

Ways to Sweeten Without Table Sugar

Handout 2

1. Use apple juice concentrate or white grape juice as all or part of the liquid in a recipe. Juices must be counted as part of the carbohydrate in the recipe. Recipes prepared with juice become sweeter the longer they sit. You may wish to prepare them the day before you plan to serve them.
2. Aspartame stays sweeter longer during heating if the other ingredients in the recipe are acidic, like fruit. It will also stay sweet longer if it is mixed with another sweetener.
3. Any artificial sweetener is sweeter when combined with another sweetener.
4. Sugar-free puddings and gelatins usually substitute perfectly in refrigerated desserts and congealed salads.
5. Spices can mask the aftertaste of some artificial sweeteners. Using less of an artificial sweetener than needed to exactly substitute for the original amount of sugar in the recipe may also make the aftertaste less noticeable.
6. Cinnamon and vanilla make food taste sweeter with fewer sweeteners.
7. Sugar makes food stay fresh longer because it helps retain moisture. You will need to cover any sugar-free baked goods well and refrigerate or freeze them to maintain freshness.
8. Adding sugar-free pudding or 1/4 cup non-fat dry milk powder to a sugar-free cake may increase the volume and moistness.
9. Pureed fruit can add sweetness and bulk to sugar-free cookies, cakes and quick breads.
10. Usually you can reduce the sugar and fat in a recipe by 1/4 to 1/3 without altering cookies, pies and quick breads. This may not work with cakes.

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