

NUTRITION TO GO

HOLIDAY RECIPE SUGAR SWAPS

The holidays are here, along with sweets and baked goods. These foods have added sugar in them. While foods with added sugar are okay to have once in a while, we do want to limit how much added sugar we eat. Below are some ideas for how to help sweeten recipes without adding sugar.

NATURALLY SWEET INGREDIENTS

Unsweetened Applesauce: Replace 1 cup of sugar with 1 cup of unsweetened applesauce.

Tip: Reduce any liquids in your recipe by $\frac{1}{4}$ cup for every 1 cup unsweetened applesauce used.

Bananas: Replace 1 cup of sugar with 1 cup of mashed bananas.

Tip: Try overripe bananas for a sweeter taste!



NEED TO SWEETEN UP YOUR FOOD?

Try these spices:

- **Cinnamon:** This spice has natural sweetness that can be added baked goods and treats.
- **Unsweetened Cocoa Powder:** Try using this instead of chocolate syrup.
- **Pumpkin Pie Spice:** Add a fall spin to your foods with this spice mix.
- **Apple Pie Spice:** Along with natural sweetness, this spice can add a little extra flavor to your food! You can even try making your own.*



*Apple Pie Spice Recipe:

4 tablespoons ground cinnamon

1 $\frac{1}{2}$ teaspoons ground nutmeg

$\frac{1}{2}$ teaspoon ground allspice

1 teaspoon ground ginger

1 $\frac{1}{2}$ teaspoons ground cardamom



WHAT ABOUT ARTIFICIAL SWEETENERS?

- Try the options listed on the previous page before using artificial sweeteners. Artificial sweeteners may not be the best choice when trying to replace regular sugar. Research has mixed reviews about artificial sweeteners and their long term health effects. If we can sweeten our food in other ways, that may be better for us.
- If you do decide to swap sugar with artificial sweetener, many are much sweeter than regular sugar, so **you only need a small amount!** Try reducing your intake one packet at a time if you usually put artificial sweeteners in your coffee, tea, or other drinks.



BANANA NUT GRANOLA

Prep time: 5 minutes

Cook time: 15 minutes

Servings per recipe: 4

Serving size: 1 cup

Ingredients

Non-stick cooking spray

2 cups old fashioned oats

½ cup sliced almonds

2 teaspoons cinnamon*

1 ripe banana, mashed

¼ cup dried cranberries or raisins



This is a great holiday gift idea for family or friends!

Directions

1. Preheat oven to 325°F.
2. Spray a baking sheet with non-stick cooking spray.
3. Add all ingredients in a mixing bowl. Mix to combine.
4. Spread the mixture in a thin layer on a baking sheet.
5. Bake for 30 minutes, stirring halfway through.
6. Cool completely before storing in an airtight container for up to two weeks.



*can be swapped out for apple pie spice or pumpkin pie spice

***Check out our healthy recipes at:
<https://web.uri.edu/snaped/recipes>**