

# BETTER BAKING with SUNSWEET® INGREDIENTS



How to lower fat and sugar,  
increase moisture, and increase flavor  
with nature's richest fruit

**SUNSWEET**  
INGREDIENTS

## THE SUNSWEET® ADVANTAGE

Derived from prunes and packed with flavor, Sunsweet prune ingredients can sweeten baked goods with less sugar, improve texture with less fat, and take the place of artificial caramel coloring. This manual describes our ingredients and shows how they can be applied to recipes.

Prunes have numerous functional benefits thanks to their unique nutritional composition, which includes fiber, sorbitol, chlorogenic acids and phenolic compounds. Plus, prunes taste great: They're naturally sweet, with a mild, dark fruity base note that pairs well with chocolate, spices, nuts, cherries, and a wide range of other fruits. Our ingredients come in a range of formats, from concentrates to powder and puree, making them easy to use in a variety of baked goods and snacks. Sunsweet is the premier supplier of prune ingredients. Request a sample at [sunsweetingredients.com](https://sunsweetingredients.com)





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## I. SUNSWEET® INGREDIENTS PRODUCT DESCRIPTIONS

### DRIED PLUM PUREE

**Key uses:** fat replacement, moisture binding, sugar reduction, added pectin/fiber, caramel color enhancement

Made from a blend of Dried Plums and Prune Juice Concentrate, Dried Plum Puree is high in sorbitol, a natural humectant. It has a tangy, molasses-like flavor, a deep purple-brown color, and a dense, sticky texture. Because Dried Plum Puree is high in sorbitol, it adds sweetness while being lower in sugar than other fruit pastes, such as date paste. With its subtle acidity, it enhances flavors, drawing out spices, fruit, or chocolate without overpowering them. The puree can be used to replace fat at a ratio of 1:2 (50g puree replaces 100g oil). Because of its color, it is most often used with darker baked goods (chocolate pound cake but not vanilla pound cake). Added in small quantities to cookies, it produces an addictive chewy texture without dramatically impacting the color of the dough.



### PRUNE JUICE CONCENTRATE

**Key uses:** fat replacement, moisture binding, sugar reduction, added pectin/fiber, caramel color enhancement

Made by extracting juice from dried plums and concentrating it, Prune Juice Concentrate is a sweet and tangy syrup the color of molasses. In cakes, quick breads, and brownies, it can replace some of the fat and sugar. Because it is a concentrate, it often helps to add water to a formulation along with it at a ratio of 1:1 or 1:2 concentrate to water. When used





in small concentrations in cookies, Prune Juice Concentrate adds a chewy, soft consistency. It also boosts caramelization in a variety of baked goods. Use Prune Juice Concentrate to replace molasses or replace up to 50% honey. The concentrate can also replace up to 40% of the following: brown rice syrup, agave syrup, tapioca syrup, corn syrup, invert sugar, and maltitol.

## FRESH PLUM CONCENTRATE

**Key uses:** moisture binding, caramel color enhancement, sugar reduction, flavor preserving

Made by concentrating the juice of fresh prune plums, Fresh Plum Concentrate has the consistency of pure maple syrup and the flavor of tart red cherries. In baking, it can subtly increase the caramelization of light-colored baked goods, such as vanilla pound cakes or butter cookies. It can also help stabilize flavor due to the concentrate's high level of antioxidants, preventing rancid flavors from forming in butter or whole wheat. The concentrate can be used for reducing sugar in light-colored baked goods, but only slightly since it is not as sweet as Prune Juice Concentrate or honey.



## DRIED PLUM POWDER

**Key uses:** caramel color enhancement, moisture binding, added fiber, texture improvement

Ground from whole prunes, this reddish-brown plum powder is extremely hygroscopic, slightly tacky to the touch, and carries a subtle toffee flavor. Dried Plum Powder can enhance caramelization and bind moisture in bars. When mixed with light-colored gluten-free flour blends, it imparts a flecked, whole-grain appearance, helping these baked goods achieve the Maillard reaction while also improving texture.



To prevent water migration in fruit filling, mix a small amount of powder into the fruit to absorb extra water. (This is best with darker fruit, since the powder will darken the color.) In bars, use Dried Plum Powder to replace some or all flaxseed meal, rice bran, or citrus fiber or up to 50% inulin, maltodextrin, or oat fiber.

## DICED PRUNES and WHOLE PITTED PRUNES

**Key uses:** inclusions and garnishes

Dried plums pitted with Sunsweet's proprietary pitting system are the most uniform pitted prunes in the world. Made by dicing pitted prunes, Diced Dried Plums are higher in fiber and lower in sugar than raisins, dates, and cranberries. Using the dices in place of other inclusions brings a more caramelized flavor to cookies and bars. When baked, Diced Dried Plums crisp up around the edges in cookies and scones. Whole Pitted Dried Plums can be featured on top of Danish, almond tarts, and other kinds of classic pastries.



## PRUNE BITS

**Key uses:** inclusions, fat replacement, sugar reduction, caramel color enhancement

Made from dicing a paste made of prunes, Prune Bits can be used in two ways: as an inclusion in place of other types of dried fruit or as a paste when rehydrated in water and blended together. The bits are free-flowing, low in water content, and easy to mix into bread dough. When rehydrated in water or a flavored liquid, they can be turned into a paste and used like Dried Plum Puree, but with a lighter flavor and texture. They can also be blended with apple puree for a lighter-colored fat replacement.



