

HOW TO USE RAW HONEY

AS A SUGAR SUBSTITUTE



WITH STEENS RAW MĀNUKA HONEY

REPLACING SUGAR

WITH RAW MANUKA HONEY

Are you contemplating reducing or eliminating refined sugar from your diet? Using Mānuka Honey brings so many benefits with it – not least the Methylglyoxal levels, bio-available bee bread, pollen and wax particles, and the fact that it is as natural as when it is sitting in the honeycomb within the hive.

Replacing refined sugar with Mānuka Honey is easy! If you're looking for instant recipe ideas, check out our blog which is packed full of wholefood recipes – savoury and sweet, which are easy to make and all refined sugar free. Or if you're wanting to work with existing recipes and substitute the added sugar with a healthier alternative of raw honey, take a look at our easy conversion chart and a few tips and tricks that will help you to create the perfect recipe with no added sugar or nasties.



Heating Mānuka honey can destroy its natural enzymes, however, the benefits of replacing refined sugars or sweeteners with a 100% natural product is proven to have incredible health benefits

1. CHOOSE YOUR HONEY

Our Table Collection has been specifically curated for baking and cooking. However, if an element of the recipe does not require heating, you can upgrade to our Ritual Collection products like our UMF 10+ UMF 13+ or UMF 15+ to add extra wellness benefits to your recipes.

As a general rule, the higher the MGO number, the richer the flavour will be.

BAKING & COOKING



As an ingredient in muffins, cakes, casseroles, broiling & grilling

HOT DRINKS



Adding boiling water directly to the honey.

HEATING ON STOVE



Boiling or heating honey for sauces, stir-fry & candy

NOT HEATING



Drizzling over top, adding to icings, cold drinks, smoothies, dips & dressings



TABLE COLLECTION

Our Table Collection is gently flavoured and easy to enjoy every day. Raw and unpasteurised, it naturally contains antioxidants, minerals and vitamins — offering the benefits of Mānuka honey without the stronger earthy notes of higher grades.

Perfect to Spread · Sweeten · Bake — on toast, in hot drinks, drizzled over breakfast or blended into baking.

[SHOP TABLE COLLECTION](#)



RITUAL COLLECTION

Our Ritual Collection is designed for when wellness becomes part of your routine. A daily spoonful of raw Mānuka honey supports immunity, digestion and overall wellbeing — with naturally occurring methylglyoxal providing antibacterial and antimicrobial benefits.

Stir into warm water, take straight from the spoon, or make it part of your morning ritual to feel the difference.

[SHOP RITUAL COLLECTION](#)



2. REDUCE THE LIQUIDS

Honey is made up of about 20 percent water, this means you'll want to reduce the total amount of liquids in your recipe to counter the extra liquid from the honey. So for every 1 cup of honey you're using, reduce 1/4 cup of other liquids from the recipe.

SUGAR	HONEY	REDUCE LIQUIDS
1 Tbsp	2 tsp	-
2 Tbsp	1 Tbsp	-
1/4 Cup	3 Tbsp	-
1/3 Cup	4 Tbsp	-
1/2 Cup	1/3 Cup	1 Tbsp
2/3 Cup	1/2 Cup	2 Tbsp
3/4 Cup	2/3 Cup	3 Tbsp
1 Cup	3/4 Cup	1/4 Cup



When reducing liquids, say for a cake recipe, you'd replace the sugar with honey, and then reduce the milk by the stated amount. Happy, healthy baking. x

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