






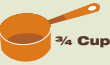




















# Sweetener Conversion Chart

Sweetener (alphabetical)	How to Use	Conversion
<b>Agave</b>	Agave is primarily used in baking, but is also used to sweeten dressings, sauces, and raw desserts. It comes in three different flavours (light, amber, and dark), and increases in flavour and complexity the darker it gets. Reduce other liquids in recipe by 1/3. Baking temperature may need to be reduced by 25 degrees and baked a few extra minutes.	 <b>To</b> 
<b>Birch syrup</b>	Birch syrup is very different from maple syrup. A little goes a long way and it is often used as an extract much like vanilla. It has a distinctive, mineral-rich, caramel-like taste. It is often compared to molasses or balsamic condiment with a hint of spiciness. Marinades, barbecue sauces, dressings, baked beans, baked goods, breads, milkshakes, natural sodas and ice cream are all potential pairings.	
<b>Coconut Sugar</b> <b>Coconut Nectar</b>	Coconut sugar is similar in texture and appearance to brown sugar and is used primarily in baking. Coconut nectar is similar in texture to maple syrup and can be used for baking and for drizzling on foods.	 <b>To</b> 
<b>Cane Sugar (aka sugar)</b>	Cane sugar is typically sold in crystalline form and is often sprinkled on foods, used to sweeten warm beverages, and used in baking recipes.	
<b>Cane Sugar-Brown (aka Brown Sugar)</b>	Brown sugar has a wet, sandy texture, and a delicate caramel flavor. It is often used for making baked goods, as well as in savory dishes.	 <b>To</b> 
<b>Evaporated Cane Juice - a.k.a</b> Dehydrated Cane Juice Granulated Sugar Cane Juice Unrefined Cane Juice	Evaporated cane juice has a slight molasses flavor.	 <b>To</b> 
<b>Sucanat</b>	Unlike regular brown sugar, sucanat is grainy instead of crystalline. Sucanat retains a strong molasses flavour.	 <b>To</b> 
<b>Demerara Sugar</b>	The larger crystals can have a slightly crunchier texture than table sugar. It has a pleasant toffee flavor and can be used in place of brown sugar.	 <b>To</b> 
<b>Muscovado Sugar</b>	Muscovado Sugar is very moist with a strong molasses flavour. Slightly coarser and stickier than most brown sugars; it can be used in place of brown sugar, particularly good in BBQ sauces and marinades	 <b>To</b> 
<b>Rapadura Sugar (aka Barbados Sugar)</b>	Rapadura is slightly finer than muscovado.	 <b>To</b> 
<b>Turbinado Sugar (a.k.a Sugar in The Raw™)</b>	Turbinado sugar has a light caramel flavor that makes it a good replacement for regular white sugar.	 <b>To</b> 
<b>Date sugar</b>	Date sugar is very sweet. Unlike white sugar, date sugar clumps and does not melt well. It can be used to sprinkle over hot cereal and makes an excellent crumble on the pies and a great addition to wholegrain bread.	 <b>To</b> 
<b>Fruit</b>	Raw fruit, dry fruit, and fruit sauces can be used as sweeteners and thickeners in baking. Also good ingredients to increase product moisture without requiring extra fat.	
<b>Fruit Juice Concentrate</b>	Fruit sweeteners work well in most baked goods except white cakes and recipes using chocolate. They are excellent for sweetening homemade lemonade, hot breakfast cereals, and plain yogurt.	
<b>Grain Malts / Syrups including:</b> Oat syrup /malt Brown Rice Syrup /malt Barley Syrup /malt Corn Malt Syrup	Grain Malts/Syrups are liquid sweeteners that can be used in recipes for baked goods, raw desserts, barbeque sauces, baked beans, and candied vegetables. Use 1/4 cup less of another liquid in the recipe.	 <b>To</b>  

