

LESS SUGAR, MORE SWEET

Sweet Tips for a Healthy Valentine's

TRY ONE TIP FOR REDUCING SUGAR:

- Substitute spices like Cinnamon and Vanilla Extract for sugar.
- Try adding sugar free maple syrup for a boost of sweetness.
- Use fruits such as lemons, limes and grapefruits.
- Pureed bananas are a great way to get sweet flavor.



TRY ONE TIP FOR REDUCING SUGAR:

- Try swapping out dark chocolate for milk chocolate.
- Nuts add smoky flavors and protein to your sweets.
- Have a fresh smoothie instead of a soda or sweet tea.
- Pick up that angel food cake instead of yellow cake.

