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So let's not waste a drop!
Use up your leftovers
with our collection of
delicious recipes.

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WASTE
MORE
TASTE



Welcome to our recipe book. Inside you'll find deliciously sweet recipes created just for you by some of today's top food bloggers to inspire you to use leftovers and avoid waste.

We are proud to be supporting FareShare, a charity working hard to tackle food waste and fight hunger. That's why for every Limited Edition Canderel® 75g jar sold, we're giving 5p* to FareShare.

With your help we can provide 100,000 meals to people in need.



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RECIPES

- 1. Banana & Walnut Cake**
- Natalie Dickinson (Hello Cuppies)
- 2. Blood Orange Angel Food Cake**
- Lucy Burton (Pudding Lane)
- 3. Bread & Butter Pudding**
- Amy Lorimer (Baking with Granny)
- 4. Carrot Cake (Vegan)**
- Vicki Montague (Free From Fairy)
- 5. Chicken, Ham & Leek Pie**
- Nicki Ellis (The Little Big Foodie)
- 6. Crumb Cake Mincemeat Pudding**
- Karen Burns Booth (Lavendar and Lovage)
- 7. Curried Potato & Vegetable Cakes**
- Jenny Paulin (Mummy Mishaps)
- 8. Mashed Potato (Vegan) Muffins**
- Mandy Mazliah (A Sneaky Veg)
- 9. Sweet & Sour Chicken Bake**
- Jenna Farmer (A Balanced Belly)
- 10. Thai Green Curry**
- Nathalie Newman (Intolerant Gourmand)



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BANANA & WALNUT CAKE

BLOG

Natalie Dickinson / Hello Cuppies



INGREDIENTS

- 2 bananas (the riper the better)
- 2 large eggs
- 100ml vegetable oil
- 15g Canderel® Granules
- 180g plain flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1 pinch of salt
- 60g of chopped walnuts

METHOD

1. Set the oven to Gas Mark 180°C.
2. Line and prepare your loaf tin with two strips of greaseproof paper, no oil or butter is needed to grease the tin.
3. Peel the bananas and place in your bowl and turn the mixer on low, or simply mash by hand.
4. Add your eggs and oil slowly, mixing until combined.
5. Next, slowly add in all dry ingredients. Add the walnuts, saving a few to sprinkle on top and fold in the mixture carefully.
6. Pour the mixture into your lined loaf tin and lay the remaining walnuts on top.
7. Bake for 30 minutes. Test before removing as it's possible it may need another 5-10 minutes (all ovens vary). If you are unsure, insert a skewer into the cake making sure it comes out clean.
8. Set aside and leave to cool for around 15-20 minutes. You'll then be able to lift the cake out using the edges of the greaseproof paper.



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BLOOD ORANGE ANGEL FOOD CAKE

BLOG

Lucy Burton / Pudding Lane



INGREDIENTS

25g Canderel® Granules
100g plain flour
300g egg whites (8 egg whites)
1/2 tsp cream of tartar
1/4 tsp salt
2 blood oranges
450g natural yoghurt
25g runny honey
25g chopped hazelnuts

METHOD

1. Pre heat oven to 170°C. Line the base of an 8" cake tin with a disc of baking paper. Do not grease or line the sides of the tin.
2. Sieve 5g of the Canderel® Granules and all the flour into a large bowl. Set aside.
3. Place the egg whites into the bowl of a stand mixer. Whisk until foamy and then add the cream of tartar, salt and the zest of the oranges. Whisk to soft peaks, then add the remaining 20g of Canderel® one tsp at a time, until the mixture is thick and at stiff peak.
4. Gently, fold in the flour and then carefully spoon the mixture into the prepared cake tin. Bake for 35-40 minutes until the cake is golden and has no wobble when gently shaken.
5. While the cake is still warm, brush with a little blood orange juice and allow it to sink in for a few minutes. Then turn the tin upside down over a cooling rack. Allow the cake to cool completely before removing from the tin.
6. When you are ready to serve the cake, ripple the honey through the yoghurt and spoon over the cake. Remove the pith from the oranges and then slice them up and serve on top of the cake. Top with a final drizzle of honey and a sprinkling of hazelnuts.



