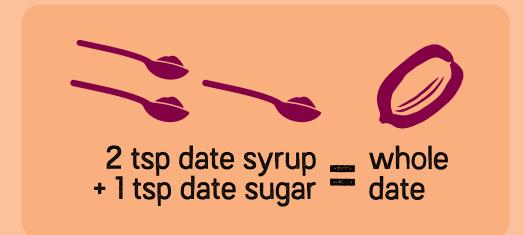
## SWAPS 101

How to use date sugar in your favorite recipes.

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



The state of the s

Replace all granulated sugar with date sugar 1:1

2

Decrease flour by 25%

Here's a cheat sheet for common quantities:

1/2 c	6 Т
1 c	3/4 с
1 1/2 c	1 c + 2 T
2 c	1 1/2 c

3

Increase moisture by 25%

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

1/2 c	1/2 c + 2 T
1 c	1 1/4 c
1 1/2 c	13/4c + 2T
2 c	2 1/2 c

4

optional!

Bake at 25° less & check 5–10 mins earlier