## II. SUNSWEET® INGREDIENTS in BAKING

Rich in fiber, vitamins, and antioxidants, prunes have long been associated with health and wellness. When used as an ingredient in baking, prunes can also sweeten with less sugar, reduce fat and calories, replace artificial caramel coloring, and retain moisture. Additionally, prunes are perfect for grain-free fruit-and-nut bars due to their ability to bind ingredients together.

### Primary Functions

- Reducing or replacing fat
- Reducing sugar
- Binding and boosting moisture

### Secondary Functions

- Reducing salt
- Boosting flavor
- Preventing the formation of rancid flavors

### A NOTE ON SHELF LIFE

Sunsweet Ingredients help extend the lifespan of fresh-baked bakery items by 2 to 3 days. The antioxidants in prunes preserve flavor while preventing rancidity from developing in butter or nuts while the sorbitol binds moisture. However, these ingredients alone do not inhibit mold or staling.



## FLAVOR PAIRINGS

For years, bakers, pastry chefs, and chocolatiers have leveraged the sweet flavor of prunes in baking. With a mild, toffee-caramel flavor and subtle tang, prunes can draw out nutty butterscotch notes in chocolate chip cookies, deepen the impact of spices in gingerbread, and make brownies taste fudgier, all without overpowering other ingredients.

Made with prunes, Sunsweet Ingredients pair well with classic baking flavors, such as toasted nuts, chocolate, dried fruit, apples, pears, pumpkin spice, and vanilla. They also can add dimension to savory flavors, including soy sauce, tamarind, roasted onions, ginger, red peppers, and a range of cheeses.

### SUNSWEEET® INGREDIENT FLAVOR AFFINITIES

**Flours and grains:** buckwheat, cornmeal, oats and oat flour, sorghum, whole-wheat flour

**Sweeteners:** brown sugar, golden syrup, honey, maple syrup, molasses, sorghum syrup

**Produce:** apples, bananas, citrus fruits (especially oranges), pears, pumpkin

**Dried fruits:** apricots, blueberries, cherries, cranberries, currants, dates, figs

**Nuts and seeds:** almonds, hazelnuts, pecans, poppy seeds, sesame seeds, walnuts

**Chocolate:** dark and milk chocolates, cocoa, cocoa nibs

**Dairy:** brown butter, cream cheese, goat cheese, fontina, pecorino, yogurt

**Beverages:** black tea, brandy, coffee, port

**Savory flavors:** caramelized onion, ginger, soy sauce, red pepper, tamarind

**Spices:** allspice, black pepper, cinnamon, cloves, ginger, nutmeg, pumpkin spice

## REDUCED FAT BAKING

Sunsweet Ingredients can replace some or all of the butter or oil in brownies, gingerbread, and other quick breads and simple cakes, cookies, and bars. The matrix of fiber and sorbitol within prunes binds water and interrupts the gluten structure, resulting in baked goods that are moist and tender. Reducing fat allows for calorie reduction, which can be important in baked goods sold with calorie counts.

**Benchtop:** Start by removing half of the fat content and replacing 50% of what was removed with Dried Plum Puree, Prune Juice Concentrate, or reconstituted Prune Bits mixed into a paste. (Example: 500 g butter changes to 250 g butter + 125 g prune ingredient.)

### TIPS

- Non- or low-fat baked goods with prune generally require lower bake times.
- Add water to make up volume and improve texture when using Prune Juice Concentrate in place of fat (see Fudgy Brownies, page 11). You may find that you need to add less concentrate in subsequent tests.
- If a recipe requires aerating butter (or other fat) and sugar, aerate the mixture with Dried Plum Puree. If using Prune Juice Concentrate or Fresh Plum Concentrate, mix them in with other wet ingredients.
- Results may end up to be sweeter than expected. If this is the case, reduce sugar by 10% to 30%.

## REDUCED SUGAR BAKING

Removing sugar from baking formulas presents challenges ranging from diminished sweetness to changes in color, moisture, and volume. Yet prunes are capable of countering some of those challenges due to their unique physiological composition. Although prunes taste sweet, much of their sweetness comes from the sugar alcohol sorbitol. Consequently, the glycemic index (GI) of prunes is only 29, lower than most dried fruits. (In comparison, raisins have a GI of 64 and dates have a GI of 42.) Additionally, the sorbitol and fiber in prunes bind moisture in baked goods, improving texture.

Prunes also boost the Maillard reaction, allowing baked goods to achieve a golden or caramelized exterior with less added sugar.

**Benchtop:** Start by reducing 10 to 30% of the cane sugar and replacing half of the removed sugar with a prune ingredient, using Prune Juice Concentrate for dark-colored baked goods and Fresh Plum Concentrate for light-colored baked goods. In fruit bars made with date paste, replace some of the date paste with equal parts Prune Bits or Prune Puree. (Using prunes in place of dates will lower total sugar levels because dates are higher in sugar than prunes.)

#### TIPS

- When reducing both sugar and fat, review tips supplied in Reduced Fat Baking, page 7.
- When using Prune Juice Concentrate in place of some of the sugar and a mixture seems dry, add water to improve texture.
- When using Prune Juice Concentrate in place of brown sugar, the cookies will be softer and slightly flatter with an even, chewy crumb. They will also bake darker than comparable cookies that do not contain prune.

