

Facts About and Sources for Stevia and Monkfruit

Stevia has a slight licorice-like taste which is noticeable in bland recipes but almost undetectable in recipes containing strongly flavored ingredients such as cranberries, carob or chocolate. Several years ago, more neutral tasting white stevia powder was developed which is treated during production to reduce the licorice-like taste. Some brands of stevia powder are cut with cornstarch or other fillers, so read labels before purchasing.

The brand of stevia I prefer is from -

Berlin Seeds

5335 County Highway 77
Millersburg, OH 44654
(330) 893-2091

Berlin Seeds' stevia is the most purely-sweet tasting stevia and is less expensive than the other improved-taste brands of stevia which I am aware of. You may order by phone or request a catalogue and order by mail. The company is Amish so they have no website, but they are very efficient with phone orders.

Monkfruit comes from a melon tree native to Asia, *Siraitia grosevenorii*. Because the sweet molecules in the melon are present in only 1% concentration, considerable refining is needed to produce monk fruit extract, so it is more expensive than stevia. Monkfruit may be cut with other sweeteners such as dextrose, erythritol or other sugar alcohols, so read the labels. The taste of monk fruit in low concentrations is described as pure sweetness by most people. In higher amounts, it can have a taste that reminds some people of squash.

The two sweeteners have different time patterns of how quickly the tongue perceives "sweet" and how long the sweet taste lasts. Stevia tastes sweet slowly, but the sweetness lasts. Monk fruit tastes sweet immediately but the sweetness does not last long. For this reason, many people prefer stevia in beverages and monk fruit or half stevia and half monk fruit in baked goods.

The brand of monkfruit I prefer comes from Nuts.com -
<https://nuts.com/cookingbaking/sweeteners/natural-sugar-replacements/monkfruit.html>

Books that contain allergy and other special diet recipes which use stevia and monkfruit can be found by clicking on the "Books" tab at:

www.food-allergy.org (Use the hyphen or you will get a website with a conventional definition of food allergies that includes only IgE mediated allergies).

www.foodallergyandglutenfreeweightloss.com

www.healingbasics.life

These websites contain information on additional types of special diets, all of which benefit from reducing or eliminating sugar consumption.

SUGAR ALTERNATIVES

STEVIA
 Stevia is being widely used in place of sugars that raise glycemic levels. Our Stevia is produced using a special treatment process that uses the properties of the whole leaf, yielding the pure sweetness of the Stevia and eliminating the bitter taste of some Stevia. Better Stevia is free of chemicals, artificial colors, flavors, and preservatives, is hypo-allergenic and contains no alcohol. Try the clean, sweet taste of Stevia in your favorite foods and beverages.
 Our bulk Stevia is organic and has been modified with natural enzymes to eliminate the characteristic after taste associated with Stevia. It is extracted with water and alcohol then filtered so the filters are gluten free.



STEVIA SEED #2696
 Grow your own plant! Includes some instructions on growing and harvesting Stevia. (See Herb Seeds & Plants section for Stevia plants)
 Pkt. (25 sds)\$3.15

STEVIA PURE EXTRACT
 200-300 times sweeter than sugar
 1 tsp. = 1 c. sugar
 1 lb.\$59.00 #3116
 1/2 lb.\$32.95 #3118
 1/4 lb.\$19.40 #3120
 1 oz.\$7.70 #3122

Canning Fruit: Mix 7 gal. water, 2 c. sugar, 1 1/2 tsp. Stevia powder, 25-45 oz. pineapple juice. Use this as a syrup to can peaches, pears, etc.
Applesauce: Use yellow delicious or sweet flavored apples and use pineapple juice to boil instead of water. 1% of a 16 oz. can will do 1 (1/2 bushel apples). Use Stevia to sweeten. Your sauce will not turn dark, and it will have a refreshing flavor.

