

Splenda® Brand

Get the same sweetness
and rich taste using
just ½ the brown sugar.





Brown Sugar Blend

What is SLENDA® Brown Sugar Blend?

SLENDA® Brown Sugar Blend is a proprietary mix of brown sugar and SLENDA® Brand Sweetener, or sucralose. This product is designed to help cut back on calories from sugar, while still providing the texture, moistness and molasses-like flavour of brown sugar. In SLENDA® Brown Sugar Blend, part of the sweetness comes from brown sugar and part from no calorie sucralose, so you only need to use ½ as much to get the same sweetness. For example, ½ a cup of SLENDA® Brown Sugar Blend replaces a full cup of brown sugar in a recipe. Or ½ a teaspoon of SLENDA® Brown Sugar Blend replaces 1 teaspoon of brown sugar in your oatmeal.

How many calories are in SLENDA® Brown Sugar Blend?

Since you need to use only ½ the volume of brown sugar called for in your recipe, SLENDA® Brown Sugar Blend provides half the calories and carbohydrates of brown sugar. Half a teaspoon (one serving) of SLENDA® Brown Sugar Blend contains 8 calories and 2 g of carbohydrate and is equivalent in sweetness to 1 teaspoon (one serving) of brown sugar, which contains 16 calories and 4 g of carbohydrate.

How should you use this product?

Whether it is sprinkled on your morning cereal or baked in a favourite dessert, SLENDA® Brown Sugar Blend can be used anywhere brown sugar is used. And it doesn't harden after it's opened.

If I use half as much of the SLENDA® Brown Sugar Blend as I would brown sugar in a recipe, will it yield the same volume?

When you use SLENDA® Brown Sugar Blend in place of brown sugar in baked goods, you should achieve approximately the same volume as you would achieve when using ordinary brown sugar.

Who should use this product?

SLENDA® Brown Sugar Blend is great for anyone who loves the rich taste and aroma of brown sugar. Everyone in the family – including kids – can enjoy SLENDA® Brown Sugar Blend, and can decrease the number of sugar calories consumed.



Is SLENDA® Brown Sugar Blend safe for people with diabetes?

People with diabetes can consume a variety of food products, according to the dietary program developed with the help of their physician or dietitian. These can include foods sweetened with brown sugar. In general, however, meal plans for people with diabetes often have a focus on controlling total calorie and/or carbohydrate intake. SLENDA® Brown Sugar Blend is one way for people with diabetes to help reduce their intake of sugar and its calories and carbohydrates.

However, SLENDA® Brown Sugar Blend does contain sugar, and other ingredients in the foods to which it is added may also provide calories and carbohydrates. People with diabetes need to count these calories and carbohydrates when planning their meals. SLENDA® Brown Sugar Blend, when used as recommended on a per serving basis, has half (½) the sugar calories and carbohydrates.

SLENDA® Brand Product Comparison

Product	 SLENDA® Brand Brown Sugar Blend	 SLENDA® No Calorie Sweetener
Ingredients	Sucralose + Brown Sugar	Sucralose + Maltodextrin, a common food ingredient, which adds volume, without adding a significant amount of calories or carbohydrates per serving.
Usage <i>Go to splenda.ca for Cooking & Baking Tips</i>	<ul style="list-style-type: none"> • May be used everywhere you use brown sugar. • For baking, cooking and sprinkling. 	<ul style="list-style-type: none"> • May be used almost everywhere you use sugar. • For baking, cooking and sprinkling.
Equivalent Sweetness To Sugar	<ul style="list-style-type: none"> • ½ cup SLENDA® Brown Sugar Blend to 1 cup brown sugar • Or ½ Cup-for-Cup 	<ul style="list-style-type: none"> • 1 cup SLENDA® Granulated to 1 cup sugar • Or Cup-for-Cup
Format	<ul style="list-style-type: none"> • 227 g • 454 g 	<ul style="list-style-type: none"> • Granulated – 110 g & 275 g

How do I use SPLENDA® Brown Sugar Blend for baking in my own recipes?

Conversion is easy. ½ cup of SPLENDA® Brown Sugar Blend replaces 1 full cup of brown sugar. Simply follow the chart below to adapt your favourite recipes.

Conversion Guide

If your recipe calls for this much brown sugar:		Use this much SPLENDA® Brown Sugar Blend:	
1/4 cup	60 mL	1/8 cup	30 mL
1/3 cup	80 mL	2 tbsp + 2 tsp	40 mL
1/2 cup	125 mL	1/4 cup	60 mL
2/3 cup	160 mL	1/3 cup	80 mL
3/4 cup	180 mL	6 tbsp	90 mL
1 cup	250 mL	1/2 cup	125 mL
1 1/4 cup	310 mL	1/2 cup + 2 tsp	135 mL
1 1/3 cup	330 mL	2/3 cup	160 mL
1 1/2 cup	375 mL	3/4 cup	180 mL

Visit www.splenda.ca for recipes, information and to join the SPLENDA® Recipe Club.