## VEGAN BAKING

Some consumers turn to plant-based diets to eat healthier while others opt for vegan foods due to allergies to dairy or eggs. For companies, plant-based ingredients can help maintain food costs as the price of butter rises. In many cases, Sunsweet Ingredients can improve the texture of vegan baked goods while enhancing flavor.

**Benchtop:** Follow the tips provided in Reduced Fat Baking and Reduced Sugar Baking, page 7. If removing butter to convert a traditional recipe into a vegan one, replace butter with a combination of Dried Plum Puree and oil or shortening. (Example: Remove 500 g butter and replace it with 125 g puree + 125 g oil or shortening.) You may need to add water or a bulking agent to make up any loss in volume. For light-colored baked goods, use a combination of Fresh Plum Concentrate and Dried Plum Powder



to lower sugar and improve texture (see Vegan Cinnamon Sugar Cookies, page 17).

#### TIPS

- The combination of Dried Plum Puree and water gives cookies a chewy consistency and helps bind the crumb together without eggs (see Vegan Chocolate Chip Cookies, page 15).
- Dried Plum Powder improves the texture of vegan cookies. A small amount (.2 to 1% of the total formulation) will impart a slight flecked appearance, but it will also help bind together crumbly cookies. This ingredient works well in spiced cookies, whole-grain cookies, or darker-colored cookies.

## GLUTEN-FREE BAKING

Gluten-free baking depends on modifying traditional structural agents by replacing the gluten in wheat flour with a combination of alternative ingredients. In gluten-free baking, Sunsweet Ingredients can help with moisture retention and browning while contributing to a better overall texture. Using Dried Plum Powder in gluten-free flour imparts a flecked, whole-grain appearance. In addition, Dried Plum Puree or Prune Juice Concentrate can help quick breads and brownies retain moisture with less added sugar. For gluten-free breads, a small amount of Prune Juice Concentrate can aid in achieving the Maillard reaction.

**Benchtop:** Add 1% of Dried Plum Powder to gluten-free muffins or quick breads in place of xanthan gum to add color and prevent moisture loss. Use Prune Juice Concentrate or Dried Plum Puree to take the place of some of the fat and to add structure and moisture to quick breads.

## OTHER TIPS FOR BAKING with PRUNE INGREDIENTS

- Sunsweet Ingredients work best in bakery items that are soft or chewy because the sorbitol within prunes attracts moisture.
- Fresh Plum Concentrate can be added to butter cookies or similar baked goods in a small amount (1.5% of a formulation) to preserve a fresh butter flavor. This works because of the high antioxidant levels in the concentrate.
- Prune Juice Concentrate can help reduce sugar in snack cakes up to 30% while also boosting the Maillard reaction, eliminating or lessening the need for caramel coloring.
- Dried Plum Powder can prevent moisture migration when mixed into fruit fillings. It does so by binding with water.
- Dried Plum Puree and Prune Bits can be blended with apple puree for a fat replacement that has less of an impact on color and caramelization than a puree made with 100% prune.

### III. RECIPES

#### FUDGY BROWNIES

**Findings:** Using Dried Plum Puree and Prune Juice Concentrate in brownies creates a fudgy, rich texture with 50% less butter and 17% less cane sugar. Adding almond flour helps make up for lost bulk while still yielding a brownie with a soft crumb.

#### FUDGY BROWNIES, ORIGINAL

Yield: 16 brownies

120 g / 1/2 cup unsalted butter

300 g / 1-1/2 cups cane sugar

60 g / 3/4 cup Dutch-process cocoa powder

5 g / 1 teaspoon vanilla extract

2 g / 1/2 teaspoon salt

165 g / 3 large eggs

105 g / 3/4 cup all-purpose flour (or gluten-free flour)

2 g / 1/2 teaspoon baking powder

Heat the oven to 350°F / 180°C. Butter a 20-cm / 8-in square baking pan and line with parchment paper.

In a microwavable bowl, melt the butter on medium power. Mix the butter with the sugar, then stir in the cocoa powder, vanilla, and salt. Break the eggs up with a whisk or fork. With a rubber spatula, gently mix the eggs into the cocoa powder batter until incorporated.

In a small bowl, whisk together the flour and baking powder. Gently mix the flour into the batter until smooth.

Pour the batter into the prepared pan, ensuring that it is evenly distributed. Bake until the top is set and the center is still a little soft but not runny, about 30 minutes. Cool completely before cutting into 16 squares.



## FUDGY BROWNIES, REDUCED FAT AND SUGAR

Yield: 16 brownies

60 g / 1/4 cup unsalted butter

250 g / 1-1/4 cups cane sugar

34 g / 2 tablespoons Dried Plum Puree

20 g / 1 tablespoon Prune Juice Concentrate

15 g / 1 tablespoon water

5 g / 1 teaspoon vanilla extract

60 g / 3/4 cup Dutch-process cocoa powder

2 g / 1/2 teaspoon salt

165 g / 3 large eggs

105 g / 3/4 cup all-purpose flour (or gluten-free flour)

25 g / 3 tablespoons almond flour

2 g / 1/2 teaspoon baking powder

Heat the oven to 350°F / 180°C. Butter a 20-cm / 8-in square baking pan and line with parchment paper.

