

# Cooking and Baking with Splenda®

## How to Substitute SLENDA® Granulated for Sugar in Your Own Recipes

### Confections

In recipes where the amount of sugar is quite high, sugar often contributes significantly to structure and texture. Examples include frosting, candy, fudge, caramel, pecan pies, angel food or pound cake.

**For best results**, only replace about 25% of the sugar required with SLENDA® Granulated instead of a full sugar replacement.

### Volume / Height

You may notice a smaller volume or height when substituting SLENDA® Granulated for sugar. In some cases, cakes and quick breads will not rise as high as their full-sugar counterparts, but they will still taste delicious!

**To achieve a better rise:** Switch from 9" round pans to 8" round pans with 2" sides. Also, try adding 1/2 cup nonfat dry milk powder and 1/2 teaspoon of baking soda for every 1 cup of SLENDA® Granulated.

### Creaming

When creaming butter or margarine with SLENDA® Granulated, your mixture will appear less smooth than with sugar, and may separate upon the addition of eggs. This is normal and you should continue following the recipe instructions.

### Texture

Cookies often rely on brown sugar for their chewy, crunchy texture. To retain the texture, replace only the white granulated sugar in your cookie recipes. Also, try replacing a bit less of the total sugar or by using SLENDA® Sugar Blend.

- You need only half as much SLENDA® Sugar Blend as the amount of sugar called for in the recipe (1/2 cup is needed to replace 1 cup of sugar).
- You may need to flatten the cookies before baking to aid spreading.
- **Jams, jellies, puddings and custards**, when made with SLENDA® No Calorie Sweetener, Granulated, may be slightly thinner or soft-set.

### Yeast Activation

SLENDA® Granulated Sweetener will not activate yeast. Maintain at least two teaspoons of sugar in recipes calling for yeast and replace the remaining sugar with SLENDA® Granulated Sweetener.

## Flavor

For cookies, puddings and custards, use an additional teaspoon of vanilla extract per one cup of SPLENDA® Granulated to enhance flavor. For quick breads and muffins, add one or two tablespoons of honey or molasses to boost flavor and provide some moistness.

## Browning

In the baking process, sugar caramelizes to produce the familiar golden brown color of baked goods. Baked goods made with little or no sugar do not brown like recipes made with sugar.

**To help achieve a more golden brown color** when baking with SPLENDA® Granulated Sweetener, lightly spray the batter or dough with cooking spray just before placing in the oven.

## Bake times

Your baked goods made with SPLENDA® No Calorie Sweetener may bake more quickly than those made with sugar.

- **Cakes:** Check 7-10 minutes before the original recipe's expected bake time.
- **Cookies, brownies and quick breads:** Check 3-5 minutes before.

## Storage

Sugar acts as a preservative, helps retain moisture and keeps baked goods fresher longer.

- All fresh baked goods are best eaten within 24 hours. To keep your baked goods made with SPLENDA® Granulated longer, wrap well and freeze.

## Canning

SPLENDA® Brand Products are heat stable and can be used as a sweetener in canning and in making jams and jellies. However, **SPLENDA® Brand Products do not provide the preserving properties of sugar.** Proper canning techniques are essential to avoid spoilage and to achieve successful results. Once opened, these homemade goods must be stored in the refrigerator and used within one month, to minimize any spoilage from natural airborne bacteria.

**U.P. Diabetes Outreach Network**  
*Strengthening Diabetes Care & Prevention In*  
*Upper Michigan Since 1985*  
(906) 228-9203  
[www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)

