



# RICE SYRUP SUBSTITUTION CHART

## HOW DO I USE RICE SYRUP TO SUBSTITUTE FOR OTHER SWEETENERS IN MY RECIPES?

Rice syrup can be used in baking, but there's a trick to making substitutions for honey or white table sugar. Keep in mind that rice syrup is about one-half as sweet as table sugar, so you may need to use more, or you may wish to combine sweeteners. Also, keep in mind that you cannot just substitute a liquid sweetener for a dry one like white sugar, since you may dilute your recipe with additional fluid volume. This will require some experimentation on your part to suit your recipe to your taste.

Recipes calling for honey are easier to substitute: Start with a one-to-one substitution, one cup of rice syrup for one cup of honey. Increase if necessary, being mindful of total fluid called for in the recipe.

Here is a table of substitutions\*, for your convenience, in one cup (c) measures. Use the following as a guide for your own substitutions in your recipes. Realize there may be some texture, flavor, or color changes depending upon substitutions used.

1 CUP SWEETNER IN RECIPE	SUBSTITUTION EQUIVALENT
White granulated sugar	1 c brown sugar, gently packed
White granulated sugar	1 c corn syrup, minus 1/4 c liquid in recipe
White granulated sugar	1-1/3 c unsulfured molasses, minus 1/3 c liquid specified in recipe, minus baking powder in the recipe, and plus 3/4 tsp. baking soda
White granulated sugar	1 1/4 c honey OR rice syrup , minus 2-2/3 Tbsp. liquid in recipe, plus 1/16 tsp. baking soda
White granulated sugar	1 1/4 c honey OR rice syrup , plus 2-2/3 Tbsp. flour (if no liquid in recipe) plus 1/2 tsp., baking soda
Light brown sugar	1/2 c dark brown sugar, plus 1/2 c granulated sugar
Turbinado sugar	1 c granulated sugar
Honey	1 1/4 c sugar, plus 1/4 c liquid OR 1 c. rice syrup
Corn syrup	1 c granulated sugar, plus 1/4 cup liquid (same type of liquid as specified in recipe)

Sometimes crystallization can be seen in rice syrup. This is caused by the naturally occurring sugars crystallizing and coming out of solution. Please note that will not affect the quality of the product. As with any syrup, set the container into warm water and stir. The crystals will dissolve and the product is back to normal.

If you see mold or other growths on rice syrup (or any food), do not consume. Discard the product.

## I HEARD RICE SYRUP IS SAFE FOR DIABETICS, IS THAT TRUE?

Please note that rice syrup is a nutritive sweetener, unlike non-nutritive sweeteners such as saccharin and aspartame that are considered “free” for diabetics. Rice syrup is composed mainly of maltose and maltotriose, a sugar in the same group as sucrose (table sugar) and lactose (milk sugar). Rice syrup is therefore NOT considered a “free” sugar. Diabetic patients must count it in their daily carbohydrate allowance recommended by their doctor and/or dietitian.