

LIMIT ADDED SUGARS TO 10% OF DAILY CALORIES

MAKING SUBSTITUTIONS FOR REFINED SUGAR:

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

DATE SUGAR 2/3 cup=1 cup brown sugar smoky flavor
Add 1 or 2 Tbsp. wet doesn't melt or dissolve
Ingredients

SOAKED PUREED DATES bind, complex flavor
Reduce wet 6 or 7 =1 cup sugar good for pie crust or cookies
Ingredients ¼ cup

Notes for Using Fruits as Sweeteners:

FIGS lots of minerals. – “Combine 8 ounces fresh figs and ¼ to 1/3 cup water in blender, puree. For dry figs-soak in water to soften, puree. Replace up to half fat with fig puree; reduce or eliminate sugar.

DATES Can Substitute for 1 cup sugar; puree 1 cup pitted dates with 1 cup hot water; soak to soften.

BANANAS 1 cup mashed ripe bananas with few Tablespoons water; puree, add water as needed for smooth consistency.

You can also use lots of other fresh fruits like applesauce but substitutions can be difficult. Dried Fruit; chop; and soak overnight; puree; have a binding capacity and moisture

REMEMBER: SUGAR adds texture, volume, color and moisture to a recipe.

Other Ideas: Use spices, extracts, fresh fruit, salt, and chocolate to add a little sweetness

For a complete summary report and substitution list: See:

<http://www.myrealfoodlife.com/part-3-how-to-substitute-sugar/>

<http://www.organicauthority.com/eco-chic-table/using-fruits-to-replace-sugar-in-your-recipes.html>

<http://www.livestrong.com/article/461447-baking-with-fruit-instead-of-sugar/>