

How to Substitute Liquid Sweeteners in Baking

Each sweetener is different, and changes baked goods in a slightly different way. Here's guide if you want to replace sugar in baking.

Honey for sugar

Sweeter than sugar, use less – example 1 cup sugar = 3/4 cup honey
Decrease liquid by 3 to 4 Tablespoon per 1 cup

No liquid in recipe = add 3 to 4 Tablespoons more flour for 1 cup honey
Best temperature = only to 350 degree F otherwise it may scorch

Maple syrup for sugar

As sweet as sugar- replace equal amounts' example 1 cup = 1 cup
Decrease the liquid by 3 to 4 tablespoons per 1 cup

No liquid in recipe: add 1 tablespoon more flour for every 1/4 cup syrup
Use maple syrup at room temperature; cold syrup causes clumping

Molasses for sugar

It's stronger in flavor; use small amounts or combine with other sweeteners.
Replace in equal amounts; example 1 Tbsp. sugar to 1 Tbsp. molasses

Adjust the liquid - adding 1 tablespoon of flour for every 1/4 cup molasses
Very dark molasses has bitter notes when baked; use for savory dishes

Note: Most recipes can handle at least a 10% to 25% reduction in sugar or liquid sweeteners.,

For More Information See:

<https://blog.kingarthurflour.com/2017/08/18/baking-with-liquid-sweeteners/>