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BREAD & BUTTER PUDDING

BLOG

Amy Lorimer / Baking with Granny



INGREDIENTS

8 Slices of wholemeal bread
85g margarine
55g raisins
25g mixed peel
3 eggs
459ml semi-skimmed milk
6g Canderel® Sugarly
1 tsp vanilla extract
Grated, nutmeg

METHOD

1. Pre-heat your oven to 180°C / 160°C for fan assisted ovens or Gas Mark 4) and grease a 22cm x 17cm (8 x 6 inches) dish with a little margarine.
2. Remove the crusts from your bread and spread one side of each slice with margarine. Cut each slice into triangles.
3. Arrange half of the bread to cover the bottom of your pre-greased dish, margarine side-up.
4. Sprinkle half of the raisins and mixed peel over the bread before layering the remaining bread on top. Finish by sprinkling over the last of the raisins and mixed peel.
5. In a blender, mix the milk, eggs, Canderel® Sugarly and vanilla together. Pour over the bread and allow to soak for minimum 15 minutes.
6. Add a sprinkling of nutmeg to the top of your pudding before baking in the oven for 30-40 minutes until golden brown. It should have a 'puffed up' appearance.
7. Serve warm with a dollop of Greek yogurt, or cut into squares to enjoy when cold.



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CARROT CAKE

VEGAN

GLUTEN FREE

BLOG

Vicki Montague / Free From Fairy

PERFECT FOR
LEFTOVER
VEG

CAKE INGREDIENTS

2 medium carrots, topped, tailed
peeled and grated
3 Medjool dates
175ml rice bran oil or other mild
flavoured oil
3 tbsp ground linseeds/flaxseeds
8 tbsp water
70g Canderel® Sugarly
175g gluten-free self-raising flour
1 tsp mixed spice
1 tsp cinnamon
1 tsp orange extract
100g sultanas

ICING INGREDIENTS

100g (unsalted) cashew nuts
30g coconut oil
250g vanilla coconut yoghurt
2 tsp Canderel® Zero
Zest 1 lemon
Zest 1 clementine

METHOD

1. Place the grated carrot, dates, oil, linseeds, water, Canderel® Sugarly, flour, spices and orange extract into a food processor and blitz until well combined. Add the sultanas and stir through.
2. Transfer the mixture into a greased round baking tin (18cm/7 inch) Smooth the top and bake in a pre-heated oven at 180°C / 160 degrees°C fan/ Gas Mark 4 for around 45 minutes.
3. While the cake is baking, make the icing by placing all the ingredients into a blender and processing until completely smooth. Transfer the icing into a bowl and place in the fridge to set.
4. Remove cake from the oven and allow to cool for five minutes before turning out onto a wire rack.
5. Once the cake has cooled completely and the icing has set, spread the icing on the cake, decorate and serve.



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CHICKEN, HAM & LEEK PIE WITH ROASTED ROOT VEG & SPICED CABBAGE

BLOG

Nicki Ellis / The Little Big Foodie



PIE INGREDIENTS

500g block of Jus-Rol shortcrust pastry
800g leftover roast dinner meat (this recipe uses chicken, but you could use turkey, pork or any meat you fancy)
400g roast ham (cut into chunks)
350g leeks (thinly sliced)
1 onion
50g plain flour
60g low fat cream cheese
600ml chicken stock
Bunch of fresh thyme
1 egg, beaten

VEG INGREDIENTS

A mix of vegetables (this recipe uses parsnips and carrots, but you can use any vegetables of choice)
2 tbsp olive oil
2 cloves garlic
1 tbsp Canderel® Sugarly
1 tsp cumin
Salt and pepper

CABBAGE INGREDIENTS

1 medium red cabbage
1 tbsp olive oil
1 red onion
3 tbsp Canderel® Sugarly
180ml red wine
4 tbsp balsamic vinegar
1 tbsp Worcestershire sauce
1 tsp cinnamon
1/2 tsp of nutmeg, ground cloves and ground ginger
Salt and pepper



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PRE FILLING

1. To prepare your pie filling, heat some olive oil in a pan and fry off the leeks, onion and thyme leaves for a few minutes.
2. Turn the heat down and leave to simmer for 10 minutes until soft. Once the leeks have softened, add your leftover meat, roast ham and flour to the pan and stir well. Season generously with salt and pepper before pouring in the stock and stirring through the cream cheese.
3. Turn the heat back up to high to bring the mixture to the boil and allow the sauce to reduce.
4. Once the sauce has thickened, take off the heat and leave to cool. NB: This is important - the mix must be cold when you come to assemble the pie!

PIE PASTRY

1. When the mix has cooled, preheat your oven to 180°C.
2. Roll out two thirds of the pastry block until it has the thickness of a pound coin.
3. Line the base and sides of a loose bottomed cake tin (roughly 8cm) with the pastry, ensuring to leave enough to seal the pie.
4. Transfer the pie filling into the tin, pressing down to make sure it's firmly packed in. Then roll out the remaining third, lay it over the top of the pie, brush the edges with beaten egg and press the edges to seal. Brush all exposed surfaces of the pie with beaten egg and make a small hole in the centre of the lid.
5. Bake in the centre of your pre heated oven for about 45 minutes, covering the top with foil if it browns too quickly.

