

EQUAL[®]

SWEETENER

A BETTER WAY TO THE TASTE YOU LOVE



FOR MORE GREAT
EQUAL RECIPES VISIT
WWW.EQUAL.COM



CHOCOLATE CHIP COOKIES

28% CALORIE REDUCTION FROM TRADITIONAL RECIPE

MAKES ABOUT 2 DOZEN COOKIES

- $\frac{1}{2}$ cup stick butter or margarine, softened
- 1 egg
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup Equal[®] Spoonful*
- $\frac{1}{2}$ cup firmly packed light brown sugar
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup semi-sweet chocolate chips or mini-chocolate chips

*May substitute 8 packets Equal[®] sweetener

BEAT butter with electric mixer until fluffy. Beat in egg and vanilla until blended. Mix in Equal[®] Spoonful and brown sugar until combined.

COMBINE flour, baking soda and salt. Mix into butter mixture until well blended. Stir in chocolate chips.

DROP dough by rounded teaspoons on ungreased baking sheet. Bake in preheated 350°F oven 8 to 10 minutes or until light golden color. Transfer to wire rack and let cool.

NUTRITION INFORMATION PER SERVING (ONE COOKIE)

67 cal., 1g pro., 8g carb., 4g fat, 16mg chol., 80mg sodium
Food exchanges: $\frac{1}{2}$ starch, 1 fat

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GREAT TASTE. 0 CALORIES.

EQUAL[®]
www.equal.com SWEETENER

Think Equal[®] sweetener is just for great tasting coffee, iced tea and cereal? Think again. There are over 125 delicious recipes that have been developed using Equal ranging from beverages to salads to delicious fruit pies and cheesecakes.

ADVANTAGES OF USING EQUAL IN RECIPES

- Equal helps people with diabetes enjoy broader flexibility in their diets
- Delicious recipes have been developed that are lower in calories, carbohydrates and fat than traditional versions
- All recipes from the Equal Test Kitchen include nutritional information and food exchanges for meal planning calculation

RECIPE VARIETY

Equal's Test Kitchen has developed a wide variety of recipes such as:

- Beverages
- Salads and salad dressings
- Jams and jellies
- Entrees
- Fruit pies
- Cheesecakes
- Cakes, cookies, brownies and muffins

USING EQUAL IN RECIPES

- Equal can be used instead of sugar in a wide variety of recipes where sugar functions primarily as a sweetener
- For best results, use recipes designed for Equal or add Equal to recipes after removing from heat to maintain sweetness
- Keep in mind that cakes, cookies and pastries strongly depend on sugar for bulk, tenderness and browning – properties that no sugar substitute can provide

CONVERTING EQUAL FOR USE IN RECIPES

- Both Equal[®] packets and Equal[®] Spoonful can be used in recipes
- Equal packets are concentrated, while Equal Spoonful measures cup for cup like sugar
- All packaging and printed materials include an easy and convenient Equal sweetener conversion chart:

EQUAL SWEETENER CONVERSION CHART

SUGAR	EQUAL [®] PACKETS	EQUAL [®] SPOONFUL
2 teaspoons	1 packet	2 teaspoons
1 tablespoon	1 ½ packets	1 tablespoon
¼ cup	6 packets	¼ cup
⅓ cup	8 packets	⅓ cup
½ cup	12 packets	½ cup
¾ cup	18 packets	¾ cup
1 cup	24 packets	1 cup
1 pound	57 packets	2 ¼ cups

EQUAL RECIPE TIMES AND TEMPERATURES

The Equal recipes developed by the Equal Test Kitchen span a variety of cooking/baking times and temperatures. For example, the Equal Apple Pie recipe is baked at 425°F for 40 minutes. Please refer to www.equal.com for other recipe examples.

EQUAL'S SHELF LIFE

- Equal has an indefinite shelf life if stored away from heat and humidity
- Store Equal as you would sugar

WWW.EQUAL.COM HAS THE ANSWERS

- Access our archive of over 125 recipes that have been specially developed and tested in the Equal Test Kitchen
- You may also contact Equal Consumer Affairs toll free at 800-323-5316 to ask about recipes

CHECK OUT THESE GREAT RECIPES MADE WITH EQUAL:

Fruit Smoothie
Carrot Crazy's
Oriental Garden Toss

Cabbage Slaw
Fruit-Stuffed Pork Tenderloin
Ginger Chicken

Apple Streusel Pie
Bittersweet Chocolate Torte
Cinnamon Raisin Bread

Country Peach Tart
Double Chocolate Fudgies
New York Cheesecake

To obtain all our great recipes, and for additional information on Equal visit www.equal.com or call 1-800-323-5316