

Sweet On Honey

How To Substitute Honey for Sugar In Baked Goods*

If going all-natural and reducing refined sweeteners sounds good to you, replacing sugar with honey is a great place to start. All it takes is a jar of honey and a spirit of adventure! Here's how:

Recipe calls for less than ½ cup of sugar:

Replace with an equal amount of honey.

Recipe calls for ½ cup to 3 cups of sugar:

Replace with 25% less honey.

Recipe calls for more than 3 cups of sugar:

Replace every 1 cup sugar with 2/3 cup honey.

Tips for Success:

- Reducing the recipe's other liquid ingredients by ¼ for every 1 cup of honey substituted will help prevent sogginess (remember: you're replacing a granulated solid with a liquid).
- In baked goods, adding ½ tsp baking soda for every 1 cup of honey used balances honey's natural acidity and adds volume.

Baking Notes:

- Set the temperature 20-30°F lower than the recipe calls for.
- Start checking for doneness halfway through the stated cook time.
- If excessive browning is a concern, cover dish with aluminum foil.



7 whole grains on a mission.™

*Tape this label to your jar of honey or inside your favorite baked goods cookbook.

Note: Honey should not be fed to children under one.