ROASTED VEG

1. As soon as the pie goes into the oven, prepare the roasted veg, so that it's ready to join the pie in the oven.
2. Crush or chop the garlic and add the Canderel® Sugarly with a tiny amount of boiling water to dissolve. Then add the olive oil, cumin, salt and pepper and mix well.
3. Coat the veg in the dressing and then spread out on a baking tray.
4. Roast in the oven for 30-40 minutes, until soft.

CABBAGE

1. While the pie and the vegetables are cooking, core and peel the cabbage and onions and then cut into thin slices.
2. Heat oil in saucepan and fry off the onions for a few minutes until golden brown.
3. Add the cabbage and the spices and fry for a further few minutes until the cabbage wilts down. Stir in the Canderel® sweetener, spices and season generously with salt and pepper.
4. Add the red wine, vinegar and the Worcestershire sauce and stir well to combine. Then turn the heat down and leave to simmer for about 15 minutes (with the lid on). When the cabbage is soft and tender, turn the heat back up to high, remove the lid and cook for a further 5 minutes until the liquid has evaporated (there shouldn't be any left in the bottom of the pan).
5. Serve with mashed potato and gravy for the perfect Winter warmer.



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BAKED CAKE CRUMB & MINCEMEAT PUDDING

BLOG

Karen Burns Booth / Lavendar and Lovage



INGREDIENTS

90g self-raising flour

Pinch of salt

90g Panettone crumbs (or any cake or sweet bread crumbs of your choice such as light fruit cake or fruited tea bread)

2 tbsp Canderel® Granules

6 heaped tbsp mincemeat (preferably fat free)

1 large egg, beaten

6 tbsp skimmed milk

METHOD

1. Grease a 600ml (1 pint) pudding bowl with some low-fat spray such as Fry Light. Pre-heat oven to 180°C / Gas mark 4.
2. Sift the dry ingredients together into a bowl and then add the remaining ingredients and mix well.
3. Spoon the pudding mixture into the prepared pudding basin and bake for 30 to 35 minutes in the oven until well risen and golden brown. (A skewer when inserted into the middle of the pudding should come out clean).
4. Turn the pudding out onto a serving plate and cut into wedges; serve with Greek yogurt or Creme Fraiche.

NOTE: Can be steamed in a Bain Marie or a steamer; cover with grease-proof paper and tin-foil, and steam for 2 and half hours. Serve as above.



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CURRIED POTATO & VEGETABLE CAKES

BLOG

Jenny Paulin / Mummy Mishaps



CAKE INGREDIENTS

900g (cooked) mashed potato
500g of leftover veg (I used carrots, peas, broccoli and cauliflower), roughly cut into bite sized pieces
1 medium onion, finely diced
1 tsp oil
2 1/2 tbsp curry powder
1 egg, beaten
25g flour
1 tbsp oil
1 knob of butter (or buttery spread)

CHUTNEY INGREDIENTS

1 x 425g tin of sliced mango cut into chunks (drain any juice or syrup that it comes in)
1 small onion, finely diced
1 tsp cumin
1 tsp ground coriander
2 tbsp Canderel® Granules
1 tbsp finely minced garlic
1 tbsp finely minced ginger root
2 tbsp white wine vinegar
Pinch of red dried chilli pepper flakes

METHOD

1. Heat oil and fry the onion over a medium heat, stirring frequently to avoid them sticking to the pan. When brown, add 1 tbsp of the curry powder and cook gently for a further minute. Leave to cool slightly.
2. In a large bowl, mix together the cooked mash potato, the cooked onions, the leftover vegetables, the beaten egg and 1/2 tbsp more of the curry powder. Using your hands, make and shape eight patties from the mixture and place on a large plate. A top tip is to use wet hands!
3. Place the patties in the fridge for minimum of 1 hour to chill. Pre heat the oven to 180°C / 160°C (fan) and using 25g of flour and the final 1tbsp curry powder, mix and dust each patty with a coating.
4. In a non-stick pan, heat the oil and butter until it begins to melt and place all of the patties inside it. Cook on each side for roughly two minutes. Place the pan (unless it is not oven proof, in which case place each patty on a baking tray) in the oven and cook for a further 20 minutes.

CHUTNEY: Combine all of the ingredients (apart from the mango pieces), in a medium saucepan and set over medium-low heat and cook, covered, for 15 minutes, stirring frequently. After this time, add the mango and continue cooking for another 15 minutes, again stirring often. Leave to cool.



