

Sugar Substitutions

We all have a bit of a sweet tooth, but regular old white sugar is definitely not the way to go, especially when there are so many healthy alternatives available. Follow this chart when switching up your white or brown sugar in all of your cooking and baking. Use these various healthy sweeteners for all your sweetening needs – tea, oatmeal, berries, etc. Use in combination as well – sometimes starting with ½ honey and some stevia is a good way to get your proportioning right. (If too much stevia is added, a bitter taste can result.)

Substitute	1 cup sugar equals	Instructions
Agave Syrup (from tequila plant – 90% fructose)	¾ cup	Decrease the amount of liquid slightly, sometimes as much as 1/3 less. Reduce oven temperature by 25°.
Brown Rice Malt Syrup	1 cup	Decrease liquid ingredients by 1/4 cup.
Fruit Juice Concentrate	¾ cup	Decrease the amount of liquid by 3 tbsp.
Honey	¾ cup + 1 tbsp	Decrease other liquids by 2 tbsp. Unless the recipe includes sour cream or buttermilk, add a pinch of baking soda to neutralize the acidity. Reduce oven temperature by 25°.
Maple Syrup	¾ cup	Decrease the amount of liquid by 3 tbsp.
Stevia (herb)	1 tsp – powdered 1 tsp - liquid	1 tbsp sugar = 1/4 tsp powdered or 6-9 drops liquid 1 tsp sugar = a pinch to 1/16 th tsp powder or 2-4 drops liquid
Sucanat (dehydrated cane sugar)	1 cup	Straight substitution – or less with your new taste buds!

Some facts about Stevia

Stevia is a herb that is grown in South America. It is 200-300 times sweeter than sugar, but contains no glucose or other sugar molecules. It has been used for centuries with no known side effects. It can be safely used by people with diabetes, hypoglycemia, and Candidiasis. Other great benefits include no calories, does not affect blood sugar levels like sugar does, 100% natural, heat stable to 392°F, and prevents cavities. So when you need to sweeten – try stevia!

Stevia Lemonade

Yields: 10 8-ounce servings

2 cups fresh squeezed lemon juice
8 cups water
2 tsp stevia liquid concentrate
ice cubes
lemon for garnish

1. Combine all of the ingredients in a pitcher and stir until well blended
2. Pour into ice-filled 10-ounce glasses, garnish with lemon slices, and serve.

*From "The Stevia Cookbook," copyright 1999
by Ray Sahelian and Donna Gates*

References:

www.fitnessandfreebies.com
www.foodsubs.com/Sweeten.html

www.stevia.net
www.shakeoffthesugar.net/article1042.html
www.cookingwithstevia.com