

MONKFRUIT NATURAL SWEETENER



Monkfruit (Luo Han Guo) is a zero calorie, zero glycemic index natural sweetener that's still relatively unknown in the UK. The Monkfruit plant is native to China where it's been used for hundreds of years as a natural sweetener. It's safe, suitable for low sugar diets and diabetic friendly.

I've recently found a uk supplier for LAKANTO MONKFRUIT LIQUID and LAKANTO MAPLE FLAVOURED SYRUP(that's sweetened with monkfruit). It's great to get my hands on the Maple Flavoured syrup in particular.

Like Stevia, Monkfruit is almost 300 times sweeter than sugar. Use a little too much and it can overwhelm whatever it's been added to. Which is why I prefer to use it in liquid form, so it can be added drop by drop. Monkfruit is said to have a cleaner taste than Stevia. (Some people can detect a bitter aftertaste in Stevia) It can work well on it's own as a sweetener if added sparingly to a creamy cake topping, but as a cake or pudding sweetener, it seems to work better used in combination with another natural sweetener or fruit.

The Maple Flavoured syrup has a gorgeous, warm caramel flavour and is far less concentrated so it can be used in a more liberal way. But because of the monkfruit content, we're still talking in terms of adding it by the teaspoon rather than the generous splashes I'd have used with real maple syrup in the past. It's the ingredient that steals the show in a coffee caramel cake I've used it for recently, which I'll share the recipe for here imminently. Meanwhile, here's where you can get the stuff:

<https://mydiet-shop.co.uk/>

