

TASTE THE POSSIBILITIES

For delicious drinks

Equal
0 Calorie Sweetener

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Cause a stir.™

ALMOND MOCHA COFFEE

Ingredients

- 1 cup (250mL) brewed dark roast coffee (see Coffee Tips)
- 1 tbsp. (15mL) Equal® Granular or 1½ packets Equal® sweetener
- 2 tsp. (10mL) unsweetened cocoa powder
- ½ cup (125mL) hot milk
- 2 tbsp. (30mL) almond-flavoured syrup
- Crushed whole roasted almonds

Makes 1 serving

Preparation

Mix coffee with Equal® and cocoa powder in a large mug.
Top with hot milk and almond-flavoured syrup.
Stir to mix and garnish with crushed almonds.

Helpful Hints

To heat milk, microwave on high power for one minute. For variety, try replacing almond syrup with hazelnut and topping with crushed hazelnuts.



CRANBERRY SPRITZER

Ingredients

- 3 cups (750mL) water
- 2 cups (500mL) cranberry juice
- 1 can frozen orange juice concentrate, thawed
- 1 can frozen lemonade concentrate, thawed
- ½ cup (125mL) Equal® Granular or 12 packets Equal® sweetener
- 6 cups (1.5L) diet lemon-lime soda, chilled

Makes 12 servings

Preparation

Combine water, cranberry juice, orange juice and lemonade concentrates. Stir in Equal® until dissolved.

Chill 1 to 2 hours. Stir in lemon-lime soda just before serving.

Garnish each glass with slices of lemon, lime or orange.



CHAI LATTE

Ingredients

- ½ cup (125mL) very warm milk
- ½ cup (125mL) strongly brewed Chai tea
- 1 tbsp. (15mL) Equal® Granular or 1½ packets Equal® sweetener
- ½ tsp. vanilla
- A pinch of ground cloves

Makes 1 serving

Preparation

Combine all ingredients in beverage mug until blended and serve immediately.

Helpful Hints

To heat milk, microwave on high 30-40 seconds.



BANANA BERRY SMOOTHIE

Ingredients

- 1 cup (250mL) orange juice
- 1 cup (250mL) nonfat plain yogurt
- 1 peeled banana, cut into pieces
- 1 cup (250mL) whole strawberries or raspberries
- ¼ cup (50mL) Equal® Granular or 6 packets Equal® sweetener

Makes 2 servings

Preparation

Place all ingredients in blender or food processor, cover and process until smooth.

Garnish with fresh fruit and serve immediately in tall glasses.



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COFFEE LATTE

Ingredients

- 1½ cups (300mL) regular grind espresso or other dark roast coffee (see Coffee Tips)
- 1 cinnamon stick, broken into pieces
- 6 cups (1.5L) water
- 2½ cups (625mL) milk
- ⅓ cup (75mL) Equal® Granular or 8 packets Equal® sweetener
- Ground cinnamon or nutmeg

Makes 8 servings

Preparation

Place coffee and cinnamon stick in filter basket of drip coffeemaker and brew with water. While coffee is brewing, **heat** milk in microwave for 2½ minutes on high. **Process** half of milk in blender at high speed until foamy, about 15 seconds. **Stir** Equal® into brewed coffee and pour into 8 mugs. **Add** hot milk and top with milk foam. **Sprinkle** with cinnamon or nutmeg before serving.



PERFECT ICED TEA

Ingredients

- Water
- 6 teabags (flavour of your choice)
- Ice
- Lemon wedges (optional)
- Equal® sweetener

Makes 4 servings

Preparation

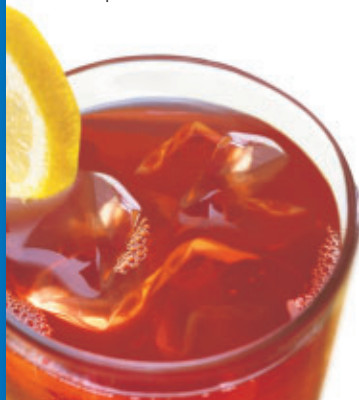
Pour 1 cup (250mL) of boiling water over teabags and let steep for five minutes.

Pour tea into a 1-litre pitcher filled with ice. Stir and add cold water to adjust strength to taste.

Garnish with lemon and add Equal® sweetener to taste.

Helpful Hints

Serve immediately; fresh iced tea spoils after only a few hours.



LUSCIOUS LOW CALORIE LEMONADE

Ingredients

- 7 cups (1.75L) water
- 1 cup (250mL) lemon juice from concentrate
- 1 cup (250mL) Equal® Granular or 24 packets Equal® sweetener

Makes 8 servings

Preparation

Combine ingredients.

Stir until Equal® dissolves.

Serve over ice.



COFFEE TIPS

Great coffee is as easy to make as it is delicious to drink.

1. Water – Good coffee starts with clean, cold, fresh water. Use bottled or filtered water if necessary.
2. Beans – Whole coffee beans ground just before brewing taste best.
3. Brewing – One tablespoon (15mL) of coffee per cup is a good rule of thumb.
4. Extras – Sweeten it with Equal®. Lighten it with milk, cream or soymilk. Spice it up with a dash of cinnamon, nutmeg or vanilla. The possibilities are endless.

