

# *Sugar, Baking* **INGREDIENTS AND SUBSTITUTES**

**White Sugar:** Maple Syrup, Stevia, Raw Honey, Dates, Raisins, Coconut Sugar

**Butter:** Ghee (clarified butter), Raw Organic Butter, Virgin, Organic Coconut Oil

**Chocolate:** Raw Cacao (chocolate), Carob

**Wheat:** Buckwheat (seed of a fruit), Spelt, Kamut, Amaranth, Oats, Barley, Millet, Brown Rice

**Eggs:** (when baking) Applesauce ( $\frac{1}{4}$  cup per 1 egg), Flax Eggs (see recipe in *Soul Roots Cookbook*)

**Milk:** Homemade/Store Bought Nut Milk, Hemp Milk, Coconut Milk

**Wheat Bread:** Essene Bread, Sprouted Bread (not more than 3 grains), Flaxseed Crackers

**Soy:** Almond, Coconut. (If soy is fermented and organic, it is okay to eat)

## **NOTES**

When shopping for baking powder, check the label for Aluminum-Free!

DO NOT bake/cook with honey. When honey gets too hot, its molecular structure changes. Then, when you eat it, it sticks to your organs and guts like a toxic glue. Raw honey is one of nature's most precious foods and should be consumed raw, mixed into dishes and dissolved in teas. Yum!

## **USED IN BAKING**

Each value is based on substituting for 1 cup dry sugar

### **Replacements**

Maple Syrup ..... 1 cup (+ 1 tsp. baking soda per 1 cup)

Stevia ..... 1 tsp.

Honey ..... Do not use in baking.

Coconut Sugar ..... 1 cup

Dates .....  $\frac{1}{2}$  cup +  $\frac{1}{2}$  cup water

Raisins .....  $\frac{1}{2}$  cup +  $\frac{1}{2}$  cup water

