

A CLOSER LOOK AT SWEETNERS.....

WE AT JUST DELICIOUS DIABETIC BAKERY WANT TO ANSWER YOUR QUESTIONS ABOUT....."WHAT DO YOU USE???"

We have found over the past two years of baking and research that we feel very comfortable with (4) four different sugar substitutes. Because our recipes are very confidential, we will tell briefly about the four primary substitutes:

- 1.) **Fructevia**: A blend of Natural Fructose, FOS Stevia & Magnesium Carbonate. This product is Low Carb, PH Balanced, Chemical Free, Gluten Free & Non-GMO.
- 2.) **Stevia Blend**: Stevia & Erythritol (all natural gluten free grain extract) this product is easy on digestion and with a zero glycemic index is also safe for diabetics. It also is low calorie-low carb-gluten free-No maltodextrin & No GMO's
- 3.) **Sucralose**: Safety has been confirmed from more than 100 studies over the past 20 years. Including Toxicology, oncology, neurology, pediatrics, etc.
- 4.) **Fruit Sweet**: A natural product we found from Washington State. Made with the pulp & fiber of Apples & Pineapples. High in fiber. Slow to process. It is also gluten free, Diabetic friendly & NO preservatives!