

Natural Sweeteners

EVERYTHING YOU NEED TO KNOW TO SUBSTITUTE WHITE SUGAR WITH YOUR

FAVOURITE NATURAL SWEETENER



SUGAR SUBSTITUTION

3/4 CUP HONEY FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 CUP

RAW HONEY

USE IT IN: BAKED GOODS, FRUIT CRUMBLES, ICE CREAM, HOT CHOCOLATE & ELIXIRS. DRIZZLE OVER GRANOLA, FRUIT, OATMEAL OR TOAST. **SWEETEN TEA WITH IT.**



SUGAR SUBSTITUTION

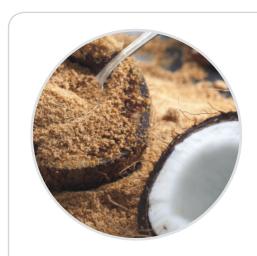
2/3 CUP MAPLE SYRUP FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 CUP

MAPLE SYRUP

USE IT IN: SALAD DRESSINGS, BAKED BEANS, BAKED GOODS, SMOOTHIES, HOT

DRIZZLE OVER DAIRY FREE YOGURT, GRANOLA, FRUIT, OATMEAL, TOAST. SWEETEN TEA.



SUGAR SUBSTITUTION

1 CUP COCONUT SUGAR FOR 1 CUP SUGAR

COCONUT SUGAR

USE IT IN: SUB WHERE BROWN SUGAR IS CALLED FOR, IN BAKED GOODS, GRANOLA, GRANOLA BARS, FRUIT CRUMBLES, ICE CREAM, SALAD DRESSINGS. WORKS WELL WHEN 'CREAMED" WITH COCONUT OIL INSTEAD OF BUTTER FOR COOKIES.



SUGAR SUBSTITUTION

1 CUP SUCANAT FOR 1 CUP SUGAR



USE IT IN: HOT TEA, ICED TEA, HOMEMADE CHOCOLATE, BAKED GOODS.

BECAUSE OF THE DRASTICALLY REDUCED AMOUNT NEEDED COMPARED TO SUGAR, LOOK

STEVIA

SUGAR SUBSTITUTION

1 TEASPOON STEVIA FOR 1 CUP SUGAR

SUCANAT (SUGAR CANE NATURAL)

USE IT IN: BAKED GOODS, FRUIT CRUMBLES, ICE CREAM, HOT CHOCOLATE, ELIXIRS. SPRINKLE OVER OATMEAL, ROLL SUGAR COOKIES IN IT.



SUGAR SUBSTITUTION

1 1/3 CUP MOLASSES FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 CUP



USE IT IN: BREADS, COOKIES, CAKES.

1 SMALL MASHED BANANA = 1 EGG

FREEZE & BLEND FOR SMOOTHIES & ICE CREAM.

BANANAS

FOR RECIPES DEVELOPED WITH STEVIA IN MIND.

SUGAR SUBSTITUTION

1 CUP MASHED BANANA FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 - 1/2 CUP

MOLASSES

USE IT IN: GINGERBREAD, BAKED BEANS, BBQ SAUCES & MARINADES, SMOOTHIES.



SUGAR SUBSTITUTION

1 CUP APPLESAUCE FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 - 1/2 CUP

APPLESAUCE

USE IT IN: CAKES, COOKIES, MUFFINS, GRANOLA, GRANOLA BARS, SAUCES OR AS A PANCAKE TOPPING.

1/4 CUP APPLESAUCE = 1 EGG



SUGAR SUBSTITUTION

1 CUP DATE PASTE FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 - 1/3 CUP DEPEND-ING HOW WET PASTE IS

DATES OR DATE PASTE

USE IT IN: VEGAN CARAMEL, SMOOTHIES, CAKES, COOKIES, PUDDINGS, TUFFLES & MUFFINS.