

Swervin' Through The Year

Recipes, tips, holidays, and talking points for every month of the year!

February

- Coming up this month: Valentine's Day, National Heart Month, Immune Health, Mardi Gras
- Tips & Talking Points
 - Most people consume more sugar than is recommended, even though added sugars are linked to health issues such as obesity, type 2 diabetes, and heart disease. Swap the sugar for Swerve to decrease intake of added sugars.
 - There are lots of ways to support your immune health during cold & flu season. Here are some tips:
 - Wash your hands & practice good hygiene
 - Eat nutritious foods, including plenty of fruit and vegetables
 - Get adequate sleep
 - Manage stress
 - Exercise
 - Recipes for you and your Sweetie
 - Rosewater Shortbread Cookies
 - Cannoli Stuffed Strawberries
 - Cranberry Champagne Sparklers



Rose and Almond Ghriba

What's a ghriba? While this recipe is inspired and adapted from a [Moroccan version in the New York Times](#) by Nargisse Benkabbo, ghriba are found in many parts of the Arab world, and are usually a round shortbread cookie that usually includes almonds (and often orange flower water or rose water). Most importantly, they're tasty!

Ingredients

- 1/3 cup [Swerve Confectioners](#) for coating
- 2 $\frac{3}{4}$ cup of fine almond flour
- $\frac{3}{4}$ cup Swerve Confectioners
- 2 large eggs (room temperature)
- 3 TBS unsalted butter softened
- 1 heaping tsp baking powder
- 1 $\frac{1}{2}$ tsp rose water
- $\frac{1}{2}$ tsp kosher salt



Instructions

1. Heat the oven to 350 degrees. Line a cookie sheet with parchment paper. Place 1/3 cup Swerve Confectioners in a small bowl.
2. Place all of the remaining ingredients in a large bowl and use your hands or a large spatula to mix them together until you have a smooth and slightly sticky dough. Scoop the dough in heaping single tablespoonfuls or with a small cookie scoop and roll each into a ball, then roll each ball in confectioners' sugar until completely coated.
3. Transfer the coated dough balls to the lined cookie sheet and lightly press each with the palm of your hand, but don't flatten them completely.
4. Immediately bake for 12 to 14 minutes until the cookies are cracked and firm on the outside. Remove from the oven and let the cookies cool on the cookie sheet for 10 minutes before transferring them to a wire

Cannoli Stuffed Strawberries

Ingredients

- 1 lb strawberries (the larger, the better)
- 8 ounces ricotta cheese
- ¼ cup confectioner's Swerve Sweetener
- 1 tsp vanilla extract
- ½ ounce dark chocolate, shaved
- 2 tbsp finely chopped pistachios or almonds

Instructions

1. Cut the tops off the strawberries and use a sharp knife to hollow them out as much as possible. If you want them to stand upright, cut off the very tip of each as well.
2. In a large bowl, beat the ricotta cheese, confectioner's Swerve and vanilla together until smooth and well combined. Pipe or spoon into each hollowed strawberry.
3. Sprinkle with shaved chocolate or chopped nuts. Or both!

Serves 6 to 8.



Cranberry Champagne Sparklers

Ingredients

- 1 cup fresh cranberries
- 2 cups water
- ¼ to ½ cup Swerve, confectioners
- 6 ounces vodka
- 1 bottle champagne or other sparkling wine

Instructions

1. In a large saucepan over medium heat, combine the cranberries and water. Bring to a boil and cook until the cranberries have popped.
2. Pour into a sieve set over a bowl and press on the solids to release as much juice as possible. Stir in the sweetener to taste and chill 1 hour.
3. For the cocktails, add 2 tbsp cranberry juice and one ounce vodka to each champagne glass. Top up with chilled champagne.
4. Garnish with a rosemary sprig and fresh cranberries, if desired.

Makes 6 servings.

