



# Healthier Sweeteners

## Honey:

- Local, raw, & organic
- Darker = more minerals
- Minimally processed
- Not for kids < 1 yr old
- Cooking equivalent:  
1/2 cup = 1 cup sugar - plus  
reduce liquid by 1/4 cup

## Stevia:

- Perennial plant native in Brazil
- 30 x sweeter than sugar
- Can have bitter aftertaste so use sparingly
- Cooking equivalent:  
1 teaspoon = 1 cup sugar

## Maple syrup:

- Organic
- Boiled sap of sugar maple trees
- Distinctive flavor
- Cooking equivalent:  
1/2-2/3 cup = 1 cup sugar -  
plus reduce liquid by 1/4 cup

## Brown Rice Syrup:

- Rice cooked at length
- Mild flavor
- Highest protein content of natural sweeteners
- Cooking equivalent:  
1-1 1/4 cup = 1 cup sugar,  
plus reduce liquid by 1/4 cup