



MINI LESSON

BAKING WITH LESS SUGAR

IN THIS MINI LESSON:

- ▶ “Should I make special bariatric desserts?”
- ▶ Tips for lower sugar baking
- ▶ 3 ways to lower the sugar in baked goods recipes

SHOULD I MAKE MY OWN BARIATRIC-FRIENDLY DESSERTS?

- ▶ It depends...
 - ▶ Does your body tolerate the “regular” version? Then no need to make a special bariatric version.
 - ▶ Do you enjoy cooking/baking?
 - ▶ Are these desserts truly satisfying to you?
 - ▶ What are the pros/cons?

TIPS FOR LOWER SUGAR BAKING

- ▶ If you decide that you *want* to try reduced sugar recipes, here are some tips
 - ▶ But above all, remember you don't **HAVE** to make these types of sweets if you can handle the regular version

TIPS FOR LOWER SUGAR BAKING

- ▶ Follow the recipe EXACTLY
- ▶ Baking is a science, and the measurements of the exact ingredients do matter (much to my dismay, LOL)
- ▶ Enhance the flavors with spices like cinnamon and nutmeg, as well as vanilla or almond extract
 - ▶ Sugar and fat generally make food taste better....so baking without them is a challenge because you're missing out on the chemical properties of these ingredients

CHALLENGES OF LOWER SUGAR BAKING

- ▶ Without real sugar, baked goods:
 - ▶ Don't brown
 - ▶ Don't rise
 - ▶ Are dryer (less moist)
 - ▶ Are tougher (less tender)
 - ▶ Have a shorter shelf life (spoil more quickly)

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More Flour All granulated sugar All brown sugar Melted Butter



Baking Soda Baking Powder Both Dough Chilled 24hrs

Sugar



8 oz granulated sugar

Stevia



8 oz Stevia Sweetener

Round Cakes - Types -

High Intensity



Splenda



Splenda / Sugar



Stevia



Stevia / Sugar

3 WAYS TO LOWER THE SUGAR IN BAKING

- ▶ 1) Use less sugar than recipe calls for
- ▶ 2) Use sugar substitute
- ▶ 3) Use combo of sugar + sugar substitute

1) USING LESS SUGAR THAN RECIPE CALLS FOR

- ▶ Reduce amount of sugar by 1/3-1/2
 - ▶ You'll have to test it to see how it turns out
- ▶ Cookies won't spread well, so flatten them before baking
- ▶ Cake and muffins won't rise as much
 - ▶ Baking in smaller pans or mini muffin tin helps it rise
- ▶ Enhance sweetness in recipe with cinnamon or vanilla

1) USING LESS SUGAR THAN RECIPE CALLS FOR (CONT)

- ▶ Subbing with things like applesauce, agave, maple syrup or honey is still sugar, just a different type - not necessarily "healthier"
- ▶ Sprinkle sugar on top of your baked good before baking
 - ▶ Or powdered sugar after baking
 - ▶ This sprinkling increases perceived sweetness of the food

2) USING SUGAR SUBSTITUTE

- ▶ When baking, you'll get better results if you only replace 25% of the sugar w/ sugar sub.
 - ▶ Because (again) sugar is an important ingredient in baking!
- ▶ Works better for non-baked goods (e.g. Sprinkled on berries), or for things like fruit pies
- ▶ For cookies, puddings, and custards, use additional 1tsp of vanilla extract per 1 cup of Splenda in recipe
- ▶ Reduce bake time & keep a close eye on it in oven

3) USING COMBO OF SUGAR + SUGAR SUBSTITUTE

- ▶ When baking, you'll get better results if you only replace 25% of the sugar w/ sugar sub.
- ▶ For cookies, only replace the white granulated sugar (not the brown sugar which helps with taste and texture)
- ▶ Sugar sub doesn't activate yeast, so you'll have to still use some sugar in yeast-driven recipes

RECAP: IN THIS MINI LESSON WE COVERED...

- ▶ “Should I make special bariatric desserts?”
- ▶ Tips for lower sugar baking
- ▶ 3 ways to lower the sugar in baked goods recipes