

Baking with Natural Sweeteners

Replace 1 cup of white sugar with:	Sweetener	Liquid	Note
3/4 cup	Agave nectar	Reduce 1/3 of total	Lower oven temp by 25 degrees
1 1/2 cups	Barley malt syrup	Reduce slightly	-
1 cup	Birch sugar (xylitol)	-	Does not work well in breads or hard candies
1/2-3/4 cup	Birch syrup	Reduce slightly	-
1 1/2 cups	Brown rice syrup	Reduce slightly	Good for hard or crunchy baked goods
2/3-1 cup	Date sugar	-	Burns easily
1/2-3/4 cup	Honey	Reduce by 1/4 cup; if no liquid, add 3 tbs. flour for each 1/2 cup honey	Lower oven temp by 25 degrees
3/4 cup	Maple syrup	Reduce by 3 tbs.	Add 1/4 tsp. baking soda
1 cup	Maple sugar	-	Add 1/8 tsp. baking soda
1/2 cup	Molasses	-	-
1 cup	Rapadura	-	-
1 tsp.	Stevia	Add 1/8 cup	You may have to experiment to get the ratio right
1 cup	Sucanat	-	Add 1/4 tsp baking soda

Most syrup works well in moist baked goods, but will soften crispy baked goods like biscotti or cookies. Experiment with these conversions, as they may vary from recipe to recipe.