

# TIPS FOR REDUCING SUGAR IN RECIPES



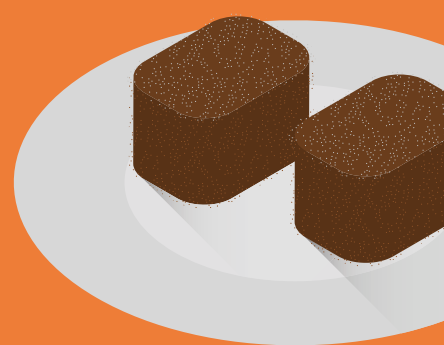
## CUT THE SUGAR

- Cut sugar by 1/4 to 1/2 of the suggested amount. You can substitute the missed volume of sugar for more whole wheat flour.
- Skip the frosting



## REPLACE THE SUGAR

- Use Spices: cinnamon, cloves, allspice, ginger, and nutmeg.
- Use 1 tsp vanilla for 1/2 cup sugar
- Use pureed fruit or unsweetened apple sauce in place of some of the sugar.
- Add cocoa powder
- Add a shot of espresso



## ADD SOME FLAVOR

- Add small pieces of dried fruit, such as: plums, raisins, cranberries, and apricots, or add cocoa nibs to impart a sweet flavor in each bite.
- Add orange and lemon zest to bring a fruitiness to the dish.
- Add your own homemade versions of typically high sugar store bought items, such as: salad dressings, pasta sauce, barbecue sauce, etc.

