

SWAPS 101

How to use date sugar in your favorite recipes.

Our advice for all baking - pancakes, cakes, cupcakes, pies, muffins, cookies, etc!

1 Replace all granulated sugar with date sugar

2 Decrease flour by 25%

1/2 c6 T
1 c3/4 c
1 1/2 c1 c + 2 T
2 c1 1/2 c

3 optional! Increase moisture by 25%

add one more egg OR increase milk or butter by 25%

1/2 c..1/2 c + 2 T
1 c1 1/4 c
1 1/2 c1 3/4 c + 2 T
2 c2 1/2 c

4 Bake at 25° less & check 5-10 mins earlier

2 tsp date syrup = whole
+ 1 tsp date sugar = date

JUST DATE

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