

The Sweet Beat

Monthly eNewsletter from Michigan Sugar Company



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Real. Sweet!

Last month we reviewed Acesulfame K an artificial sweetener that is approximately 200 times sweeter than

sugar, has no calories and is not metabolized by the body. In plain words, it is NOT REAL. Consumers know that sugar only comes from sugarcane and sugarbeets, and the FDA's definition accurately reflects that.

Sugar made from sugarbeets or sugarcane is 15 calories a teaspoon. All-natural sugar has been the world's sweetener of choice for more than 2,000 years.

Five artificial sweeteners – acesulfame K, aspartame, neotame, saccharin, sucralose – are approved for use in the United States. All are chemically manufactured molecules – molecules that do not exist in nature.

Month two of our *Real. Sweet!* series is highlighting: aspartame.

[Click here for the article](#)

Best Soup Recipe in the State Results

On February 16, 2011 The Best Soup Recipe in the State cooking contest was held at The Maytag Store in Saginaw. Hosts, Art Lewis & Sue Smith, from WSGW 790AM "Listen to the Mrs." along with several listeners in house had a great time watching 8 finalists cook their delicious soups. Four judges judging the soups had a hard time coming up with the top three winners; because they were all winners – but they did.



First place winner was Kris Hebert of Essexville with her Easy Cheesy Potato Soup. Second place winner was Toni Walser of Saginaw with Tex-Mex Tortilla Soup and third place winner was Pamela Ill of Vassar with her Southwestern Cheesy-y Broccoli Soup. Congratulations Winners!

Mounds Cake



Ingredients:

1 chocolate cake mix, dark or fudge
2 C Pioneer Sugar, divided
1 C milk
24 large marshmallows
1 pkg. (14 oz.) coconut
5 T margarine or butter

1/2 C milk

1 pkg. (12 oz.) semi-sweet chocolate chips

Directions:

Prepare & bake the chocolate cake mix as directed on the box. Bake cake in a 9 x 13-inch baking pan.

While the cake is baking and about half done, prepare the following: In a large sauce pan add, 1 cup Pioneer Sugar, milk, marshmallows, and coconut; heat until all melted, stirring constantly.

When cake is done remove from oven and immediately pour the coconut mixture over the hot cake; set aside.

In a sauce pan add the remaining cup of sugar, butter and 1/2 cup of milk. Bring to a boil. Boil for one minute; stirring constantly. Add the chocolate chips to the mixture and stir thoroughly and until melted completely. Gently pour over the coconut mixture. Chill the cake. Cut into squares and serve.

This recipe was submitted by: Beth Port of Flint, MI.

[For more Great recipes Click Here](#)

Coupon Savings!



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The winning recipes along with all the others are available by following the below link. Happy Cooking!

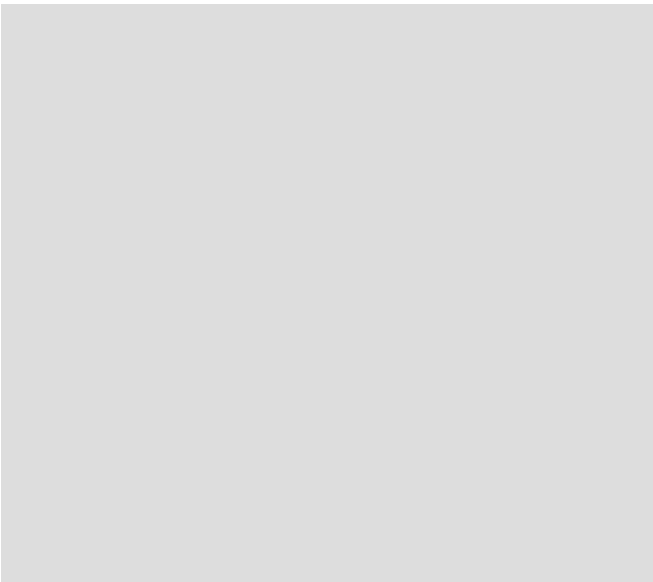
[Click Here Now for Recipes!](#)

Do you have a Recipe to Share?



Sharing recipes is fun! And it can also be rewarding. We're looking for new '**sweet**' recipes to add to our growing collection of recipes on our website. Do you have one you'd like to share? Please click the link below to share yours. You will be rewarded in so many ways. Thank you!

[Submit your Recipe here.](#)



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