

Some sweet suggestions other than deadly white sugar... by Dr. Jack Barnathan

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Dr. Jack Barnathan
introduces

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Stevia is a genus of about 240 species of herbs and shrubs in the sunflower family (Asteraceae), native to subtropical and tropical South America and Central America. The species *Stevia rebaudiana*, commonly known as **sweetleaf**, **sweet leaf**, **sugarleaf**, or simply **stevia**, is widely grown for its sweet leaves. As a sweetener and sugar substitute, stevia's taste has a slower onset and longer duration than that of sugar, although some of its extracts may have a bitter or licorice-like aftertaste at high concentrations.

With its extracts having up to 300 times the sweetness of sugar, stevia has garnered attention with the rise in demand for low-carbohydrate, low-sugar food alternatives. Medical research has also shown possible benefits of stevia in treating obesity and high blood pressure. Because stevia has a negligible effect on blood glucose, it is attractive as a natural sweetener to people on carbohydrate-controlled diets.

Honey

"Terroir" - Flavor reflects the blossoming flowers of the region in which it was produced. Some dark, others light.

Maple Sugar

Dusty textured, buff colored sweetness. Evaporated water out of maple. Flavor is intense - need less. Grade "B" is sap harvested later in the season, thicker and more luxurious in flavor and color.

Pomegranate Molasses

Ruby colored syrup with a tangy sweet flavor. Middle eastern cuisine and is available at ethnic food markets.

Agave Nectar

Mild tasting sweetener from juice from agave plant. Used for tequila. Low glycemic index. Dark amber is more natural.

Blackstrap Molasses

Full bodied sweetener that appears black as tar (and as thick). Rich in Potassium and good source of calcium, vit B6, iron.

Brown Rice Syrup

Is a thick, slow moving slug of butterscotch - colored sweetness made by cooking sprouted brown rice in water, which is then evaporated.

Date Sugar

Reduction of dried zahidi dates to a cooked paste. Then dehydrating the paste, and then break into granules. Good for "seasoning" type sweetener (oatmeal) rather than a foundation

Natural Cane Sugar

NOT refined. Natural, moist cane like Muscovado or Barbados, Demerara and turbinado. Brown from sugarcane juice. Not Processed "brown" sugar.

