

Why No Sugar?

Unicorn's policy to avoid products containing refined cane & beet sugar means that you can buy all manner of basic foodstuffs – from baked beans & pasta sauce to crisps & juice – without worrying about 'hidden sugar.'

With a little innovation, our suppliers & deli team provide a lovely array of biscuits, balls, cakes & puddings free from that most nutritionally devoid of ingredients.

Here are just a few reasons to consider decreasing or avoiding refined sugar in your diet:

- Negative nutrition: Sugar requires a great deal from your body to be processed, used & eliminated – leaving you with a net loss of calcium, magnesium & other vitamins & minerals. It can also impede your ability to digest nutrients in other foods.
- Health: Associated with obesity, heart disease, diabetes, tooth decay, acid indigestion, osteoporosis, anti-social behaviour, mental instability... the list goes on!
- Propaganda: Not content with misleading advertising & dubious deals with schools, 'Big Sugar' constantly lobbies government, regulatory & health bodies. On the list of sponsors for a government nutritional advisory charity you may find names like British Sugar, Coca-Cola, Nestle, Tate & Lyle, etc!

Sweeter & Tastier

Natural non-sugar sweeteners contain more complex sugars and thus are absorbed more slowly than refined sugar, causing less of a surge in blood sugar & less stress on your whole system. Further, unrefined sweeteners still contain some of the original minerals & vitamins of the plant, so they do more than just satisfy your sweet tooth!



Natural Sweeteners

Using syrups instead of sugar in baking & cooking? Where applicable, you may want to:

1. Reduce liquids by 2-3 Tbsp. per 150ml (or increase dry ingredients)
2. Add ¼ tsp bicarb (depending on how 'heavy' or thick the syrup is)
3. Reduce oven temperatures by 10°C & lengthen cooking time

The list below gives some guidelines on different syrups; amounts are equivalent in sweetness to 200g sugar.

- Agave Syrup: 150ml

From agave cactus. Relatively slow absorption into bloodstream.

- Apple Concentrate: 150ml

Lovely in cakes & puddings.

- Barley Malt Syrup: 250ml

Strong taste, contains gluten. Best in combination, e.g. in spice cakes.

- Date Syrup: 150ml

Also known as Rub, used widely in North Africa. Lovely in cakes.

- Maple Syrup: 150ml

40 gallons of sap = 1 gallon of delicious syrup. Contains zinc, potassium, calcium & iron. Lovely in cakes, over pancakes, in glazes & marinades, or just about anything.

- Molasses: 250ml

This is what's left after white sugar crystals are strained out. Strong flavour; rich in calcium, iron & potassium. Moist, chewier results.

- Rice Syrup: 250ml

Mild flavour. Great for baking crunchy, crisp sweets.

Alternatively, ground or chopped dates are a wonderful like-for-like sugar replacer.