

LIMIT ADDED SUGARS TO 10% OF DAILY CALORIES

MAKING SUBSTITUTIONS FOR REFINED SUGAR:

HONEY	1/2 cup = 1 cup sugar	reduce wet ingredients by 1/4 cup
Don't use more than 1/2 cup in recipe		
AGAVE NECTAR	1-1/4 cup = 1 cup sugar	produces drier product
High Fructose; regular dark brown; raw light thin; reduce wet ingredients by 2 Tbsp. don't use more than 3/4 cup per recipe.		
AGAVE		
INULIN POWDER	1 cup = 1 cup sugar	not very sweet; expensive
YACON SYRUP:	3/4 cup = 1 cup	thick, dark, expensive
Reduce wet ingredients by 2 Tbsp.		
MOLASSES	1/2 to 3/4 = 1 cup sugar	strong flavor; more nutrients
Reduce wet ingredients by 1/4 cup		
If use 3/4 cup; Check for sulfites		
STEVIA DROPS:	6 drops = 1 Tbsp. sugar	very sweet, pronounced flavor
	1 tsp. = 1 cup sugar	Stevia powder combines with dextrose
Need to add both wet		
And dry ingredients		
MAPLE SYRUP	3/4 cup = 1 cup sugar	less sweet; needs a binder
Reduce liquid by		
2-4 Tbsp		
When using 1 cup.		
BROWN RICE	1-1/3 cups = 1 cup sugar	caramel taste, not as sweet
SYRUP	Reduce wet	works as a binder
Ingredients by 1/4 cup for 1 cup		
COCONUT SAP	1 cup = 1 cup sugar	like brown sugar taste, expensive
PALM SUGAR	2/3 cup grated =	labor intensive; less sweet
	1 cup sugar	

