

Sugar- Free Cheat Sheet

Cooking	Baking
<p>Balsamic vinegar</p>  <p>The std acidity of balsamic vinegar is 7% but that can feel too sour in a recipe. To reduce the acidity and highlight the sweetness add 1 tbs of balsamic vinegar when caramelising onions. This will help sweeten the flavour of the dish.</p>	<p>Banana</p>  <p>When your recipe makes 12 muffins, use 4 over-ripe large bananas (with dark spots on) instead of sugar. Mash them with a fork into a puree or process in a food processor. They'll also add little bit of moisture, so adjust your recipe for that.</p>
<p>Cinnamon</p>  <p>Works well not only over your porridge but also in a tomato sauce of any kind. When a recipe calls for a teaspoon of sugar, use $\frac{1}{2}$ - 1 tsp cinnamon to sweeten it up.</p>	<p>Fruit puree</p>  <p>Use the sweetest flavour you find (like fruit cocktail). It matches nicely with bananas as per the above and increases the overall sweetness of baked goods.</p>
<p>Mixed spice/garam masala</p>  <p>Add 1 tsp to tomato sauce when making an Indian or any other Eastern cuisine dish. Blends well with spices like turmeric and highlights exotic tones of the meal.</p>	<p>Dried fruit</p>  <p>Raisins, currants, dried apricots, cherries, dried mango or pineapple. Chop them into fine pieces (except raisins) to spread the sweetness through the baked goods. Then add some date paste or banana/fruit pure (as per this sheet) to replace sugar in a recipe.</p>
<p>Dates</p>  <p>Chopped into small pieces, dissolve well in a sauce. Start with 2 dates per meal for 4 people and see how that works for you. Can be adjusted based on the sweetness you want from a meal.</p>	<p>Dates</p>  <p>Make date paste (process cup of dates soaked for 5 min in boiling water, just so they are covered), in a std. recipe replace 1 cup of sugar, with $\frac{3}{4}$ cup of date paste. You need to also reduce the liquid used (like plant milk) by about $\frac{1}{4}$ cup as the paste will make treats more moist.</p>
<p>Sweet potato</p>  <p>Mashed up it sweetens and thickens sauces.</p>	<p>Carrots</p>  <p>When using carrots in a carrot cake or carrot-based muffins, shred them into fine pieces. They match well with cinnamon, cardamom, mixed spice, nutmeg.</p>
<p>Fruit</p>  <p>Grated apples, pears or pieces of pineapple replace sugar when making a spicy curry. The subtle sweetness of fruit reduces the edge of hot curry powder or chillies.</p>	<p>Sugar-free jam</p>  <p>Great for making jam dot cookies or as a topping for your oatmeal. When choosing a brand make sure it's sweetened only with fruit (for example grape juice), not with an artificial sweetener.</p>

Do you have any questions? Please contact me [here](#).

