

# Fabulous Food



## Sweet Idea: Give Your Baked Goods Agave

(NAPSA)—Here's food for thought: The agave cactus can supply a delicious and natural liquid sweetener. The nectar of the succulent plant is not only tasty, it has a low glycemic index, which can help keep energy levels balanced. In addition, agave nectar is gluten-free and contains no known allergens.

Many stores now stock agave nectar in two flavors: light agave nectar and amber agave nectar (dark). Light agave nectar offers a pure sweetness that doesn't alter the original flavor when sweetening beverages or in recipes. It can be used in hot beverages such as coffee and teas and dissolves easily in cold drinks such as lemonades and smoothies. Light agave nectar is best used for baking desserts that are light in color such as vanilla cake, muffins and cheesecake.

Amber agave nectar has a slightly thicker consistency and adds a slight caramel flavor to foods. It's good on pancakes, oatmeal or cereal. The richer flavor of amber agave nectar makes it particularly delicious in baked goods with a darker color such as brownies, chocolate cake and cookies. It's also good for BBQ sauces and salad dressings.

Since Domino Organic Agave Nectar is a liquid, it will incorporate easily into favorite desserts. When using recipes that call for granulated sugar, remember:

- $\frac{3}{4}$  cup light agave nectar = 1 cup granulated sugar; reduce other liquids by  $\frac{1}{4}$  to  $\frac{1}{2}$  cup

- $\frac{3}{4}$  cup amber agave nectar = 1 cup brown sugar; reduce other liquids by  $\frac{1}{4}$  cup.

One tasty way to try agave nectar can be in these wholesome muffins:



**Marvelous muffins made with sweet agave nectar can be good and good for you.**

### Agave Carrot Muffins *Makes 30 muffins*

- 1 cup Domino Organic Amber Agave Nectar**
- 4 large eggs**
- 1 cup canola oil**
- 3 cups shredded fresh carrots**
- $2\frac{1}{4}$  cups whole-wheat flour**
- 1 tsp. baking soda**
- 1 tsp. baking powder**
- 2 tsp. cinnamon**
- $\frac{1}{2}$  tsp. salt**

**Preheat oven to 350° F. Prepare three 12-cup muffin pans with liners. In a large bowl, combine agave, eggs and oil; beat well. Stir in carrots. In separate bowl, combine dry ingredients. Blend in batter. Pour into prepared pans. Fill cups only halfway to ensure proper baking. Bake 22–25 minutes until the center of the muffin springs back when lightly touched.**

### Free Recipes And Advice

You can discover useful baking tips plus delicious recipes using agave nectar at [www.dominoagave.com](http://www.dominoagave.com).