

## ***Natural Sweeteners***

Not all sweeteners are created equal. There are many that are full of healthy nutrients, while others are toxic, addictive and add excessive calories to your diet. Below are some healthy, natural sweeteners and information on how to use them as replacements for low quality sweeteners such as white and brown processed sugars.

Buy raw, unprocessed and organic sweeteners whenever possible. The heating and bleaching processes destroys vital nutrients and enzymes, making them acidic and toxic to the body. Read more about alkaline and acidic foods by clicking on the pH link at the top of the page.

**BARLEY MALT** Strong molasses-like taste. Half as sweet as sugar. Best used with other sweeteners. Use in gingerbread cookies and baked beans.

**BROWN RICE SYRUP** Made from malted brown rice and various enzymes. Half as sweet as honey. It is not an adequate substitute for honey or sugar because it is easily overpowered by other tastes. It is an excellent topping for waffles, toast crackers and pancakes.

**BROWN SUGAR** Either an unrefined or partially refined soft sugar consisting of sugar crystals with some residual molasses content, or it is produced by the addition of molasses to refined white sugar. Brown sugar contains from 3.5% molasses (light brown sugar) to 6.5% molasses (dark brown sugar).

**DATE SUGAR** Made from dehydrated dates with a sugar-like flavor. It is best dissolved in liquid. Use 1-1 as a white sugar replacement.

**FRUIT JUICE CONCENTRATE** Use in baked goods. Use 2/3 cups to replace one cup of sugar. Reduce liquid in recipe by one third.

**FRUCTOSE** Use as white sugar. It is 60% sweeter, so use less than equal measures. Usually made from cane and beet. It has no nutrients.

**HONEY** Use only raw honey, the heat used in processing kills the healthy enzymes, making it acidic. Use in baked goods, on toast and hot cereal. Use 1/2 as much as sugar requirement in recipes. Do NOT give honey to children under the age of 2 years due to possible allergic reactions. Read more about the wonderful medicinal qualities of honey in our "Honey and Cinnamon Remedies" article on the "Remedies" page.

**MAPLE SUGAR** Dehydrated maple syrup. Use in all baked goods. Substitute one cup of maple sugar for one cup of white sugar. Always add 1/8 teaspoon of baking soda per cup of maple sugar.

**MAPLE SYRUP** Use in all baked goods. Substitute 2/3 - 3/4 cup for each cup of white sugar. Reduce liquid in recipe by 3 tablespoons. Add 1/4 teaspoon baking soda per cup of maple syrup in baked goods.

**MOLASSES** By-product of sugarcane. High amounts of calcium and iron with traces of magnesium and potassium. Unsulphered Blackstrap has highest content of vitamins and minerals. Best used as a topping on hot cereals, corn bread and in cookies. In cooking, substitute one cup of molasses is equal to: 1 cup of honey; 3/4 cup of firmly packed brown sugar; 1 cup of dark corn syrup; 1 cup of granulated sugar with 1/4 cup of water; or 1 cup of pure maple syrup.

**RAW SUGAR** Table sugar mainly comes from sugarcane or sugar beets but also occurs naturally in fruit, honey, sorghum, sugar maple and in many other sources. Sucrose enters the bloodstream quickly, providing a quick source of energy, due to a rapid rise in blood glucose. Overconsumption of sucrose has been linked with adverse health effects.

**PLEASE NOTE:** Refined white table sugar should avoided. During the refinement processes, bleach is added to give it a uniform white color, nutrients are stripped and chemicals are added, making it highly toxic to the human body.

**SUCANAT** A combination of organic blackstrap molasses and evaporated cane juice. Very similar nutrient complex as molasses. Use one to one as white or brown sugar replacement.

**TURBINADO** Made from initial pressing of sugarcane, although not bleached. It retains the flavor and blond color from the natural molasses crystals. Use as a one to one sugar replacement.