



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.

Sugarcane Sweeteners

Molasses - Molasses is what is left over when sugar cane juice is boiled down and the sugar crystals are removed. Use 1 Tbsp molasses plus 1 cup of sugar to replace brown sugar in baking. Bonus: Molasses is high in minerals like calcium and iron. Find it in our Bulk and Grocery departments.

Whole Cane Sugar/Sucanat - Sugar cane juice that is boiled down, cooled, and dried without removing any of the molasses. Available in our Bulk and Grocery departments.

Raw Cane Sugar/Turbinado - In this case, “raw” 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. Available in our Bulk and Grocery departments.

Evaporated Cane Sugar - Refined white sugar with a tiny amount of molasses left in. The main advantage of buying this over pure white sugar is that it has not been processed with chemicals or colorings.

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Other Natural Sweeteners

Agave Nectar - Made from the juice of the Mexican agave plant, this sweetener is low on the glycemic index and suitable for raw food recipes. Find it in the Grocery aisles.

Barley Malt - Made from whole grain barley that is sprouted, roasted, and then slowly cooked into thick, dark brown syrup. Its complex carbohydrates help slow the absorption of sugars into the bloodstream. It's about half as sweet as sugar and can be found in our Grocery aisles.

Brown Rice Syrup - Made from white rice cultured with enzymes and then cooked into a thick brown syrup, this natural sweetener is available in our Grocery aisles.

Honey, Pasteurized or Raw - Both forms of honey are available in our Grocery aisles while pasteurized honey is available in bulk from a local apiary.

Maple Syrup - This quintessential Vermont product is made from tapping the sap of maple trees and boiling it down in an evaporator to reduce the water content. Check out the many local producers in our Bulk and Grocery departments.

Stevia - Derived from the stevia plant native to Paraguay and Brazil, this sweetener is made by lightly processing the leaves in cool water. Find liquid and dry powder stevia in our Grocery aisles.

Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End
www.citymarket.coop