# Agave In The Raw® Culinary Tip Sheet

**How To Convert Recipes Made With Sugar and Other Sweeteners**

- Agave nectar is sweeter than sugar, so start with ⅔ to ¾ the amount when using it to replace sugar in a favorite recipe.
- When replacing honey and maple syrup start with ¾ the amount called for in the recipe
- Reduce other liquids in your recipe by 10 to 25 percent.

**Tips for Baking with Agave In The Raw**

- Agave nectar makes moist baked goods with rich color. It works best in darker colored dishes, including brownies, gingerbread, carrot and zucchini bread, oatmeal and chocolate chip cookies.
- Baked goods sweetened with agave nectar stick more than others, so use cooking spray or oil liberally to coat baking pans and muffin tins.
- Agave nectar browns more – and more rapidly – than other sweeteners. For best results, reduce the oven temperature by 25 degrees F. Check halfway through the suggested baking time to see if the total baking time should be reduced.
- Agave tastes different from sugar. Including ¼ to ⅓ cup Sugar In The Raw® (or granulated sugar) helps recipes maintain their familiar taste.
- When recipes call for creaming butter with sugar, whip softened butter, then mix in the agave nectar, followed by the eggs, if using. The butter may look curdled. This disappears when the dry ingredients are added.
- Combine agave nectar with any liquids in a recipe before adding them to the other ingredients.
- Mix dry ingredients in gradually rather than adding them all at once.
- Use dark chocolate, or slightly reduce the amount of agave nectar when using semi-sweet chocolate.

For delicious recipes and more tips from our Test Kitchen Experts, please visit **www.agaveintheraw.com**

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# FREQUENTLY ASKED QUESTIONS

## About Agave In The Raw®

**Agave In The Raw is 100% Natural Organic Blue Agave Nectar, a delicious, naturally occurring liquid sweetener that comes from the Blue Agave plant, native to Mexico. Agave In The Raw nectar is harvested from the center core of the blue agave plant. It is 25% sweeter than refined white sugar so a little bit tends to go a long way. Agave In The Raw is naturally a low glycemic food, which means it doesn't cause the rapid spikes in blood sugar level caused by refined white sugar and many other sweeteners. Thus, Agave In The Raw is viewed by many as a more healthful alternative.**

**Where does Agave In The Raw come from?**
Agave In The Raw nectar is made from liquid harvested from the core of the Mexican Blue Agave, a plant resembling a cactus. The nectar is produced in Mexico and bottled in the USA.

**How can I use Agave In The Raw?**
Agave In The Raw can be used in a wide variety of ways to naturally sweeten your favorite foods and beverages. Its liquid form makes Agave In The Raw a natural alternative to syrup and honey and a delicious way to top pancakes, waffles, oatmeal and yogurt. It also works well to sweeten beverages – both hot and cold—because it, too, is liquid and blends easily. The properties of Agave In The Raw also make it a good substitute for sugar in many baking recipes because of its ability to brown and make baked goods moist.
Visit agaveintheraw.com for delicious beverage, sauce and baking recipes, as well as helpful tips to ensure the best results when using Agave In The Raw to replace other sweeteners in your favorite recipes.

**How many calories are in a serving of Agave In The Raw?**
A one tablespoon serving of Agave In The Raw contains 60 calories. It is 25% sweeter than refined white sugar so a little bit tends to go a long way. You may find you need less of it than other sweeteners to get the same desired sweetness.

**Is Agave In The Raw safe for people with diabetes?**
Agave In The Raw is a low glycemic food. When used in combination with traditional carbohydrate counting, the Glycemic Index can be a useful tool to help people with diabetes improve their blood sugar control. There is no single diet plan that works universally for all people with diabetes, so it is always recommended to consult with a licensed healthcare professional or physician if you have a restricted diet or special dietary needs before using Agave In The Raw.


**What is the Glycemic Index?**
The Glycemic Index (GI) is a measure of how much carbohydrate-containing foods raise a person's blood sugar. A food with a higher GI is digested more rapidly and raises blood sugar levels more than a food with a lower GI, which is broken down and enters the blood stream more gradually. Foods with a GI lower than 55 are considered Low Glycemic Index foods.

**What is the Glycemic Index value of Agave In The Raw?**
The GI of Agave In The Raw is about 30. A food with a GI value of 55 or below is considered a Low Glycemic Index food.

**Is Agave In The Raw organic?**
Yes. Agave In The Raw is USDA certified organic by Quality Assurance International.

**Is Agave In The Raw kosher?**
Yes. Agave In The Raw is certified Kosher by the Orthodox Union, a leader in global Kosher certification.

**Agave In The Raw is gluten-free?**
Yes. Agave In The Raw contains no gluten nor does it come into contact with glutinous products, such as wheat, during its manufacture. It is therefore safe for people with wheat allergies and celiac disease. It is always recommended to consult with a licensed healthcare professional or physician if you have a restricted diet or special dietary needs.

**Is Agave In The Raw Vegan?**
Yes. Agave In The Raw is Vegan. It is an appropriate choice for people whose diet does not include any animal or animal by-products.

**What is the shelf-life of Agave In The Raw?**
Agave In The Raw has a 3 year shelf life when stored under normal room temperature conditions. Exposure to temperatures above 80 degrees F may cause the color of the product to darken but it is still safe to consume.

**Does Agave In The Raw need to be refrigerated after opening?**
No. Agave In The Raw does not need to be refrigerated after opening when stored under normal room temperature conditions (up to 80 degrees). Exposure to temperatures above 80 degrees F may cause the color of the product to darken but it is still safe to consume.