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MASHED POTATO VEGAN MUFFINS



BLOG

Mandy Mazliah / A Sneaky Veg



INGREDIENTS

- 150g plain flour
- 50g ground almonds
- 50g vegan cocoa powder
- 2 tsp baking powder
- 40g jar of Canderel® Granules
- 120ml non-dairy milk
- 100ml sunflower oil
- 1 large ripe banana, mashed
- 175g mashed potato

METHOD

1. Pre-heat the oven to 180°C fan/200°C/gas mark 6 and place 12 muffin cases in a muffin tin.
2. Mix together the flour, ground almonds, cocoa powder, baking powder and Canderel® Granules in a mixing bowl.
3. In a separate bowl, beat together the oat milk and sunflower oil and then stir in the mashed banana and mashed potato.
4. Bake for 20 minutes or until firm to the touch. Allow to cool in the tin for several minutes and then leave to cool completely on a wire rack.
5. Store in an airtight container for two to three days.



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SWEET & SOUR CHICKEN BAKE

BLOG

Jenna Farmer / A Balanced Belly



INGREDIENTS

3 carrots

1 clove of garlic (finely diced)

9 tbsp of Ketchup (preferably low sugar)

4 tbsp of Canderel® Sugarly

3 tbsp of apple cider vinegar (can be substituted for white wine vinegar)

1 small tin of pineapple (in juice)

1 courgette

1/4 of a roast chicken (or whatever is left over from a Sunday roast)

1/2 cauliflower

METHOD

1. Peel and dice carrots into small pieces and parboil for roughly five minutes to soften. Whilst the carrots are cooking, mix the ketchup, garlic, apple cider vinegar and Canderel® Sugarly in a bowl to create the sweet and sour sauce.
2. Stir in the tinned pineapples, ensuring to use the natural juices for extra sweetness. Place sauce to one side.
3. Remove carrots from boil. Chop and slice the courgette into small pieces (leave the skin on for extra fibre).
4. In a baking tray, layer the leftover chicken, carrots and courgette and then evenly coat the with the sweet and sour sauce. Cook at 200°C for 20 minutes.
5. Wash and remove outer leaves and stalk of the cauliflower. Slice the cauliflower into small florets. If you have a food processor, pulse for around 30 seconds. Keep checking the consistency of the cauliflower until it resembles grain-like pieces. If it isn't thin enough, pulse for another thirty seconds and repeat if needed. If you don't have a food processor, use a grater (the side with the larger holes) to create the same affect.
6. Add your cauliflower mix to the sweet and sour bake and heat for a further five minutes in the oven. Or, simply fry with a tablespoon of olive oil for 5 minutes instead. Unlike regular rice, cauliflower rice doesn't need a huge amount of time to soften.



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THAI GREEN CURRY

BLOG

Nathalie Newman / Intolerant Gourmand



INGREDIENTS

1-2cm piece of fresh ginger
Clove of garlic
3 spring onions
Handful of fresh coriander
1 tsp reduced salt soy sauce
1 red chilli – seeds removed
1 lemon grass – outer layer peeled off and top and tail chopped off
1 kefir lime leaf
Juice of 1 lime
1-2 tbsp olive oil
1 tsp toasted sesame oil
1 red onion

INGREDIENTS

Handful of sugar snap peas
Left over roast chicken or lamb
1 tbsp Canderel® Granules
1 can reduced fat coconut milk
7fl oz (200ml) reduced salt vegetable stock

SLAW INGREDIENTS

Romaine lettuce – washed and chopped
Handful of fresh coriander – chopped
Handful of radishes – washed and sliced
1 red onion – sliced into rings

METHOD

1. In a food processor, add the ginger, garlic, spring onion, coriander, soy sauce, chilli, lemon grass, kefir lime leaf and juice of 1 lime, and blitz until smooth. Reserve two tablespoons of the mixture before adding the olive oil and sesame oil and blitzing again until a smooth paste forms.
2. Place a frying pan over a medium heat, add a little olive oil and lightly fry the red onion, mini sweetcorn and sugar snaps until browned on both sides. Add the Thai paste to the frying pan and cook for two minutes, stirring continuously before adding the creamed coconut, vegetable stock and Canderel® Sugarly. Stir well until combined, then add the left-over meat and lower the heat to simmer for a further 8-10 minutes.
3. Assemble the slaw by adding the romaine lettuce, fresh coriander, sliced radishes and red onion to a large bowl. Then stir in the reserved Thai paste.
4. Remove the Thai sauce and meat from the heat and serve with rice.



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