Sweet Stuff

With these all-natural sugar substitutes, you can have your cake and eat it too!

March 12, 2012 By Kate Ferguson

Looking for a spoonful of sugar that will be good for both you and your waistline? Look no further, we have a delicious solution: organic sweeteners. These natural substitutes pack all of the taste of sugar without the added guilt (or the controversy) of the artificial stuff.

To start, try replacing the chemical sweeteners with these popular (and easy-to-find) plant-sourced substitutes: molasses, stevia, and date, coconut and maple sugars. Or try a swirl of these sweet nectars: honey, agave, yacon, or brown rice and barley malt syrups.

And in the future, look out for sugars made from oats and monatin, an amino acid found in the root bark of a South African plant.

How sweet!

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http://beta.docker.realhealthmag.com/article/natural-sugar-substitutes-22034-3995