



Did you
know ?

Brown Sugar and white sugar are the same

Brown sugar contains slightly more minerals and marginally fewer calories than white sugar. So, the nutritional differences between the two are **insignificant**. The molasses gives the sugar more moisture (making its texture softer), a darker color and a light caramel-like flavor. Molasses is naturally found in sugar cane and sugar beet plants, and is separated from the sugar crystals to create white sugar in the refining process .



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