

Name _____

Cookie Sweetener Showdown

Cookie Recipe #1: Sugar

Ingredients

- 2 $\frac{3}{4}$ Cups - All Purpose Flour
- 1 Teaspoon - Baking Soda
- 1/2 Teaspoon - Baking Powder
- 1/2 Teaspoon - Salt
- 1 Cup - Unsalted Butter (Softened)
- 1 Cup - Granulated White Sugar ←
- 1 - Large Egg
- 1 Teaspoon - Vanilla Extract
- 2 Tablespoons - Milk



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment.
2. In a medium bowl, whisk together flour, baking soda, baking powder, and salt.
3. In a large bowl, cream the butter and chosen sweetener until light and fluffy (2–3 minutes).
4. Beat in the egg and vanilla.
5. Mix in the dry ingredients gradually.
6. Add milk.
7. Scoop tablespoon-sized balls onto the baking sheet.
8. Bake for 9–11 minutes, just until edges look set but not browned.
9. Cool on a wire rack.

Now it's time for the showdown! Taste each cookie and make notes in the chart below to record your observations.

	Granulated White Sugar	Honey	Brown Sugar	Splenda
Color				
Texture				
Moisture Level				
Spread/ Structure				
Flavor				

Conclusion: If you were baking cookies at home, which sweetener would you choose? Explain your answer.

Name _____

Cookie Sweetener Showdown

Cookie Recipe #2: Honey

Ingredients

- 2 $\frac{3}{4}$ Cups - All Purpose Flour
- 1 Teaspoon - Baking Soda
- $\frac{1}{2}$ Teaspoon - Baking Powder
- $\frac{1}{2}$ Teaspoon - Salt
- 1 Cup - Unsalted Butter (Softened)
- $\frac{3}{4}$ Cup - Honey ←
- 1 - Large Egg
- 1 Teaspoon - Vanilla Extract
- 2 Tablespoons - Milk



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment.
2. In a medium bowl, whisk together flour, baking soda, baking powder, and salt.
3. In a large bowl, cream the butter and chosen sweetener until light and fluffy (2–3 minutes).
4. Beat in the egg and vanilla.
5. Mix in the dry ingredients gradually.
6. Add milk.
7. Scoop tablespoon-sized balls onto the baking sheet.
8. Bake for 9–11 minutes, just until edges look set but not browned.
9. Cool on a wire rack.

Now it's time for the showdown! Taste each cookie and make notes in the chart below to record your observations.

	Granulated White Sugar	Honey	Brown Sugar	Splenda
Color				
Texture				
Moisture Level				
Spread/ Structure				
Flavor				

Conclusion: If you were baking cookies at home, which sweetener would you choose? Explain your answer.

Name _____

Cookie Sweetener Showdown

Cookie Recipe #3: Brown Sugar

Ingredients

- 2 $\frac{3}{4}$ Cups - All Purpose Flour
- 1 Teaspoon - Baking Soda
- 1/2 Teaspoon - Baking Powder
- 1/2 Teaspoon - Salt
- 1 Cup - Unsalted Butter (Softened)
- 1 Cup - Packed Brown Sugar ←
- 1 - Large Egg
- 1 Teaspoon - Vanilla Extract
- 2 Tablespoons - Milk



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment.
2. In a medium bowl, whisk together flour, baking soda, baking powder, and salt.
3. In a large bowl, cream the butter and chosen sweetener until light and fluffy (2–3 minutes).
4. Beat in the egg and vanilla.
5. Mix in the dry ingredients gradually.
6. Add milk.
7. Scoop tablespoon-sized balls onto the baking sheet.
8. Bake for 9–11 minutes, just until edges look set but not browned.
9. Cool on a wire rack.

Now it's time for the showdown! Taste each cookie and make notes in the chart below to record your observations.

	Granulated White Sugar	Honey	Brown Sugar	Splenda
Color				
Texture				
Moisture Level				
Spread/ Structure				
Flavor				

Conclusion: If you were baking cookies at home, which sweetener would you choose? Explain your answer.

Name _____

Cookie Sweetener Showdown

Cookie Recipe #4: Splenda

Ingredients

- 2 $\frac{3}{4}$ Cups - All Purpose Flour
- 1 Teaspoon - Baking Soda
- $\frac{1}{2}$ Teaspoon - Baking Powder
- $\frac{1}{2}$ Teaspoon - Salt
- 1 Cup - Unsalted Butter (Softened)
- 1 Cup - Splenda 
- 1 - Large Egg
- 1 Teaspoon - Vanilla Extract
- 2 Tablespoons - Milk



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment.
2. In a medium bowl, whisk together flour, baking soda, baking powder, and salt.
3. In a large bowl, cream the butter and chosen sweetener until light and fluffy (2–3 minutes).
4. Beat in the egg and vanilla.
5. Mix in the dry ingredients gradually.
6. Add milk.
7. Scoop tablespoon-sized balls onto the baking sheet.
8. Bake for 9–11 minutes, just until edges look set but not browned.
9. Cool on a wire rack.

Now it's time for the showdown! Taste each cookie and make notes in the chart below to record your observations.

	Granulated White Sugar	Honey	Brown Sugar	Splenda
Color				
Texture				
Moisture Level				
Spread/ Structure				
Flavor				

Conclusion: If you were baking cookies at home, which sweetener would you choose? Explain your answer.