



## The Best Sugar Substitutes for Holiday Baking

### Message from Milly

Happy Holidays to one and all!

No matter what's going on in the world, the holidays give us all a really good excuse to bake up some delicious sweet treats.

However, with so many of us working and learning from home, it can be all too easy to go waaaaayy overboard on the sugar (and wind up regretting it when our immune systems tank and we can't fit into our comfy pants (-:).

Thankfully, it's a lot easier to bake without refined sugar than it used to be.

In this month's newsletter we'll explore the best sugar alternatives for holiday baking plus helpful healthier recipe resources.

Holiday blessings to all,

-Milly



### Top 3 Best Unrefined Sugars for Baking (and how to use them)

#### #1: Coconut palm sugar

##### What is it?

Sap from coconut palm trees that's been dried and pulverized.

##### Why is it healthy?

Unlike white sugar, coconut palm sugar has not been bleached or stripped of its nutrients (like trace minerals) making it a more nutritious substitute that's easier on your blood sugar.

##### How to bake with it:

Use 1:1 in place of white sugar.

Try blonde coconut sugar for recipes that desire a

lighter colored end-product.

Note: when replacing brown sugar, you can still use the 1:1 ratio, but you may wish to include a tablespoon or two of molasses or maple syrup for added moisture.

## #2: Organic maple syrup

### What is it?

Sap collected and boiled down from maple trees. I do recommend organic, 100% pure maple syrup as there have been traces of formaldehyde found in conventional maple syrups (ugh!).

### Why is it healthy?

Because it contains all its vital trace minerals like iron, zinc, manganese, beneficial prebiotics like oligosaccharides, amino acids, and antioxidants.

### How to bake with it:

You can replace sugar with maple syrup in baking by subtracting 1/3 of another liquid (such as milk) from the recipe.

Thus, it's not suited for every type of baked good...though you can replace it 1:1 for things like custards, puddings, bananas foster, and beverages.

To replace another syrup, such as corn syrup, I've had the best luck doing a 50:50 split with maple syrup and honey for a thicker consistency.

## #3: Raw honey

### We all know what it is!

### Why is it healthy?

Raw honey is rich in minerals, antioxidants, enzymes, anti-allergen and immune-boosting properties.

### How to bake with it:

Substitute 3/4 cup of honey for 1 cup of sugar in baking...that's it.

I personally think the flavor of honey works best with fruit and citrus-based desserts vs. chocolate or light cakes...but you be the judge!

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## Healthiest sugar-free alternatives for baking (low-carb)

### Stevia

Pure stevia is the most natural, least-processed, and healthiest sugar alternative out there. However, it's not the

easiest to bake with due to its ultra-sweet nature and how it changes due to temperature.

Thus, good recipes and/or a willingness to experiment are essential! I've included some online recipe resources below.

## Lakanto

Lakanto is either made from 100% pure monkfruit or is a blend of monkfruit and another zero-calorie sweetener such as erythritol.

It is zero-calorie and zero-sugar.

Lakanto blends can typically be used 1:1 in place of sugar for baking, which makes it a lot easier to work with than stevia.

100% monkfruit Lakanto is difficult to bake with due to its super-sweetness, thus blends are preferable for baking.

If you choose a blend, look for an organic/non-GMO blend with erythritol vs. artificial sweeteners.

In all honesty, erythritol is not a perfect, unprocessed zero-calorie sweetener (especially if it comes from GMO crops) and can cause some digestive issues like bloating and gas...so I wouldn't recommend it as an every day thing.

However, since it's a LOT better than typical artificial sweeteners (and sugar-free people need some sweetness in their lives too!) feel free to enjoy as a treat.



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## Helpful Healthy Baking Recipe Resources

There are so many healthy baking resources online it can be overwhelming! Here are 5 of my favorites for refined-sugar-free baking:

[chocolatecoveredkatie.com](http://chocolatecoveredkatie.com): our top pick for healthier sweets because she offers instruction for a variety of sugar substitutes, including stevia!

[paleorunningmama](http://paleorunningmama.com): awesome dessert options for healthier, refined-flour-free, grain-free, dairy-free, refined sugar-free, kid-friendly baking. Plus loads of maple-syrup-based sweets. You can even look up recipes by your unique dietary needs (the [cinnamon rolls](#) are delish!).

[nourishinghome.com](http://nourishinghome.com): awesome GF, grain-free, refined-sugar free sweets and other recipes.

[www.stevitanaturals.com/recipes](http://www.stevitanaturals.com/recipes): for 100% stevia-sweetened recipes (they wrote the original book on it!).

[www.lakanto.com](http://www.lakanto.com): [check out their baking guide](#) for advice on baking with monkfruit blends (their organic blend is non-GMO).