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WEIGH LESS WITH WHEY LOW® SWEETENER

Spring is in the air and bathing suit season is just around the corner. The thought may motivate you to drop a few pounds and get back on the exercise routine. Just in time is a new natural sweetener....Whey Low® which has 75% fewer calories and carbohydrates than sugar. That can equal a lot of calories if you have a sweet tooth and drink lots of beverages with added sugars.

Whey Low® granular is a blend of three all natural sugars - sucrose, fructose, and lactose. It has the same sweetness and functional properties as ordinary table sugar and can be used in most food to replace sugar one for one. The product is approved by the Food and Drug Administration as safe for use and the manufacturer has obtained a US patent.

Whey Low is the brain child of a local Maryland company, VivaLac® Inc. You can buy it at Whole Foods markets and specialty grocers in Maryland. Check their website www.wheylow.com to see where it's available. I have personally searched for the product at Frederick County stores but to date no one offers the product .

Meanwhile it can be purchased directly from the manufacturer located in Brookville, Maryland via their website or by calling 301- 774-2433 or a toll free number (1-888-639-8480), Mon-Fri from 9AM-6PM and Saturday 9AM-12PM, Eastern standard time. Ask your favorite store to carry the product and give them the contact information. Stores want your business and if enough consumers request a product they will gladly make it available.

Whey Low® has arrived at an opportune time to attack the National Obesity crisis. Americans like their sweets and it's unrealistic to think they will give up their favorite desserts and beverages. Try this cake recipe from their website...a delicious way to cut some calories without giving up taste. Customers have posted other recipes on the website and I am anxious to give them a try!

Chocolate Cake

Each serving of frosted chocolate cake has a caloric value of 372 calories, a 32% reduction in calories from the same cake made with table sugar.

2 cups Whey Low® granular
2 eggs
1 3/4 cups all-purpose flour
1 cup milk
3/4 unsweetened cocoa
1/2 cup canola oil
1 1/2 teaspoon baking powder
2 teaspoons vanilla
1 1/2 teaspoon baking soda
1 cup boiling water
1 teaspoon salt

Heat oven at 325° F. Grease and flour two 9-inch round baking pans. Combine dry ingredients in large bowl. Add eggs, milk, oil, and vanilla; beat on medium speed for 2 minutes. Stir in boiling water (batter will be thin). Pour into pans. Bake 30-35 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes. Remove from pans to wire racks. Cool to room temperature.

Chocolate Frosting for Chocolate Cake

1 stick butter
1/3 cup milk
2/3 cup unsweetened cocoa
1 teaspoon vanilla
3 cups Whey Low® Powder*

Melt butter. Stir in cocoa. Alternately add Whey Low® Powder and milk, beating on medium speed to spreading consistency. Add more milk, if needed. Stir in vanilla. Spread chocolate frosting over cake. Makes 12 servings.

* Whey Low® powder is not yet available in stores but can be purchased on the website.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences. For more information about the University of Maryland Extension Frederick County Office check out our website <http://Frederick.umd.edu>

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