



Opening the door to your health and wellness

## Natural Sugar Substitution Chart

sweetener	to replace 1 cup sugar	liquid	note
agave nectar	3/4 cup	reduce 1/3 of total	lower oven temp by 25°
barley malt syrup	1 1/2 cups	reduce slightly	
birch sugar (xylitol)	1 cup		not good for bread or hard candy
brown rice syrup	1 1/2 cups	reduce slightly	good for hard candy or crunchy baked goods
date sugar	2/3 - 1 cup (to taste)		burns easily
honey	1/2 - 3/4 cup (to taste)	reduce by 1/4 cup; if no liquid add 3 tbsp flour for each 1/2 cup honey	lower oven temp by 25°
maple syrup	3/4 cup	reduce by 3 tbsp	add 1/4 tsp baking soda
maple sugar	1 cup		add 1/8 tsp baking soda
molasses	1/2 cup		
rapadura	1 cup		
stevia	1 tsp	add 1/8 cup	may need to experiment to get ratio right
sucanat	1 cup		add 1/4 tsp baking soda