

Substitutes for Corn Syrup in Recipes

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskatesclub.net*

Corn syrup is used mainly in American recipes and can be very difficult to source outside of the USA.

Don't despair - there are some simple MOO substitutes you can use. They're easy to MOO, inexpensive and made from staple pantry ingredients in most Australian homes.

Corn syrup comes in two varieties: light and dark. They are interchangeable in recipes calling for corn syrup.

Corn syrup is used in baking to help keep the baked goods moist and fresh longer than those made with white, castor or brown sugar.

Dark corn syrup is a dark brown colour and tastes like molasses.

Light corn syrup is very pale, almost clear and tastes sweet.

To substitute corn syrup simply replace with an equal quantity of either golden syrup, honey or molasses.

If the recipe calls for dark corn syrup, use molasses or golden syrup.

If the recipe calls for light corn syrup, use honey.

Another substitute is a simple syrup made up of one part water to two parts sugar.

