





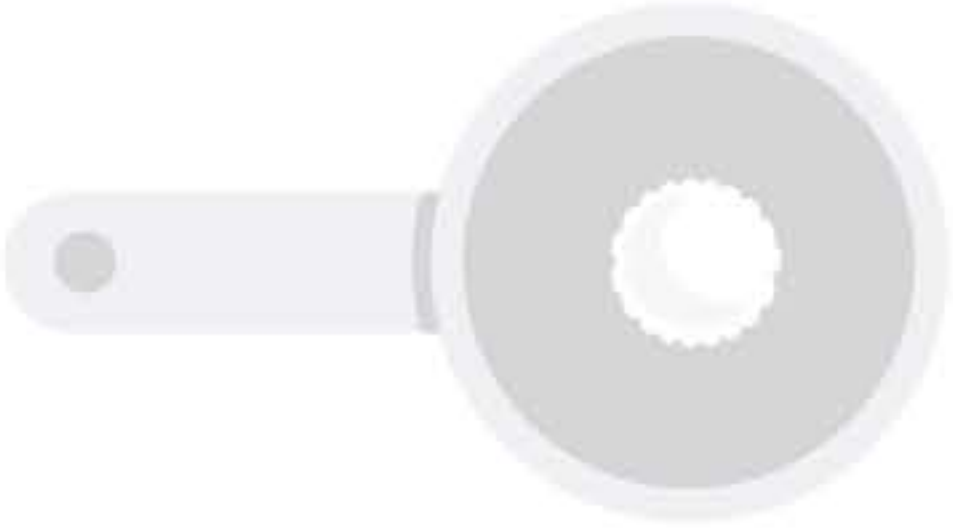



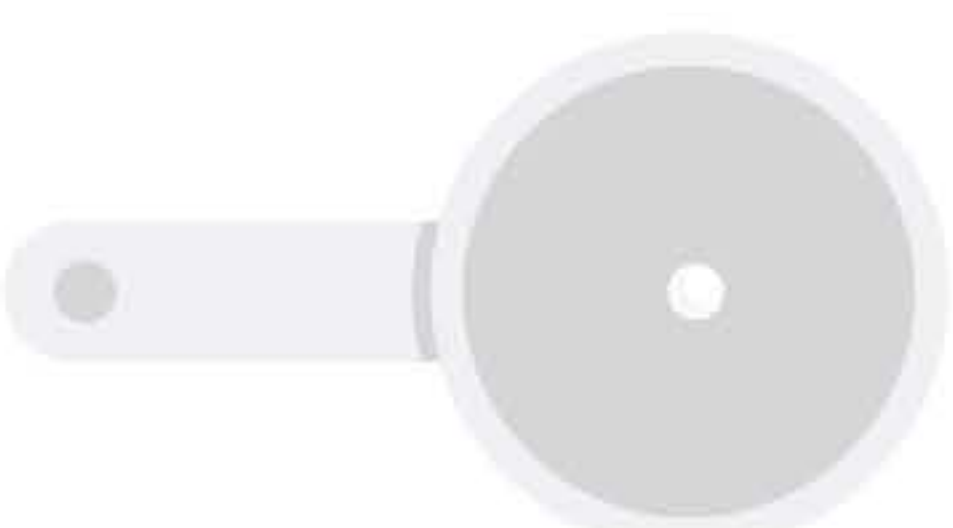




SUGAR ALTERNATIVES

	HONEY	MAPLE SYRUP	AGAVE NECTAR	STEVIA
1 CUP SUGAR (8 oz/240g)	 3/4 cup	 3/4 cup	 2/3 cup	 1 tsp.
1 TBSP. SUGAR	 3/4 tbsp.	 3/4 tbsp.	 3/4 tbsp.	 1/8 tsp.
1 TSP. SUGAR	 3/4 tsp.	 3/4 tsp.	 3/4 tsp.	 just a pinch
NOTES	Decrease liquid by 2-4 tbsp.	Decrease liquid by 3 tbsp.	Decrease liquid by 1/4 cup.	To replace bulk, add applesauce, apple butter, or yogurt