BETTER STEVIA LIQUID
 Extract. Will disperse easier than the glycerite version.
 2 oz.\$8.95 #3038
 8 oz.\$23.95 #3024



BETTER STEVIA GLYCERITE
 (Non-alcohol) Thicker consistency than liquid extract. Extracted with glycerine instead of alcohol.
 2 oz.\$8.90 #3042
 8 oz.\$23.90 #3022



Lemon Twist #3040
English Toffee #3036
Chocolate #3030
French Vanilla #3034

LIQUID STEVIA
 (Naturally flavored) Make your own healthy sweet drinks, baked goods, and more.
 2oz.\$10.95
Lemon Twist #3040
 Use for: Lemon Tea, Lemonade, Fruit Sauces, Oatmeal, Smoothies, Yogurt
English Toffee #3036
 Use for: Icing, Coffee, Cappuccino, Hot Chocolate
Chocolate #3030
 Use for: Chocolate Milk, Icing, Ice Cream, Cookies, Cappuccino, Hot Chocolate
French Vanilla #3034
 Use for: Cappuccino, Homemade Ice Cream, Icing, Yogurt

STEVIA NATURALLY SWEET RECIPES #3204



Rita DePuydt. For Desserts, Drinks & More. A hot new book. 116 Tested recipes for beverages, cookies, bars, quick breads, muffins, cakes, puddings, pies, toppings, sauces, and more. A wonderful collection of low-sugar, whole food recipes. An excellent recipe book for anyone wishing to reduce their consumption of sugars. Over 200 pages.
 \$14.25

ERYTHRITOL

ERYTHRITOL
 Similar to Xylitol, easier to digest.
 1 lb.\$8.30 #3026
 10 lb.\$6.90 per lb. #3027
 55 lb.\$6.80 per lb. #3029

STEVIA XYLITOL
 What's the difference?
 Stevia can readily be used as a sugar substitute to sweeten liquids and in cooking. Since 1 tsp. = 1 c. sugar, you will not have the bulk needed for baking with a regular recipe. Our Stevia book has recipes that are revised to do baking with Stevia.
 Xylitol is easily used with any recipe in cooking or baking. 1 scant c. = 1 c. sugar. It will crystallize in cold jams and jellies. Xylitol promotes dental health - See page 128 for toothpaste.



XYLITOL
 100% pure Xylitol powder, derived from Non-GMO corn. Xylitol is an all natural sweetener that looks and tastes like sugar. It can be used as a sugar substitute in most recipes, including baking. Xylitol promotes good health since it has none of the negative side effects of white sugar and artificial sweeteners. It is a great sugar alternative for diabetics. One cup of sugar = one scant cup of Xylitol.
 1 lb.\$4.95 #3002
 10 lb.\$4.40 per lb. #3004
 55 lb.\$4.30 per lb. #3006



MAPLE SYRUP
 It's real! Maple Syrup straight from Ohio maple trees to your table. Delectably smooth and expertly created, our Ohio Maple Syrup is rich in flavor and color. Enjoy it on pancakes, waffles, French toast, or in oatmeal. Try it in homemade granola, applesauce, baked beans, candied sweet potatoes or steamed carrot. It's also great in cakes, pies, breads or in tea.
 The different flavors are established by how long the sap is boiled in order to reach the desired sugar level for syrup. How much we have of each flavor depends on how the sap runs, so you will need to be ok with substitutes if we run out of your choice flavor.
Soft Taste: Has the perfect touch to bring sweetness and a hint of maple to your creations.
Rich Taste: is the perfect middle ground for coffee, tea and vanilla ice cream.
Ultra-Rich Taste: is a great way to add sweet and smoky flavor to your favorite recipes.
 Soft Taste (1/4 gal.)\$32.00 #MS101 - 5 lb
 Rich Taste (1/4 gal.)\$32.00 #MS103 - 5 lb
 Ultra Rich Taste (1/4 gal.)\$32.00 #MS105 - 5 lb

HEALTH & WELLNESS