



# THE FBC GUIDE TO

## Natural Sweeteners

### EVERYTHING YOU NEED TO KNOW TO SUBSTITUTE WHITE SUGAR WITH YOUR FAVOURITE NATURAL SWEETENER



#### SUGAR SUBSTITUTION

3/4 CUP HONEY FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 CUP

#### RAW HONEY

USE IT IN: BAKED GOODS, FRUIT CRUMBLES, ICE CREAM, HOT CHOCOLATE & ELIXIRS. DRIZZLE OVER GRANOLA, FRUIT, OATMEAL OR TOAST. SWEETEN TEA WITH IT.



#### SUGAR SUBSTITUTION

2/3 CUP MAPLE SYRUP FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 CUP

#### MAPLE SYRUP

USE IT IN: SALAD DRESSINGS, BAKED BEANS, BAKED GOODS, SMOOTHIES, HOT CHOCOLATE. DRIZZLE OVER DAIRY FREE YOGURT, GRANOLA, FRUIT, OATMEAL, TOAST. SWEETEN TEA.



#### SUGAR SUBSTITUTION

1 CUP COCONUT SUGAR FOR 1 CUP SUGAR

#### COCONUT SUGAR

USE IT IN: SUB WHERE BROWN SUGAR IS CALLED FOR, IN BAKED GOODS, GRANOLA, GRANOLA BARS, FRUIT CRUMBLES, ICE CREAM, SALAD DRESSINGS. WORKS WELL WHEN "CREAMED" WITH COCONUT OIL INSTEAD OF BUTTER FOR COOKIES.



#### SUGAR SUBSTITUTION

1 CUP SUCANAT FOR 1 CUP SUGAR

#### SUCANAT (SUGAR CANE NATURAL)

USE IT IN: BAKED GOODS, FRUIT CRUMBLES, ICE CREAM, HOT CHOCOLATE, ELIXIRS. SPRINKLE OVER OATMEAL, ROLL SUGAR COOKIES IN IT.



#### SUGAR SUBSTITUTION

1 TEASPOON STEVIA FOR 1 CUP SUGAR

#### STEVIA

USE IT IN: HOT TEA, ICED TEA, HOMEMADE CHOCOLATE, BAKED GOODS. BECAUSE OF THE DRASTICALLY REDUCED AMOUNT NEEDED COMPARED TO SUGAR, LOOK FOR RECIPES DEVELOPED WITH STEVIA IN MIND.



#### SUGAR SUBSTITUTION

1 1/3 CUP MOLASSES FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 CUP

#### MOLASSES

USE IT IN: GINGERBREAD, BAKED BEANS, BBQ SAUCES & MARINADES, SMOOTHIES.



#### SUGAR SUBSTITUTION

1 CUP MASHED BANANA FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 - 1/2 CUP

#### BANANAS

USE IT IN: BREADS, COOKIES, CAKES. FREEZE & BLEND FOR SMOOTHIES & ICE CREAM. 1 SMALL MASHED BANANA = 1 EGG



#### SUGAR SUBSTITUTION

1 CUP APPLESAUCE FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 - 1/2 CUP

#### APPLESAUCE

USE IT IN: CAKES, COOKIES, MUFFINS, GRANOLA, GRANOLA BARS, SAUCES OR AS A PANCAKE TOPPING. 1/4 CUP APPLESAUCE = 1 EGG



#### SUGAR SUBSTITUTION

1 CUP DATE PASTE FOR 1 CUP SUGAR

REDUCE ADDITIONAL LIQUID IN THE RECIPE BY 1/4 - 1/3 CUP DEPENDING HOW WET PASTE IS

#### DATES OR DATE PASTE

USE IT IN: VEGAN CARAMEL, SMOOTHIES, CAKES, COOKIES, PUDDINGS, TUFFLES & MUFFINS.