

USING

raw honey

as a sugar substitute



with Steens raw manuka honey





REPLACING SUGAR
with honey

Are you contemplating reducing or eliminating refined sugar from your diet?

Using raw Manuka Honey brings so many benefits with it – not least the Methylglyoxal levels, bio-available bee bread, pollen and wax particles, and the fact that it is as natural as when it is sitting in the honeycomb within the hive.

Replacing refined sugar with Manuka Honey is easy!

If you're looking for recipe ideas, check out our [blog](#) which is packed full of easy to make, savoury and sweet wholefood recipes - all refined sugar free.

Or if you're wanting to work with existing recipes and substitute the added sugar with a healthier alternative of raw honey, keep scrolling for our easy conversion chart and a few tips and tricks that will help you to create the perfect recipe with no added sugar or nasties.



CHOOSE YOUR HONEY
for its flavour

Our Anytime Range has been specifically curated for baking and cooking. With richer flavoured MGO 83+ to beautifully sweet and perfumed Wildflower honey, choose the one you like the flavour of most to use in your recipes. As a general rule, the higher the MGO number, the richer the flavour will be.

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reduce the liquids

Honey is made up of about 20 percent water, this means you'll want to reduce the total amount of liquids in your recipe to counter the extra liquid from the honey. So for every 1 cup of honey you're using, reduce 1/4 cup of other liquids from the recipe.

[Shop Anytime Range](#)

Sugar to Honey

CONVERSION GUIDE

<i>sugar</i>	<i>honey</i>	<i>reduce liquids</i>
1 Tblsp	2 tsp	—
2 Tblsp	1 Tblsp	—
1/4 Cup	3 Tblsp	—
1/3 Cup	4 Tblsp	—
1/2 Cup	1/3 Cup	1 Tblsp
2/3 Cup	1/2 Cup	2 Tblsp
3/4 Cup	2/3 Cup	3 Tblsp
1 Cup	3/4 Cup	1/4 Cup

Ethically & sustainably harvested in New Zealand
Rich, raw & grainy - straight from the hive

steens[®]

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