

SWEETENER SUBSTITUTES

Replace each cup of white or brown sugar with one of the following:

- * 1/2 – 3/4 cup honey¹
- * 2/3 – 3/4 cup maple syrup¹
- * 2/3 – 3/4 cup fruit juice concentrate syrup¹
- * 1/2 to 2/4 cup sweet unsulphured molasses, or sorghum²
- * 1/4 cup blackstrap plus 1/2 cup sweet molasses or barley malt³
- * 1 to 1-1/2 cups rice malt syrup or barley malt syrup⁴
- * 1 cup amasake (amazake) fermented rice sweetener⁵
- * 2 cups regular fruit juice (apple, pear, pineapple, or blends)
- * 1/2 – 1/3 cup fructose⁶
- * 1 cup ground date sugar⁷
- * 2/3 – 1 cup Sucanat (dried cane juice granules)⁸
- * 2/3 to 1 cup fruit source (dried white grape juice)⁹

NOTE: When substituting any liquid sweetener in place of refined sugar, reduce liquid content of recipe by approximately 1/4 cup. If no liquids are called for in the recipe, try adding 3-5 Tablespoons flour for each cup concentrated sweetener.

¹ may need to add 1/8 teaspoon baking soda to overall recipe

² increase baking soda 1/2 tsp & decrease baking powder 2 teaspoons from original recipe

³ may need to add 1/8 teaspoon baking soda for barley malt plus increase baking soda 1/2 tsp & decrease baking powder 2 teaspoons for molasses from original recipe

⁴ boil barley malt 2-3 minutes, cool, then use

⁵ available in a variety of flavors or plain

⁶ Granules are corn-based & highly refined, but in small amounts may be useful because it requires little to no insulin to digest. It is sweeter than sugar, but loses some of its sweetness when heated

⁷ does not dissolve in liquids; it is most useful in “hearty” cookies, muffins, & quick breads

⁸ same baking properties as brown sugar, but is sweeter & stronger, therefore requires less

⁹ lighter-tasting than Sucanat