

BAKING WITH NATURAL SWEETENERS



When using sugar substitutes, some minor adjustments may need to be made to a recipe. Use the chart below for conversion rules and helpful hints.

REPLACE 1 CUP OF WHITE SUGAR WITH:	SWEETENER	CHANGES TO LIQUID INGREDIENTS:	NOTE
3/4 cup	Agave nectar	Reduce 1/3 of total	Lower oven temp by 25 degrees 1/3 of total Lower oven temp by 25 degrees
1 1/2 cups	Barley malt syrup	Reduce slightly	-
1 cup	Birch sugar (xylitol)	-	Does not work well in breads or hard candies
1/2 - 3/4 cup	Birch syrup	Reduce slightly	-
1 1/2 cups	Brown rice syrup	Reduce slightly	Good for hard or crunchy baked goods
2/3 - 1 cup	Date sugar	-	Burns easily
3/4 cup	Honey	Reduce by 1/4 cup; if no liquid, add 3 tbs flour for each 1/2 cup honey	Lower oven temp by 25°F degrees
3/4 cup	Maple syrup	Reduce by 3 tbsps	Add 1/4 tsp baking soda
1 cup	Maple sugar	-	Add 1/8 tsp baking soda
1/2 cup	Molasses	-	-
1 cup	Rapadura	-	-
1 tsp	Stevia	Add 1/8 cup	You may have to experiment to get the ratio right
1 cup	Sucanat	-	Add 1/4 tsp baking soda