In a microwavable bowl, melt the butter on medium power. Mix the butter with the sugar, dried plum puree, prune juice concentrate, water, and vanilla until smooth. Stir in the cocoa powder and salt. Break the eggs up with a whisk or fork. With a rubber spatula, gently mix the eggs into the cocoa powder batter until incorporated.

In a small bowl, whisk together the flour, almond flour, and baking powder. Gently mix the flour into the batter until smooth.

Pour the batter into the prepared pan, ensuring it is evenly distributed. Bake until the top is set and the center is still a little soft but not runny, about 28 minutes. Cool completely before cutting into 16 squares.

### GLUTEN FREE OPTION

This same recipe can be made into a gluten-free brownie by using a gluten-free flour blend in place of the all-purpose flour called for. The flour does not need to include xanthan gum.

INGREDIENTS	ORIGINAL	REDUCED FAT & SUGAR
Flour	14%	14%
Almond Flour	0%	3%
Cocoa Powder	8%	8%
Sugar	40%	34%
Butter	16%	8%
Eggs	22%	22%
Prune Ingredients	0%	8%
Water	0%	2%



## CHOCOLATE CHIP COOKIES

**Findings:** There are several ways to incorporate Sunsweet Ingredients into chocolate chip cookies. For chewier cookies with less sugar, replace butter and eggs with Dried Plum Puree and water. This change comes with the benefit of also making the cookies vegan.

### CHOCOLATE CHIP COOKIES, ORIGINAL

Yield: 24 cookies

140 g / 1 cup all-purpose flour  
4 g / 1 teaspoon salt  
2 g / 1/2 teaspoon baking powder  
2 g / 1/2 teaspoon baking soda  
113 g / 1/2 cup unsalted butter, at room temperature  
100 g / 1/2 cup cane sugar  
95 g / 1/2 cup brown sugar  
55 g / 1 large egg  
5 g / 1 teaspoon vanilla extract  
90 g / 1/2 cup chocolate chips

Preheat the oven to 350°F / 180°C. Line 2 half-sheet pans with parchment paper.

In a bowl, whisk together the flour, salt, baking powder, and baking soda.

In the bowl of a stand mixer fitted with the paddle attachment, cream the butter and sugars on medium speed until aerated and pale in color, about 4 minutes.

On medium speed, add the egg and vanilla. Scrape the sides and bottom of the bowl with a rubber spatula to bring the batter together.

Add the flour mixture and chocolate chips all at once and mix on low speed just until combined. Do not overmix. Cover the dough and refrigerate for at least 4 hours or overnight.

Portion the dough into 24 mounds. Evenly space the mounds on the prepared pans. Bake each pan for 8 minutes. Rotate the pan and bake until the edges begin to caramelize and the tops set, approximately 4 more minutes. Let the cookies cool completely.



## CHOCOLATE CHIP COOKIES, VEGAN

Yield: 22 cookies

240 g / 1-3/4 cup all-purpose flour  
4 g / 1 teaspoon salt  
2 g / 1/2 teaspoon baking powder  
2 g / 1/2 teaspoon baking soda  
30 g / 2 tablespoons Dried Plum Puree  
60 g / 1/4 cup vegetable oil  
5 g / 1 teaspoon vanilla extract  
100 g / 1/2 cup cane sugar  
48 g / 1/4 cup brown sugar  
60 ml / 1/4 cup water  
90 g / 1/2 cup vegan chocolate chips

Preheat the oven to 350°F / 180°C. Line 2 half-sheet pans with parchment paper.

In a bowl, whisk together the flour, salt, baking powder, and baking soda.

In a separate bowl, whisk together the puree, oil, vanilla, and sugars until smooth. Stir in the water and mix until incorporated.

Add the flour mixture and chocolate chips all at once and mix gently just until combined. Do not overmix. Cover the dough and refrigerate for at least 4 hours or overnight.

Portion the dough into 22 mounds. Evenly space the mounds on the prepared pans. Bake each pan for 8 minutes. Rotate the pan and bake until the edges begin to caramelize and the tops set, approximately 4 more minutes. Let the cookies cool completely on the pan.

### REDUCED SUGAR OPTION

For a flatter, chewy cookie, remove 28 g / 1 oz butter and all of the brown sugar from the original recipe and replace it with 30 g / 1-1/2 tablespoons Prune Juice Concentrate. The cookies will caramelize more quickly, but they will stay chewy for several days. The same cookie base can be used without chocolate chips and turned into a spice cookie, an oatmeal raisin cookie, or a butterscotch cookie.

## CHOCOLATE CHIP COOKIES

INGREDIENTS	ORIGINAL	VEGAN
Flour	23%	37%
Sugars	32%	23%
Butter/Oil	19%	9%
Eggs	9%	0%
Prune Ingredients	0%	5%
Water	0%	9%



## VEGAN CINNAMON-SUGAR COOKIES

**Findings:** These cookies have the flavor of classic cinnamon-sugar coated snickerdoodles, but the cinnamon is mixed inside of a vegan dough instead of sprinkled on the outside with sugar. They are mild, soft cookies and can be further decorated or iced. While the cookies themselves are not too high in sugar, adding a combination of Dried Plum Powder and Fresh Plum Concentrate allows for sugar reduction while improving texture and emphasizing the cinnamon flavor. These cookies are best when eaten within a few days of baking or frozen for later use.

