



Sugar FREE BAKING



Swap out the sugar with
these tasty alternatives

UNSWEETENED APPLESAUCE

Substituting sugar for unsweetened applesauce naturally adds flavor and vitamins to any recipe. It's perfect for muffins, breads and cakes. Make sure to reduce the amount of liquid or your baked goods might be a little too moist.

HONEY

Honey is a flavor powerhouse. It's rich, intense and syrupy-sweet. Add it to cornbread, coffee cake and puddings for dense, yet smooth creations.

MAPLE SYRUP

While maple syrup is very sweet, it's also packed with antioxidants. Be conservative when adding it to your recipes, the intense flavor can be overwhelming. It's perfect for homemade candy.

MOLASSES

Molasses is a smoky, earthy liquid. It might taste bitter on its own but it can add a rich sweetness to baked goods like gingerbread.