

# Sugar & Syrup Alternatives (Cheat Sheet)

## Purpose

Fast decision-making for baking, drinks, and sauces.

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## Sugar & Syrup Alternatives

### Sweetener Comparison

Replacing	Best alternative	Notes
White sugar	Allulose	Closest to sugar
White sugar	Erythritol	Cooling effect
Sugar (bulk)	Allulose + erythritol	Balanced texture
Powdered sugar	Powdered erythritol	Use fine grind
Honey	Allulose syrup	Neutral sweetness
Maple syrup	Sugar-free maple syrup	Brand varies
Simple syrup	Liquid stevia	Drinks only

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### Sweetener Tips

- Allulose browns and caramelizes
  - Erythritol doesn't dissolve well when cooled
  - Stevia replaces sweetness, **not volume**
  - Check blends for hidden sugars
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**Best for:** Baking, beverages, sauces

**Avoid:** Overusing stevia in baked goods