### VEGAN CINNAMON-SUGAR COOKIES, ORIGINAL

Yield: 12 cookies

210 g / 1-1/2 cups all-purpose flour  
100 g / 3/4 cup + 1 tablespoon almond flour  
80 g / 1/3 cup + 1 tablespoon cane sugar  
6 g / 1-1/2 teaspoons baking powder  
2 g / 1/2 teaspoon salt  
2 g / 1/2 teaspoon cinnamon  
70 g / 1/3 cup filtered coconut oil, slightly chilled  
115 g / 1/2 cup unsweetened almond milk

Preheat the oven to 350°F / 180°C. Line a half-sheet pan with parchment paper.

Using a food processor, pulse together the flour, almond flour, sugar, baking powder, salt, and cinnamon. Add the coconut oil and pulse until combined. While the processor is running, drizzle in the almond milk and pulse until combined.

Remove the dough from the food processor and knead gently to form a ball. Portion the dough into 12 pieces and roll each piece into a ball. Press into disks.

Bake until lightly browned on the top, 12 to 15 minutes. Let cool 10 minutes, then transfer to a wire rack to cool completely.

## VEGAN CINNAMON-SUGAR COOKIES, REDUCED SUGAR

Yield: 12 cookies

210 g / 1-1/2 cups all-purpose flour

100 g / 3/4 cup + 1 tablespoon almond flour

50 g / 1/4 cup cane sugar

6 g / 1-1/2 teaspoons baking powder

2 g / 1/2 teaspoon salt

1 g / 1/4 teaspoon cinnamon

1 g / 1/4 teaspoon Dried Plum Powder

70 g / 1/3 cup filtered coconut oil, slightly chilled

100 g / 1/2 cup - 1 tablespoon unsweetened almond milk

18 g / 1 tablespoon Fresh Plum Concentrate

Preheat the oven to 350°F / 180°C. Line a half-sheet pan with parchment paper.

Using a food processor, pulse together the flour, almond flour, sugar, baking powder, salt, cinnamon, and dried plum powder. Add the coconut oil and pulse until combined. Mix the almond milk with the fresh plum concentrate. While the processor is running, drizzle in the almond milk and concentrate and pulse until combined.

Remove the dough from the food processor and knead gently to form a ball. Portion the dough into 12 pieces and roll each piece into a ball. Press into disks.

Bake until lightly browned on the top, 12 to 15 minutes. Let cool 10 minutes, then transfer to a wire rack to cool completely.

INGREDIENTS	ORIGINAL	REDUCED SUGAR
Flour	36%	38%
Almond Flour	17%	18%
Sugar	14%	9%
Prune Ingredients	0%	3%
Coconut Oil	12%	12%
Almond Milk	20%	18%



## PUMPKIN SPICE WALNUT BREAD

**Findings:** Combining pumpkin puree with Prune Juice Concentrate not only allows for a 50% reduction in fat but also a 6% reduction in sugar. The Prune Juice Concentrate also retains moisture, increasing the shelf life of this bread for a few days longer. The same recipe is equally effective with gluten-free flour blends, baking up to be a moist bread with little change in texture or appearance.

### PUMPKIN SPICE WALNUT BREAD, ORIGINAL

Yield: 1 loaf

180 g / 1-1/4 cups all-purpose flour (or gluten-free flour)

3 g / 3/4 teaspoon baking soda

4 g / 1 teaspoon salt

2 g / 1 teaspoon ground cinnamon

1 g / 1/2 teaspoon ground ginger

1 g / 1/2 teaspoon ground nutmeg

.5 g / 1/4 teaspoon ground cloves

200 g / 1 cup cane sugar

110 g / 2 large eggs

200 g / 3/4 cup pumpkin puree

60 g / 1/4 cup vegetable oil

120 g / 1 cup coarsely chopped walnuts, lightly toasted

Preheat the oven to 350°F / 180°C. Coat a 21.5 x 11.4-cm / 8.5 x 4.5-in loaf pan with nonstick spray.

In a bowl, whisk together the flour, baking soda, salt, and spices. In a larger bowl, mix together the sugar, eggs, pumpkin, and oil.

In 3 additions, add the flour mixture to the pumpkin mixture. Fold in half the walnuts.

Pour batter into the prepared loaf pan and sprinkle the remaining walnuts on top. Bake until a toothpick inserted in the center of the loaf comes out clean, about 55 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.



## PUMPKIN SPICE WALNUT BREAD, REDUCED FAT AND SUGAR

Yield: 1 loaf

180 g / 1-1/4 cups all-purpose flour (or gluten-free flour)

3 g / 3/4 teaspoon baking soda

4 g / 1 teaspoon salt

2 g / 1 teaspoon ground cinnamon

1 g / 1/2 teaspoon ground ginger

1 g / 1/2 teaspoon ground nutmeg

.5 g / 1/4 teaspoon ground cloves

145 g / 3/4 cup cane sugar

200 g / 3/4 cup pumpkin puree

110 g / 2 large eggs

40 g / 2 tablespoons Prune Juice Concentrate

30 g / 2 tablespoons vegetable oil

30 g / 2 tablespoons water

120 g / 1 cup coarsely chopped walnuts, lightly toasted

Preheat the oven to 350°F / 180°C. Coat a 21.5 x 11.4-cm / 8.5 x 4.5-in. loaf pan with nonstick spray.

