



NATURAL • ORGANIC

NON-GMO • KOSHER

CONVERSION CHART

Liquid Sweetener	Amount vs. 1 Cup of Sugar	Additional Instructions
Agave Nectar	Canning & Cooking $\frac{1}{2}$ Cup Baking & Beverages $\frac{2}{3}$ Cup	
Brown Rice Syrup	$1\frac{1}{4}$ Cup	Reduce liquid in recipe by $\frac{1}{4}$ Cup
Honey	$\frac{2}{3}$ - $\frac{3}{4}$ Cup	Reduce oven temperature by 25° degrees Reduce liquid $\frac{1}{4}$ Cup per Cup of honey Add $\frac{1}{2}$ tsp baking soda per Cup of honey
Maple Syrup	$\frac{2}{3}$ - $\frac{3}{4}$ Cup	Reduce liquid in recipe by 3 Tbsp per Cup of Maple Syrup
Molasses	$\frac{1}{2}$ Cup	Reduce liquid in recipe by $\frac{1}{4}$ Cup per Cup of Molasses
	Substitution	
Barley Malt Syrup	$1\frac{1}{4}$ Cup to replace $\frac{2}{3}$ Cup of Corn Syrup or Molasses	Reduce liquid in recipe by $\frac{1}{4}$ Cup
Dry Sweetener	Amount vs. 1 Cup of Sugar	Additional Instructions
Agave Powder	$\frac{3}{4}$ Cup	
Barley Malt Extract	Replace up to 50% of sugar	Use as a 50/50 or less mix with sugar
Honey Crystals	Cup for Cup	
Coconut Sugar	Cup for Cup	
Date Sugar	Cup for Cup	
Fructose Crystals	$\frac{2}{3}$ Cup	
Maple Sugar	Cup for Cup	
Oils	Replacing Butter/ Cooking Oil	Additional Instructions
Coconut Oil	Cup for Cup	For best results only substitute half of the amount of butter with coconut oil.

All other oils can be substituted 1:1

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