

# POWDERED SUGAR

## INGREDIENTS

1/2 tsp stevia

1 cup arrowroot starch

## PROCEDURE

Blend all ingredients in a blender. It may smoke a little, but that's okay, Store in covered container in pantry.

### **Glaze Icing**

1 cup of above powdered sugar

1 1/2 tbsp almond milk

1/2 tsp vanilla

Combine with love

### **Cream Cheese Icing**

1 tbsp cream cheese

1 tbsp butter

1/4-1/2 tsp stevia -to taste

Melt together butter and cream cheese and whisk in sweetener.  
Double or triple recipe for more frosting.  
Can sprinkle with pumpkin spice or cinnamon.

### **Whip Cream**

1 pint heavy whipping cream

1/2 tsp vanilla

1 tbsp honey , maple syrup or stevia

Chill glass or metal bowl and beaters in freezer for 30 minutes.  
Beat the cream on high until peaks form.  
Drizzle vanilla and sweetener in while beaters are going.  
Place bowl of whipped cream in fridge for 15-20 minutes then beat again before serving.

**NATURAL HEALTH**

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