In a bowl, whisk together the flour, baking soda, salt, and spices. In a larger bowl, mix together the sugar, pumpkin, eggs, prune juice concentrate, oil, and water.

In 3 additions, add the flour mixture to the pumpkin mixture. Fold in half the walnuts.

Pour batter into the prepared loaf pan and sprinkle the remaining walnuts on top. Bake until a toothpick inserted in the center of the loaf comes out clean, about 55 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.

### GLUTEN FREE OPTION

This same recipe can be made into a gluten-free pumpkin bread by using a gluten-free flour blend in place of the all-purpose flour called for. The flour does not need to include xanthan gum. It can also be made without walnuts if nut allergies are a concern.

## PUMPKIN SPICE WALNUT BREAD

INGREDIENTS	ORIGINAL	REDUCED FAT AND SUGAR
Flour	21%	21%
Sugar	23%	17%
Eggs	13%	13%
Pumpkin	23%	23%
Prune Ingredients	0%	5%
Water	0%	3%
Oil	6%	3%
Walnuts	14%	14%



## GINGER CRINKLE COOKIES

**Findings:** Replacing molasses and half of the butter with Dried Plum Puree yields a cookie with a chewy center and deep, spiced flavor that shows no loss of richness.

### GINGER CRINKLE COOKIES, ORIGINAL

Yield: 26 cookies

280 g / 2 cups all-purpose flour  
4 g / 1 teaspoon baking soda  
2 g / 1/2 teaspoon salt  
2 g / 1 teaspoon cinnamon  
2 g / 1 teaspoon ground ginger  
1 g / 1/2 teaspoon ground nutmeg  
170 g / 3/4 cup unsalted butter, melted  
240 g / 1-1/4 cup brown sugar  
80 g / 1/4 cup molasses  
55 g / 1 large egg

Optional garnish: 100 g / 1/2 cup sugar

Preheat the oven to 350°F / 180°C. Line 2 half-sheet pans with parchment paper.

Whisk together the flour, baking soda, salt, cinnamon, ginger, and nutmeg.

In a bowl, stir together the butter, sugar, and molasses. Stir in the egg. Gradually mix in the flour mixture. Chill the dough for at least 30 minutes or overnight.

Portion the dough into 26 balls. Roll the balls in the sugar for garnish (if using) and place on the pans.

Bake until the tops are crinkled and edges are set, 10 to 12 minutes. Let rest 5 minutes, then cool completely on wire racks.

## GINGER CRINKLE COOKIES, REDUCED FAT AND SUGAR

Yield: 26 cookies

280 g / 2 cups all-purpose flour  
4 g / 1 teaspoon baking soda  
2 g / 1/2 teaspoon salt  
2 g / 1 teaspoon cinnamon  
2 g / 1 teaspoon ground ginger  
1 g / 1/2 teaspoon ground nutmeg  
85 g / 1/3 cup unsalted butter, melted  
200 g / 1 cup brown sugar  
75 g / 1/4 cup Dried Plum Puree  
55 g / 1 large egg  
Optional garnish: 100 g / 1/2 cup sugar

Preheat the oven to 350°F / 180°C. Line 2 half-sheet pans with parchment paper.

Whisk together the flour, baking soda, salt, cinnamon, ginger, and nutmeg.

In a bowl, stir together the butter, sugar, and dried plum puree. Stir in the egg. Gradually mix in the flour mixture. Chill the dough for at least 30 minutes or overnight.

Portion the dough into 26 balls. Roll the balls in the sugar for garnish (if using) and place on the pans.

Bake until the tops are crinkled and edges are set, about 10 minutes. Let rest 5 minutes, then cool completely on wire racks.

INGREDIENTS	ORIGINAL	REDUCED FAT AND SUGAR
Flour	33%	40%
Butter	20%	12%
Brown Sugar	29%	28%
Molasses	10%	0%
Prune Ingredients	0%	11%
Eggs	7%	7%



## BANANA BREAD

**Findings:** Some banana breads taste too dry with minimum banana flavor while others are too soft, failing to hold together. But adding a small quantity (2%) of Prune Juice Concentrate intensifies the banana flavor without making the bread overly sweet. It also deepens the caramelization of the loaf with less sugar and fat.

### BANANA BREAD, ORIGINAL

Yield: 1 loaf

245 g / 1-3/4 cup all-purpose flour

4 g / 1 teaspoon baking soda

2 g / 1/2 teaspoons salt

300 g / 3 ripe bananas

113 g / 1/2 cup unsalted butter, melted

110 g / 2 large eggs

150 g / 3/4 cup brown sugar

5 g / 1 teaspoon vanilla extract

Preheat the oven to 350°F / 180°C. Coat a 21.5 x 11.4-cm / 8.5 x 4.5-in loaf pan with nonstick spray.

In a bowl, whisk together the flour, baking soda, and salt.

In a larger bowl, mash the bananas. Mix in the butter, eggs, sugar, and vanilla. Gradually stir in the flour mixture until just combined. Do not overmix.

Pour batter into the prepared loaf pan and bake until a toothpick inserted in the center of the loaf comes out clean, about 55 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.



