

Cooking With Sugar Substitutes

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An easy way to cut back on calories without feeling deprived is to cook or bake with artificial sweeteners. You can shave 360 calories from a cake recipe that calls for 1 cup of sugar by using an artificial sweetener in place of half of it. (You can't replace **all** the sugar with a substitute. Start by replacing half, and if the food doesn't brown correctly or is too heavy in texture, increase the sugar-to-sweetener ratio.) Not all substitutes will do for baking. Refer to the chart below

[Read More at this website.](#)

Sugar substitutes, sugar blends, plain old sugar -- there are so many choices for baking, what's a person with diabetes to do? We took the guesswork out of choosing a sugar substitute for baking by testing one cake recipe with five different sugar substitutes. Here's what we found.

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