

Raw honey often has a crystallized appearance and is solid at room temperature during colder months. Use raw honey in smoothies, beverages, salad dressings and other recipes that don't require heating.

### **Maple Syrup** (Aisle 1 & Bulk)

Maple syrup is made from tapping the sap of maple trees and boiling it down in an evaporator to reduce the water content. As the sugaring season progresses, the sap darkens, producing progressively darker and stronger grades of syrup. Because maple syrup is concentrated sap, it is rich in the minerals that travel up from a tree's roots. Use 2/3 to 3/4 cup maple syrup for 1 cup of white sugar and lower the oven temperature by 25°F. (Maple sugar, which is evaporated maple syrup, can be substituted 1:1). Maple syrup makes cookies and granolas crisper. You may notice crisper, darker edges on your cookies and more of a "crunch."

### **Stevia** (Aisle 1 & Bulk)

Stevia is derived from the stevia plant native to Paraguay and Brazil. The leaves are gently processed in cool water. It is chemically not a sugar and therefore does not register any calories, carbohydrates, or glycemic index. It comes in two forms: liquid stevia is a concentrated syrup and dried stevia is a white powder. On its own, it is 200-300 times sweeter than sugar. Use liquid or dried powdered stevia in extreme moderation as a sugar replacement. It is best in beverages, sauces, or marinades where the lack of bulk won't affect the outcome of the recipe. Dried stevia sold in packets as a sugar replacer for beverages has fiber and/or silica as bulking agents, so one packet is equivalent to 2 tsp of sugar.

### **Xylitol** (Aisle 1)

Xylitol is a plant-based sugar alcohol with a low glycemic index. Not only does it not spike sugar levels, but it also has 40% fewer calories than

sugar. Also, rather than causing tooth decay like sugar it may prevent cavities. Substitute xylitol at a 1:1 ratio for sugar.

### **About City Market, Onion River Co-op**

City Market, Onion River Co-op is a consumer cooperative, with over 11,700 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products.

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# Natural Sweeteners



Natural sweeteners are usually made from saps, syrups, and nectars found in nature and have been less processed than pure cane sugar, which is 100% sucrose. Because they are less processed, they have naturally-occurring vitamins, minerals, and enzymes, and may be produced in more environmentally friendly ways than pure white sugar. If you're looking to kick the sugar habit, start by reducing the sugar content in recipes and experiment with using natural sweeteners in place of white sugar.

## **SUGARCANE SWEETENERS** **(in order of Less to more processed)**

*First, an explanation of common terms:*

**Organic** means that the sugar cane is grown without synthetic pesticides and fertilizers; is processed without chemicals, bleaching agents, or colorings; and is non-GMO.

**Fair Trade** means that farmers in developing countries are paid based on a fair pricing structure. Certain certifiers additionally support sustainable farming practices, worker co-ops, and small family farms.

### **Molasses** (Aisle 1 & Bulk)

Molasses is what is left over when sugar cane juice has been boiled down and the sugar crystals are removed. Blackstrap molasses is the darkest grade of molasses. Molasses is high in minerals like calcium and iron. Use 1 Tbsp molasses plus 1 cup of sugar to replace brown sugar in a baking recipe for a 1:1 substitution.

### **Whole Cane Sugar/Sucanat** (Aisle 1 & Bulk)

Whole cane sugar is sugar cane juice that has been boiled down, cooled, and dried without removing any of the molasses. It is sometimes sold under the trade names “Rapadura” (which comes from the Portuguese name for unrefined sugar) and “Sucanat” (SUGar CAnE NATural). It can be substituted 1:1 in recipes that call for white sugar, although it will contribute a slightly darker color and more earthy taste; also 1:1 in recipes that call for brown sugar.

### **Raw Cane Sugar/Turbinado** (Bulk & Aisle 1)

The word “raw” in this case means that a small amount of molasses has been left in the sugar crystals, which are spun in a large turbine to remove most of the molasses and create large, shiny golden sugar crystals. It is sometimes sold as “Demerera” sugar, named after a British colony in Guyana. Raw cane sugar is popular in

hot and cold beverages and as a crunchy topping for baked goods. If you substitute it 1:1 for white sugar in baked goods, the large crystals may not completely dissolve and you may get some crunch!

### **Evaporated Cane Sugar** (Aisle 1 & Bulk)

This is refined white sugar with a tiny amount of molasses left in. The main advantage to buying this over pure white sugar is that it has not been processed with chemicals or colorings. Use 1:1 in recipes that call for granulated white sugar.

## **OTHER NATURAL SWEETENERS** **(alphabetical order)**

### **Agave Nectar** (Aisle 1)

Agave nectar is made from the juice of the Mexican agave plant. Because it is minimally heated, it is suitable for raw food recipes. Agave nectar has a low glycemic index, which means it doesn't spike blood glucose levels (it is primarily fructose). To replace 1 cup of sugar, use 2/3 cup agave nectar, reduce the quantity of liquid slightly, and reduce the oven temperature by 25°F. It also makes a good sweetener in cold beverages, such as iced tea.

### **Barley Malt** (Aisle 1)

Barley malt is made from whole grain barley that has been sprouted, roasted, and then slowly cooked to form a thick, dark brown syrup. Its complex carbohydrates help slow the absorption of sugars (mostly maltose) into the bloodstream. It's about half as sweet as sugar. It has a tendency to make foods harder and crispier, so you may substitute it for other sweeteners when making crunchy items like granola or cookies. Use 1 1/3 cups barley malt in place of 1 cup of sugar, reduce liquid by 1/4 cup and add 1/4 tsp baking soda.

### **Brown Rice Syrup** (Aisle 1)

Brown rice syrup is made from white rice that has been cultured with enzymes and then cooked into a thick brown syrup. Like barley malt, it is high in complex carbohydrates, about half as sweet as sugar, and also has a tendency to make foods more brittle. It has a mild butterscotch flavor. Follow the substitution guidelines for barley malt.

### **Coconut Sap Crystals** (Aisle 1)

Coconut nectar and coconut sap crystals are made from the sap of the coconut tree. Coconut nectar and sap crystals are great choices for a sugar substitute, since they are high in enzymes, vitamins and minerals and have a low glycemic index. The nectar is created by tapping the coconut tree and the crystals are made by taking that nectar and evaporating the liquid off at a low temperature. Use coconut nectar in a 1:1 substitution for recipes calling for a sweetener with a similar consistency, such as maple syrup or brown rice syrup, or use it to top pancakes or waffles. Coconut sap crystals may replace sugar in recipes at a 1:1 ratio.

### **Honey, Pasteurized** (Aisle 1 & Bulk)

Pasteurized honey has been heated above 117°F to make it liquid at room temperature and easier to pour and measure. Honey is sweeter than sugar and also more liquid, so substitute 2/3 to 3/4 cup of honey for 1 cup of sugar in baked goods. Baked goods made with honey will also darken more quickly in the oven, so reduce the oven temperature by about 25°F. They will also stay moist and soft longer, because honey absorbs moisture from the air.

### **Honey, Raw** (Aisle 1)

Raw honey has been extracted from the honey comb without heating or filtering, so it retains live enzymes, vitamins, and minerals. It may also have trace amounts of propolis and bee pollen.