

FOOD

Application	Product	How to Apply
Boiling Eggs	Sodium Bicarbonate	Add 1/2 teaspoon of sodium bicarbonate when boiling eggs to make shells slide right off.
Canning Tomatoes	Citric Acid	1/2 teaspoon of citric acid can be used for every quart of tomatoes.
Cleaning Fruits and Veggies	Sodium Bicarbonate	Soak fruits and veggies in a bicarb wash for around 15 minutes to remove pesticides.
Gluten Free Goods	Xanthan Gum	Add 2 teaspoons of xanthan gum for every 150g flour.
Humectant/Stabilizer	Sorbitol Syrup	Sorbitol syrup can be used in bakery and packaged foods.
Leavening Agent (Baking)	Sodium Bicarbonate	Use 1/4 teaspoon baking soda per cup of flour to leaven baked goods.
Making Cheese	Citric Acid	Dissolve 1/2 teaspoon citric acid in 2 tablespoons water and use in place of lemon juice or vinegar.
Preservative	Glycerine	To keep cakes moist for longer, add 1 teaspoon of glycerine per 100g flour.
Raspberry Jam	Citric Acid	Add 450g fresh raspberries to a pot and 225g of sugar, 4g citric acid and mix. Turn heat to medium for 40 mins and let it simmer. Let it cool and add to jar.
Sour Bread	Citric Acid	No more than 1 tablespoon of citric acid can be used in place of salt.
Sugar Replacement	Sorbitol Syrup	Sorbitol can be used as a replacement for sugar, providing about 60% of the sweetness.

Thickening Sauces	Xanthan Gum	Blend xanthan gum into desired liquid. The more powder added, the thicker the sauce will be.
Vegan, Low Fat, Sugar free, Gluten free Chocolate Syrup	Xanthan Gum/Glycerine	Whisk together 3/4 teaspoon xanthan gum with 80g cocoa powder. Pour 2.3 cup boiling water while whisking vigorously until smooth. Add 1 teaspoon vanilla paste and whisk in 150g glycerine.

DRINKS

Application	Product	How to Apply
Elderflower Cordial	Citric Acid	Mix sugar, water, elderflower leaves and citric acid.
Lemonade	Citric Acid	Citric acid can be added to lemonade to enhance the flavour.
Reduced Calorie Drinks	Sorbitol Syrup	Sorbitol can be used as a replacement for sugar, containing approximately two-thirds of the calories.
Smoothies / Shakes / Protein Drinks	Xanthan Gum	Blend xanthan gum into desired liquid. The more powder added, the thicker the drink will be.
Smoothing Agent	Glycerine	Use 2-3 teaspoons of glycerine per gallon to smooth and mellow whiskey or other distilled spirits. Use 2-4 ounces per gallon as a sweetener and thickening agent for liquors.
Sugar Replacement	Sorbitol Syrup	Sorbitol can be used as a replacement for sugar, providing about 60% of the sweetness.

OTHER

Application	Product	How to Apply
Anti-Freeze	Glycerine	Glycerine functions as a water anti-freeze. Add glycerine to water to form a 60% glycerine solution. This solution will resist solidification down to rough -36°C.
E-cigarette Liquids	Glycerine	Glycerine is one of the most common ingredients in e-cigarette liquids. It can be used alone (with flavouring) or in conjunction with propylene glycol (PG).
Flower Vase Solution	Citric Acid	Add 1/2 teaspoon citric acid to vase water.
Preservation	Glycerine	Glycerine is found in skin care products, cough syrups, elixirs, toothpaste, mouthwashes, shaving cream, and hair care products.
Treat Heartburn	Sodium Bicarbonate	Dissolve 1 teaspoon of bicarb in a glass of cold water and drink slowly.
Sugar Replacement	Sorbitol Syrup	Sorbitol can be used as a replacement for sugar, providing about 60% of the sweetness.