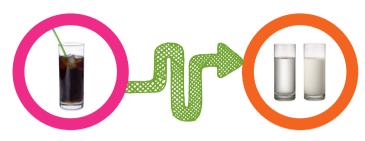
Tasty sugar-free swaps

- perfect for Sugar Swap September snack inspiration!



Swap

Fizzy drinks, fruit juices and smoothies



Water, milk, tea or coffee (made without sugar)

Cakes



Homemade muffins and cakes made with xylitol or a similar sugar substitute (see our recipe)

Sugary breakfast cereals



Porridge with fresh berries

Biscuits



Vegetable sticks, hummus, nuts, cheese, plain rice cakes, or whole pieces of fruit

Sweets and chocolates



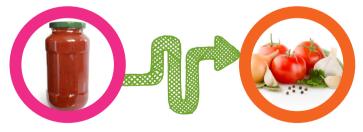
Frozen blueberries, straight from the freezer

Desserts



Homemade sugar-free pancakes topped with fresh berries, banana, and a dollop of plain yoghurt

Shop-bought pasta sauces and soups containing sugar



Homemade pasta sauces and soups (see our recipe)

Ice creams and sorbets



Plain yogurt and fresh fruit