

Role of Sugar in Baking:

- Structure, texture & volume
- Enhances caramelization & browning
- Helps retain moistness & tenderness in baked goods
- Can act as a preservative, keeping baked goods fresh

Sugar Substitutes & Sugar Blends

There are now a variety of sugar substitutes available for purchase to replace added sugars as a tabletop sweetener or to be used in cooking and baking. Many product lines may be purchased in different forms such as packets or spoonable form. Some products are created to measure cup for cup as sugar when replacing sugar in recipes. Some products are a blend of sugar and a sugar substitute providing baking qualities of sugar with fewer calories. This handout discusses some of the products available to replace up to 100% of the sugar or ½ of the sugar called for in a recipe.

Companies of each product have developed recipes for the specific sugar substitute, tips for using the products in cooking/baking and conversion charts. Consumers can register for newsletters, coupons & free samples for many of the products reviewed.

Splenda Granulated (Sucralose):

- Contains a bulking agent (maltodextrin) so the product measures cup for cup when replacing sugar in recipes.
- Conversion: Use 1 cup sugar = 1 cup Splenda Granulated
- Splenda Granulated Baker's Bag is the equivalent of a 5 lb bag of sugar.
- One cup Splenda Granulated = 96 calories vs. 1 cup sugar = 775 calories

www.splenda.com

Splenda Sugar or Brown Sugar Blend:

- The sugar blend contains sugar and Splenda Brand sweetener Sucralose. The brown sugar blend contains molasses, sugar & Splenda Brand sweetener Sucralose.
- Designed to cut back on sugar intake while still providing baking qualities of sugar such as moistness & texture.
- Conversion: Use ½ of the amount called for by a recipe. 1 cup sugar = ½ cup Splenda Sugar or Brown Sugar Blend.

www.splenda.com

Pyure Stevia Sweetener “Bakeable Blend”

- Ingredients: Stevia Extract & bulking agent (maltodextrin) so the product measures cup for cup when replacing sugar in recipes.
- Conversion: Use 1 cup sugar = 1 cup Pyure Stevia Granulated
<http://www.pyuresweet.com/>

Truvia Spoonable

- Ingredients: Erythritol and Rebiana (Stevia Leaf Extract)
- Conversion: 1 tsp. sugar = 1/2 tsp. Truvia Spoonable
<https://www.truvia.com/>

Truvia Baking Blend (Sugar or Brown Sugar):

- Sugar Blend ingredients: Sugar, Erythritol & Stevia Leaf Extract
- Brown Sugar Blend ingredients: molasses, sugar, Erythritol & Stevia Leaf Extract
- Conversion: Use ½ of the amount called for by a recipe for sugar. 1 cup sugar = ½ cup Truvia Baking Blend
- Developed for use in baked goods.
- One 1.5 bag Truvia Baking Blend is the equivalent of 3 lb sugar
<http://www.truvia.com/baking/>

Truvia Nectar:

- Ingredients: Honey, Sugar, Stevia Leaf Extract & water
- Substitutes for honey, agave or granulated sugar
- Conversion: Use ½ of the amount called for by a recipe to replace honey or agave
- See website for conversion substituting sugar
- See website for where to buy
<https://www.truvia.com/>

Equal Spoonful (Aspartame & Maltodextrin):

- Contains a bulking agent (maltodextrin) so the product measures cup for cup when replacing sugar in recipes.
- 1 cup sugar = 1 cup Equal Spoonful
- “Equal works best in recipes where sugar’s primary role is flavoring & sweetening such as fruit pie fillings and cheesecakes.”
www.equal.com

Pure Via Turbinado Raw Cane Sugar & Stevia Blend

- Blend of raw cane sugar and Stevia
- Conversion: Use ½ of the amount called for by a recipe for sugar. 1 cup sugar = ½ cup Pure Via Baking Blend
- Developed for use in baked goods.
- One 1.5 bag Pure Via Baking Blend is the equivalent of 3 lb sugar
www.purevia.com

Born Sweet Zing Baking Blend

- Blend of sugar & Stevia
- Designed to cut back on sugar intake while still providing baking qualities of sugar such as moistness & texture.
- Conversion: Use ½ of the amount called for by a recipe. 1 cup sugar = ½ cup Born Sweet Zing Sugar & Stevia Blend.
<http://www.zingstevia.com>

Other Sugar Substitute Brand Names:

Sweet N Low (Saccharin)