



SUGAR SUBSTITUTES



Conversion Chart

SUGAR	1 Cup	1 Tbsp	1 Tsp	Notes
HONEY	3/4 CUP	3/4 TBSP	3/4 TSP	DECREASE LIQUID BY 2-4 TBSP
POWDERED STEVIA	1 1/2 -2 TBSP	3/4 TSP	1/8 TSP	TO REPLACE BULK ADD 1/3 CUP LIQUID PER CUP OF SUGAR REPLACED
LIQUID STEVIA	1 TSP	6-9 DROPS	2-3 DROPS	TO REPLACE BULK ADD 1/3 CUP LIQUID PER CUP OF SUGAR REPLACED
XYLITOL	3/8 CUP	3/8 TBSP	3/8 TSP	DO NOT FEED TO PETS
AGAVE NECTAR	2/3 CUP	3/4 TBSP	3/4 TSP	DECREASE LIQUID BY 1/4 CUP
MAPLE SYRUP	3/4 CUP	3/4 TBSP	3/4 TSP	DECREASE LIQUID BY 3 TBSP. ADD 1/4 TSP BAKING SODA PER CUP OF SYRUP