# Sweetener Conversion Chart

Sweetener (alphabetical)	How to Use	Conversion
<b>Honey-Pasteurized</b>	Pasteurized (i.e. heated) honey is used as a liquid sweetener to enhance flavour in a variety of recipes. Reduce other liquids in recipe by 1/3. Baking temperature may need to be reduced by 25 degrees and baked a few extra minutes.	 <b>To</b> 
<b>Honey-Raw</b>	Raw (unpasteurized) honey exists in either a liquid or solid (crystalline) form, and is often added to warm beverages, such as tea or coffee, as well as raw desserts, salad dressings, and toppings or sauces. Raw honey has a distinct flavour, and can take on subtle characteristics from the flower nectar which is used to make it. Reduce other liquids in recipe by 1/3. Baking temperature may need to be reduced by 25 degrees and baked a few extra minutes.	 <b>To</b> 
<b>Jaggery</b>	Jaggery is a dark, coarse sugar that either comes in a very soft cake or in a larger, crumblier cone that has to be broken up before use. It has an intense flavor that gives depth to the sweets or dishes that contain it. Use as an alternative to brown sugar where an earthier note is desirable.	 <b>To</b> 
<b>Lucuma Powder</b>	Lucuma fruit powder can be added to any beverage, smoothie, yogurt, granola, pudding or pastry. The taste is described as maple or caramel. Lucuma powder is ideal for making gourmet ice cream products, nutritional supplements and functional beverages because it helps combine and emulsify fats and oils with sugars and polysaccharides.	 <b>To</b> 
<b>Luo Han</b>	Luo Han is very stable under high temperature and thus suitable for cooking and baking. It also has no aftertaste but, much like, stevia is 300x sweeter than sugar.	
<b>Maple Syrup</b>	Grade A maple syrup is categorized into 3 groups: Light Amber, Medium Amber, and Dark Amber. They are typically used on top of pancakes, but are also used to sweeten any dish that calls for a liquid sweetener. Grade B is the darkest syrup and has a stronger maple flavor, ideal for baking.	 <b>To</b> 
<b>Maple Syrup Crystals</b>	Sweet and distinctive flavor, can be used for baking substitute or sprinkled on morning oatmeal.	 <b>To</b> 
<b>Mesquite flour</b>	Mesquite meal has a naturally sweet and nutty flavour with a hint of caramel. It blends well into smoothies, baked goods, ice cream or breakfast cereal.	 <b>To</b> 
<b>Molasses</b>	Molasses is 65% as sweet as sugar. Its uses range from pancake syrup to nutritional remedies.	 <b>To</b> 
<b>Molasses-Blackstrap</b>	In comparison to light and dark molasses, blackstrap has the least amount of sugar and is more bitter in flavour. It is used nutritionally, or for popular foods like gingerbread, baked beans or rye bread for those distinctive caramel tones.	 <b>To</b> 
<b>Molasses-Dark (aka Treacle)</b>	Dark molasses is sweeter than blackstrap. It will usually work in most recipes and is often the go-to choice for any recipe calling for molasses unless otherwise specified.	 <b>To</b> 
<b>Molasses-Granulated</b>	Granulated molasses can be reconstituted using the appropriate amount of water. It's minimally processed and a good substitute for table sugar. It adds a rich caramel flavour to beverages or food.	 <b>To</b> 
<b>Molasses-Light (aka Golden Syrup)</b>	Light molasses is the sweetest of the three. It is light in flavour and colour making this syrup perfect for pancakes or sweeteners for beverages. It's used often for baking, marinades, rubs, and sauces.	 <b>To</b> 
<b>Sorghum Syrup</b>	Sweet and buttery complexity, but not as sweet as maple syrup or honey. Use for baking and non-baking applications such as meat sauces, BBQ sauces, baked beans, and as topping for pancakes or hot cereals. You can substitute sorghum syrup in place of maple syrup or corn syrup in recipes using a one-to-one ratio, but for other sweeteners, you may need to adjust your recipe slightly.	
<b>Stevia</b>	Stevia comes powdered and in liquid form, suitable to be used wherever sweetness is required. The licorice aftertaste limits its use in baking but is masked well when combined with lemon.	 <b>To</b> 
<b>SugaVida™</b>	Palmyra Jaggery can be used just as you would use sugar - in your tea or coffee, in baking and cooking (however far less is needed). Many South East Asian recipes call for Palm sugar. It has a distinctive flavor and aroma making it fit for usage in sauces and curries as well. It contains approximately 86% sweetness as compared to white sugar.	 <b>To</b> 
<b>Tapioca syrup</b>	Tapioca syrup is used to add sweetness or texture to beverages, baked goods, table syrups, frozen desserts and candies. Tapioca syrup is generally interchangeable with rice syrup and honey.	
<b>Yacon Syrup</b>	Yacon syrup is used to add sweetness to foods or beverages, but will lose its prebiotic properties when heated from cooking or baking. Consistency similar to molasses with a dark colour and a very nice caramel taste.	 <b>To</b> 