



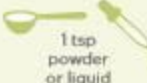


Sweet Alternatives

A SUGAR SUBSTITUTION GUIDE

SUBSTITUTION AMOUNT FOR 1 CUP REFINED SUGAR	COOKING TIPS	HEALTH BENEFITS/ NUTRITIONAL VALUE	BEST COOKED
BARLEY MALT + BROWN RICE SYRUP  1-1/4 cups	<ul style="list-style-type: none"> • Reduce liquid in recipe by 1/4 	<ul style="list-style-type: none"> • Mineral rich: calcium, potassium, magnesium, phosphorus • Does not upset insulin levels • Prevents tooth decay • Prevents blood sugar spikes + sugar cravings • Glycemic index: 45 (>70 is high) 	<ul style="list-style-type: none"> • Wheat bread • Granola • Trail bars
DATE SUGAR  3/4 cup	<ul style="list-style-type: none"> • Mix with water before adding to recipe to prevent burning • Add as a sweet topping after removing dish from the oven 	<ul style="list-style-type: none"> • High in fiber • High in tryptophan • Vitamin B: mood regulating • Glycemic index: 45 (>70 is high) 	<ul style="list-style-type: none"> • Muffins • Coffee cake • Quick breads
RAW UNFILTERED HONEY  1/2 cup	<ul style="list-style-type: none"> • Reduce liquid in recipe by 1/4 • Add 1/2 tsp of baking soda per cup of honey • Reduce oven temperature by 25° to prevent over-browning 	<ul style="list-style-type: none"> • Mineral rich: magnesium, potassium, copper, manganese, zinc, B vitamins, anti-oxidants • Aids in digestion • Antiseptic + antibacterial properties: used to heal infections of respiratory + digestive tract • Easily absorbed for quick energy • Adaptogenic: improves health of adrenal system, which manages hormonal responses to stress • Local honey helps reduce allergies • Glycemic index: 58 (>70 is high) 	<ul style="list-style-type: none"> • Drinks • Oatmeal • Cereal • Muffins
100% MAPLE SYRUP  1/2 - 2/3 cups	<ul style="list-style-type: none"> • Reduce liquid in recipe by 1/4 	<ul style="list-style-type: none"> • Potassium + calcium • Antibacterial • Provides quick energy without the "sugar crash" • Antidiabetic, anti-cancer • Glycemic index: 54 (>70 is high) 	<ul style="list-style-type: none"> • Roasted vegetables • Puddings • Pancakes
STEVIA  1 tsp powder or liquid	<ul style="list-style-type: none"> • 2 drops liquid = 1 tsp refined sugar 	<ul style="list-style-type: none"> • Zero calories • Regulates blood sugar • Prevents tooth decay • Aids in mental clarity + alertness • Counteracts fatigue • Improves digestion • Reduces cravings for sugary foods • Glycemic index: 0 (>70 is high) 	<ul style="list-style-type: none"> • Gluten-free cookies • Smoothies • Apple cake • Pie • Tea • Icing • Sauces