## BANANA BREAD, REDUCED FAT AND SUGAR

Yield: 1 loaf

245 g / 1-3/4 cup all-purpose flour

4 g / 1 teaspoon baking soda

2 g / 1/2 teaspoons salt

300 g / 3 ripe bananas

58 g / 1/4 cup unsalted butter, melted

10 g / 1/2 tablespoon Prune Juice Concentrate

10 g / 1/2 tablespoon water

110 g / 2 large eggs

100 g / 1/2 cup brown sugar

5 g / 1 teaspoon vanilla extract

Preheat the oven to 350°F / 180°C. Coat a 21.5 x 11.4-cm / 8.5 x 4.5-in loaf pan with nonstick spray.

In a bowl, whisk together the flour, baking soda, and salt.

In a larger bowl, mash the bananas. Mix in the butter, prune juice concentrate, water, eggs, sugar, and vanilla. Gradually stir in the flour mixture until just combined. Do not overmix.

Pour batter into the prepared loaf pan and bake until a toothpick inserted in the center of the loaf comes out clean, about 50 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.

## BANANA BREAD

INGREDIENTS	ORIGINAL	REDUCED FAT AND SUGAR
Flour	26%	29%
Banana	32%	35%
Butter	12%	7%
Prune Ingredients	0%	1%
Water	0%	1%
Eggs	12%	13%
Brown Sugar	16%	12%



## DRIED FRUIT and NUT COINS

**Findings:** Figs and walnuts are classic pairings and are especially good when made into grain-free snacks. Mixing Prune Bits into the fig paste adds an extra dimension to the treat, deepening the color and caramel flavoring for an alternative version.

### DRIED FRUIT AND NUT COINS, ORIGINAL

Yield: one 25 x 5-cm / 10 x 2-in log

230 g / 8 ounces black mission figs, stems removed, halved

10 g / 1/2 tablespoon water

115 g / 4 ounces walnuts, lightly toasted

In a food processor, pulse together the figs and water until a paste forms. Transfer to a bowl and fold in the walnuts using a rubber spatula.

Lay out a sheet of plastic wrap. Shape the paste into a log and wrap in plastic wrap, twisting the ends tightly. Chill for 2 hours or overnight.

Slice through the plastic wrap into 6- to 12-mm / 1/4- to 1/2-in coins, removing the plastic wrap before serving.

### DRIED FRUIT AND NUT COINS WITH PRUNES

Yield: one 25 x 5-cm / 10 x 2-in log

115 g / 4 ounces black mission figs, stems removed, halved

115 g / 4 ounces Prune Bits

5 g / 1 teaspoon Prune Juice Concentrate

10 g / 1/2 tablespoon water

115 g / 4 ounces walnuts, lightly toasted

In a food processor, pulse together the figs, prune bits, prune juice concentrate, and water until a paste forms. Transfer to a bowl and fold in the walnuts using a rubber spatula.

Lay out a sheet of plastic wrap. Shape the paste into a log and wrap in plastic wrap, twisting the ends tightly. Chill for 2 hours or overnight.

Slice through the plastic wrap into 6- to 12-mm / 1/4- to 1/2-in coins, removing the plastic wrap before serving.

DRIED FRUIT and NUT COINS

INGREDIENTS	ORIGINAL	WITH PRUNE
Figs	65%	32%
Prune Ingredients	0%	33%
Water	3%	3%
Walnuts	32%	32%



## LARGE-CHUNK GRANOLA

**Findings:** By lowering the quantity of honey and removing sugar, this granola transforms into ideal clusters for snacking on the go or topping yogurt or smoothies. Prune Juice Concentrate coats grains and nuts better than brown sugar, so the oats obtain an even, golden-brown appearance as they bake.

### LARGE-CHUNK GRANOLA, ORIGINAL

Yield: 10 servings

60 g / 1/4 cup vegetable oil

80 g / 1/4 cup honey

95 g / 1/2 cup brown sugar

2 g / 1/2 teaspoon salt

250 g / 2-1/2 cups old-fashioned rolled oats

140 g / 1 cup whole almonds (raw)

20 g / 1/4 cup unsweetened shredded coconut

Preheat the oven to 325°F / 165°C. Lightly oil a half-sheet pan.

In a large bowl, whisk together oil, honey, sugar, and salt until the oil is incorporated. Stir in oats, almonds, and coconut until evenly coated.

Pour onto the prepared pan, shaping the oats into a rectangle approximately 2.5-cm / 1-in high, pressing it into the pan with the back of a spoon.

Bake, rotating the pan halfway through, for 30 minutes. Let cool 10 minutes, then break into chunks. Return to the oven and bake until evenly browned, about 10 minutes. Cool completely.

## LARGE-CHUNK GRANOLA, REDUCED HONEY, NO SUGAR

Yield: 10 servings

60 g / 1/4 cup vegetable oil

60 g / 3 tablespoons honey

40 g / 2 tablespoons Prune Juice Concentrate

2 g / 1/2 teaspoon salt

250 g / 2-1/2 cups old-fashioned rolled oats

140 g / 1 cup whole almonds (raw)

20 g / 1/4 cup unsweetened shredded coconut

Preheat the oven to 325°F / 165°C. Lightly oil a half-sheet pan.

In a large bowl, whisk together oil, honey, prune juice concentrate, and salt until the oil is incorporated. Stir in oats, almonds, and coconut until evenly coated.

Pour onto the prepared pan, shaping the oats into a rectangle approximately 2.5-cm / 1-in high, pressing it into the pan with the back of a spoon.

