



## Something Sweet

It's always worth considering reducing sweetener in any recipe by  $\frac{1}{4}$ - $\frac{1}{2}$ . And if replacing sugar with syrup in baking/cooking, you may want to:

1. Reduce liquid by 2-3 Tblsp. per 150ml (or increase dry ingredients)
2. Add  $\sim\frac{1}{4}$  tsp bicarb per 150ml (depends on how 'heavy' the syrup)
3. Reduce oven temperatures by  $10^{\circ}\text{C}$  & lengthen cooking time.

See details of our range below, amounts are equivalent to 200g sugar.

- Agave Syrup (150g): Mild flavour, from agave cactus. Dissolves in cold liquids. High levels of processing and fructose.
- Apple Concentrate (150g): Lovely apple taste in cakes & puds.
- Barley Malt Syrup (250g): Strong taste, contains gluten. May prefer to use in combination. No fructose.
- Dates, Ground (200g). If your food processor can take it, these resemble brown sugar in texture and taste.
- Date Syrup (150g): Simply pureed whole dates. Also known as Rub, used widely in North Africa. Lovely in cakes.
- Maple Syrup (150g): 40 gallons of sap make 1 gallon of delicious syrup. Drizzle on top to make most of flavour without the cost.
- Molasses (250g): White sugar's residue. Strong smoky flavour, and moist, chewy results. Rich in calcium, iron & potassium.
- Rice Syrup (250g): Mild flavour, great for crunchy biscuits, and one of the easiest sugar replacers. No fructose, some minerals.
- Sweet Freedom (150g): Choose light or dark depending on your taste. Specially designed, low fructose sugar alternative.



## Something Sweet

Remember, all syrups have a similar effect in your body as refined sugar, though they may contain vitamins and minerals as well. Our favourites include Barley Malt & Rice Syrup (maltose-rich), Molasses (lots of vitamins & minerals) and Date Syrup (just pureed whole dates). Start experimenting! Here's one recipe, just sweetened with mixed fruit.

### Earl Grey Tea Loaf

More bread than cake, enjoy with marg. Adapted from Ruby Tandoh.

275g mixed dried fruit

300ml strong black Earl Grey tea

Zest of 1 orange

2 Tbsp ground flax, mixed with 90ml water (set 15 minutes)

275g plain flour

2½ tsp baking powder

1 tsp ground ginger, ½ tsp cinnamon, ¼ tsp nutmeg, pinch salt

Grease and line a 900g loaf tin. Preheat oven to 170C.

Put dried fruit and tea together in a saucepan and bring just to the boil, simmer one minute. Let cool slightly. Add zest and flax gel, and stir.

Separately, combine the flour, baking powder, spices and salt.

Add dry ingredients to tea, stir lightly to combine.

Bake 40–45 minutes, or until golden and springs back.