

# SWAPS 101

How to use date sugar in your favorite recipes.

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



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

1

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

optional!

4

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