined.
3. Shape mixture into balls. Roll in cocoa or coconut, if desired.



The essential ingredient

Equal Spoonful has almost no calories and measures spoon-for-spoon like sugar. Perfect for your recipes, cereals and drinks.

Visit our website for more information on our products & recipes.



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