

Sugar To Stevia Conversion Chart

From "The Stevia Cookbook,"

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<u>Sugar</u>	<u>Stevia powdered extract</u>	<u>Stevia liquid</u>
1 cup	1 teaspoon	1 teaspoon
1 tablespoon	¼ to ½ teaspoon	6 to 9 drops
1 teaspoon	1 pinch to ⅛ teaspoon	2 to 4 drops

The bulk or consistency that sugar normally would add can be replaced with applesauce, fruit puree, canned pumpkin, fruit juice, yogurt, or any ingredient that will taste right with your recipe and add moisture. For every one cup of sugar that is replaced by Stevia ¼ to ½ cup of the bulk should be added.

Stevia to Sweeteners Conversion Chart

1 tablespoon sugar = 6 to 9 drops liquid Stevia extract

1 tablespoon sugar = 1 pinch Stevia powder

1 teaspoon sugar = 2 to 4 drops liquid Stevia extract

1 teaspoon Stevia powder = 2 tablespoons ground Stevia leaves

1 teaspoon Stevia powder = 1 cup (16 T) of sugar

1 packet Stevia (e.g. Truvia) = 2 teaspoons sugar

1 cup granulated Splenda = 1 teaspoon Stevia powder

½ cup Splenda Sugar Blend = 1 teaspoon Stevia powder

1 packet Splenda = 4 to 5 drops liquid Stevia extract

1 cup Equal Spoonful = 1 cup Splenda = 1 cup sugar

1 teaspoon Stevia powder = 8 teaspoons Sweet'N Low



Sugar to Agave Conversion Chart

- Xagave is a Premium Blend of Agave Nectar derived from organic Agave Salmiana (White Agave) and organic inulin from Agave Tequilana (Blue Agave).
- Xagave is 1.4 to 1.5 times sweeter than sugar which allows one to use less of it to achieve delicious sweetness.
- Xagave is a very low glycemic index food. It is approximately 30 on the glycemic index scale. Anything below 50 is considered to be in the low category, which is recommended for a healthy diet. This low glycemic index rating also make it diabetic friendly.

White Sugar: For each cup of white sugar replaced, use $\frac{2}{3}$ cup of agave and reduce other liquids by $\frac{1}{4}$ to $\frac{1}{3}$ cup. This substitution will also work for Demerara Sugar, Turbinado Sugar, Evaporated Cane Juice, or Sucanat.

Brown Sugar: For each cup of brown sugar replaced, use $\frac{2}{3}$ cup of agave and reduce other liquids by $\frac{1}{4}$ cup. Because the moisture content of Brown Sugar is higher than that of white sugar, liquids may not have to be reduced as much when substituting agave nectar.

Corn Syrup: When replacing a cup of light corn syrup, use half as much agave, and increase other liquids in the recipe by up to $\frac{1}{3}$ cup. Like corn syrup, agave nectar will not crystallize.