

There is no difference between the fructose you find in an apple, and the fructose you find in Agave. They are both natural forms of sugar, with the added benefit of being “slow-release” sugars.

That means that Agave won't spike your blood sugar, unlike Corn Syrup which stimulates insulin secretion.

The process of obtaining the fructose is different also. With Agave, the plant is pressed to release its sap...then heated and filtered. Corn Syrup fabricates fructose by converting the starches in milled corn to liquid sugar...glucose. Then some of the glucose is then converted into fructose.

Corn Syrup is an invert sugar, which means it stays liquid at room temperature, and doesn't form crystals. It's why the filling in pecan pie stays gooey even when you have leftovers. Agave is also an invert sugar, which is why it's a great substitute for Corn Syrup when making pecan pie.

But for those who have to watch their blood sugar, there's an even better reason...it's low glycemic. The glycemic index is a value used to measure how much specific foods increase the levels of blood sugar. The glycemic index of Dark Corn Syrup is 90...while the glycemic index of Agave is 11.

If you want to use Agave as a substitute in baking, a general rule of thumb to go by is, if you are using...

Honey: Replace with equal amounts.

Maple Syrup: Replace with equal amounts.

White Sugar: For every 1 cup sugar called for use 2/3 cup agave, and reduce the liquid in the recipe by 1/4 cup.

Brown Sugar: For every 1 cup sugar called for, use 2/3 cup agave, and reduce the liquid in the recipe by 2 tablespoons.