

# casa de aposta do profeta

Turbinado sugar is a less processed option than white sugar that retains small amounts of molasses. However, it does not contribute significant nutritional value and is rather expensive. Though it can be a flavorful ingredient, sweetener, or topping, its best use is in moderation like all types of sugar.

What Is Turbinado Sugar? Nutrition, Uses, and Substitutes - Healthline

healthline : nutrition : turbinado-sugar

Which Sugar Is The Healthiest? | Harrisburg Area YMCA

ymcaharrisburg : which-sugar-is-the-healthiest

Outside of pure stevia, I recommend using either raw honey or pure maple syrup. These sugars are not processed and they contain trace amounts of vitamins and minerals. At the end of the day, it is important to understand what sugar is doing to your body.

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