

Sweetener Guide

We use **maple syrup** and **regular sugar** in most of our recipes as they tend to be most versatile in flavor profile and ease. However, you can choose another option. Here are a few swaps and how they differ:

Similar Swaps

*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



HONEY

1.5-2x sweeter, thicker consistency



AGAVE

~1.3-1.6x sweeter, thinner consistency than maple syrup



BROWN SUGAR

White sugar plus molasses; slightly less sweet; notes of caramel or toffee



COCONUT SUGAR

Similar to brown sugar; changes to nutritional profile, vitamins, minerals and blood sugar impact is negligible

Other Options

*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



NON - NUTRITIVE

(Stevia, Monk Fruit) Low or no calories, can have a bit of an aftertaste; less/no impact on blood sugar; safe to consume in normal amounts



ARTIFICIAL

(Aspartame, sucralose) Similar to nutritive but chemical/synthetically made, also safe to consume in normal amounts



COFFEE SYRUPS

Regular or sugar free varieties can be found; lots of different flavor options; great sub for maple syrup; impact on blood sugar/calories depends on variety and sweetener used