

Getting Started

Healthier options for your sweet tooth:

HONEY: contains antioxidants, has antifungal & antibacterial properties, may help alleviate allergies.

MAPLE SYRUP: contains zinc, manganese, potassium, calcium & inulin (prebiotic fiber that's good for digestion).

BLACK STRAP MOLASSES: contains high levels of vitamin B6, manganese, magnesium, potassium, iron & selenium. May naturally relieve PMS symptoms, stabilize blood sugar levels, improve bone health, treat symptoms of ADHD & boost skin health. (<https://draxe.com/>)

These have a heartier flavor which is more satisfying than the bleached out, highly processed table sugar or high fructose corn syrup, as well. That can help you use less while getting a much more pleasurable flavor & a little extra nutrition.

Substitutions To Try:

Instead of:

Coffee Creamer
Sodas & Sugary Beverages

Cake, cookies or candy
Ice Cream
Candy bars or brownies

Try this:

Coconut milk (canned)
Lemon Water or Seltzer with fruit juice
Herbal teas with cinnamon, clove,
ginger & other spices

Dates, raisins, dried pineapple, apricots & papaya
Frozen banana
60% + organic, dark chocolate