Bake, rotating the pan halfway through, for 30 minutes. Let cool 10 minutes, then break the pieces into chunks. Return to the oven and bake until evenly browned, about 10 minutes. Cool completely.



INGREDIENTS	ORIGINAL	REDUCED SUGAR
Oil	9%	10%
Honey	12%	10%
Brown Sugar	15%	0%
Prune Ingredients	0%	7%
Oats	39%	44%
Almonds	22%	24%
Coconut	3%	3%



## CINNAMON SWIRL PRUNE BREAD

**Findings:** Diced Dried Plums or Prune Bits mixed into the dough in place of raisins offer a deeper, more caramel flavor while Dried Prune Powder added to the filling helps heighten the flavor of the cinnamon.

Yield: 2 loaves

### SPONGE

340 g / 2-1/2 cups all-purpose flour

405 g / 1-3/4 cup water

15 g / 1/3 cup unprocessed wheat bran (optional)

4 g / 1 teaspoon quick-rising yeast

### DOUGH

335 g / 2-1/3 cups all-purpose flour

15 g / 1/3 cup unprocessed wheat bran

3 g / 1 teaspoon quick-rising yeast

130 g / 9 tablespoons unsalted butter, softened

12 g / 1 heaping tablespoon salt

200 g / 1-1/2 cups Prune Bits or Diced Dried Plums

### FILLING

55 g / 1/4 cup cane sugar

15 g / 1/2 tablespoon Dried Plum Powder

5 g / 1 tablespoon cinnamon

4 g / 1 tablespoon orange zest

50 g / 1 each egg, beaten with a splash of water

**Make the sponge:** In a bowl, whisk together the flour, water, bran, and yeast and let sit at room temperature for 30 minutes. Refrigerate overnight. Bring to room temperature 1 hour before proceeding to the next step.

**Make the dough:** Mix the flour, bran, and yeast into the sponge until a shaggy dough forms. In a stand mixer fitted with a paddle attachment, briefly mix the butter. Add the sponge-flour mixture to

the butter and mix on low speed until the butter is no longer sticking to the sides of the bowl. Let the dough rest for 20 minutes.

Attach the dough hook to the mixer. Add the salt and mix on medium speed until the butter is thoroughly incorporated and the dough pulls cleanly away from the sides of the bowl, 5 to 7 minutes. Add the prune bits or dried plums and mix on low speed until evenly distributed in the dough.

Put the dough in a lightly oiled bowl, cover, and let rise until doubled in volume, about 1-1/2 hours. Place the dough on a lightly floured surface and pat into a rectangle. Fold in 3 folds like a business letter. Return the dough to the bowl, cover, and refrigerate for 1 hour.

**Make the filling:** In a small bowl, mix together the sugar, dried plum powder, cinnamon, and orange zest.

Put the dough on a lightly floured surface and cut it in half. Roll each half into an 18 x 35.5 cm / 7 x 14-in rectangle. Brush the surface with egg wash, leaving a 1.25-cm / .5-in border. Sprinkle with half of the cinnamon filling. Starting with the short end of the rectangle, roll the dough into a log. Using the palms of your hands, gently roll the log to eliminate air pockets between the swirl layers. Repeat with the remaining dough and filling.

Oil two 21.5 x 11.4-cm / 8.5 x 4.5-in loaf pans. Tuck in the ends of the dough log and place, seam-side down, into the lightly oiled loaf pan. Loosely cover the loaf pans and let the dough rise until it no longer springs up when pressed with your fingertips, about 1-1/2 hours.

Preheat the oven to 350°F / 180°C. Bake the loaves, rotating once, until the tops and edges are golden brown, about 50 minutes. Cool in the pans for 5 minutes, then unmold and cool completely.

## CINNAMON SWIRL PRUNE BREAD

INGREDIENTS	PERCENTAGE
Flour	42%
Water	26%
Butter	8.4%
Prune Ingredients	13.6%
Sugar	3.6%



## SUNSWEET® INGREDIENTS AT A GLANCE

	CHEMICAL	INGREDIENTS	CONTAINER SIZE	STORAGE
<b>FRESH PLUM CONCENTRATE</b>	Brix: 70° pH: 3.4-4.0 Acidity: 1.5-2.2%	Concentrated fresh plum juice	5 gal, 52 gal	36 months stored at <32°F and <60% humidity
<b>PRUNE JUICE CONCENTRATE</b>	Brix: 70° pH: 3.5-4.2 Titratable Acidity: 1.5-2.2%	Concentrated prune juice	5 gal, 55 gal	24 months <70°F
<b>DRIED PLUM PUREE</b>	Brix: 68° pH: 3.4-4.2 Acidity: 1.5-2.2%	Concentrated prune juice and dried plums	5 gal, 52 gal	18 months stored at 45-55°F and <60% humidity
<b>DRIED PLUM POWDER</b>	n/a	Dried plum powder, less than 3% calcium stearate	40-lb case	12 months stored at 40-65°F and <60% humidity
<b>PRUNE BITS</b>	Brix: n/a pH: 3.75-4.9 Titratable Acidity: 1.7-2.8%	Dried plums	25-lb case	18 months 45-60° F and <60% humidity
<b>DICED PRUNES AND WHOLE PITTED PRUNES</b>	Brix: n/a pH: 3.7-4.2 Titratable Acidity: 1.1-2%	Dried plums	35-lb case	18 months 45-60° F and <60% humidity





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