



SUGAR TO HONEY CONVERTER

Sugar		Honey	Baking Soda	Decrease liquid by:
2 cups	=	1 cup+3/4 cup	Add 1 tsp	1/3 cup
1 cup	=	2/3 cup	Add 1/2 tsp	2 tbsp + 2 tsp
1/2 cup	=	1/3 cup	Add 1/4 tsp	4 tsp
1/4 cup	=	2 tbsp + 2 tsp	Add 1/8 tsp	N/A
1 tbsp	=	2 tsp	N/A	N/A

TIPS FOR CONVERSION

For cooking: (sauces, marinades, dressing etc) just simply convert your sugar measurement to the amount of honey noted in the chart.

For baking: add in the baking soda and decrease liquid by the amounts noted in the chart. We also suggest reducing the oven temperature noted in your recipe by 25F.

ALL-PURPOSE



Beverages



Sauces



Dressings



Spreading



Baking



Self Care