

Holiday FEASTING

Cheat Sheet

TO REPLACE	USE
<p>1 CUP SUGAR</p>	<p>* 1 cup dry granular (xylitol, erythritol, Lakanto, coconut sugar) PLUS stevia liquid OR powder to taste (usually 20-30 drops or 1/16 tsp/ 0.25 ml powder)</p>
	<p>* 1-1/4 cups (300 ml) dry granular (xylitol, erythritol, Lakanto, coconut sugar) and no stevia</p>
	<p>* 2/3 cup wet sweetener (agave nectar, coconut syrup) PLUS stevia to taste (usually 1/4 tsp / 1 ml liquid or 1/8 tsp / 0.5 ml powder)</p>
	<p>IMPORTANT: If using yacon syrup, always combine at least 50% with another sweetener to avoid the strong flavor. For instance, for 2/3 cup (180 ml) wet sweetener in any recipe, use 1/3 cup (80ml) yacon syrup and 1/3 cup (80 ml) another liquid sweetener.</p>
	<p>IMPORTANT: when using glycerin, only small amounts will work in baked goods, cookies, or fudge; usually no more than 25% of the total sweetener. Glycerin is best for ice cream.</p>
	<p>ALSO: decrease any other wet ingredients (such as milk, juice, water) by at least 25%, and flour by 25% at the same time. This will compensate for all the extra liquid you are adding.</p>
	<p>SO: if recipe calls for 1 cup sugar, 1 cup milk and 1 cup flour, use 2/3 cup (160 ml) wet sweetener and change 1 cup milk (240 ml) to 3/4 cup (180 ml) while also increasing flour from 1 cup (240 ml) to 1-1/4 cups (300 ml). Adjust amounts accordingly.</p>
<p>1 CUP MAPLE SYRUP, HONEY OR OTHER HIGH-GLYCEMIC LIQUID</p>	<p>* 1 cup (240 ml) wet sweetener (agave nectar, coconut syrup, plus stevia to taste (usually only with coconut syrup)</p>
	<p>* 1/2 cup (120 ml) dry granular sweetener PLUS increase liquid in recipe by about 25%; decrease flour by about 25%</p>
	<p>SO: if recipe calls for 1 cup honey, 1 cup milk and 1 cup flour, use 1/2 cup (120 ml) xylitol or coconut sugar, plus increase milk to 1-1/4 cups (300 ml) and decrease flour to 3/4 cup (180 ml).</p>

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BEST SWEETENERS FOR NON-BAKED GOODS:

ICE CREAM/
MOUSSE/
PUDDING

Xylitol, stevia, erythritol, Lakanto, syrups, or any other natural sweeteners. (Xylitol helps to keep the ice cream from crystalizing too much when frozen.)

BEVERAGES
(smoothies,
milk shakes,
punch, etc.)

Stevia, xylitol, Lakanto, erythritol, syrups

COOKIES/
BROWNIES

Xylitol, Lakanto, erythritol, syrups, stevia
IMPORTANT: erythritol (including Lakanto) is not my favorite for cookies or brownies. It tends to create a crunchy, hard crust once the baked good cools. I find that xylitol re-creates standard textures in baking much more reliably.

CAKES

Xylitol, Lakanto, erythritol, syrups, stevia
FOR CAKES, as long as the cake is moist, erythritol is usually ok; but xylitol is my preferred sweetener here as well.

PIES AND
PIE CRUSTS

Xylitol, Lakanto, erythritol, syrups, stevia--all should be good.