






When substituting Stevia Extract In The Raw for sugar in your favorite recipes, it's important to recognize that sugar has properties other than sweetness - such as texture, moisture and browning - that may need to be compensated for when substituting Stevia Extract In The Raw.

See our cooking and baking usage tips for more information about how best to substitute Stevia Extract In The Raw for sugar in your favorite recipes.

STEVIA EXTRACT IN THE RAW™ SWEETNESS SUBSTITUTION CHART		
		
GRANULATED SUGAR	PACKETS	CUP FOR CUP
1 TEASPOON	1/2 PACKET	1 TEASPOON
2 TEASPOONS	1 PACKET	2 TEASPOONS
1 TABLESPOON	1 1/2 PACKETS	1 TABLESPOON
1/4 CUP	6 PACKETS	1/4 CUP
1/3 CUP	8 PACKETS	1/3 CUP
1/2 CUP	12 PACKETS	1/2 CUP
2/3 CUP	16 PACKETS	2/3 CUP
3/4 CUP	18 PACKETS	3/4 CUP
1 CUP	24 PACKETS	1 CUP

Sweetness preference is a personal choice. The Substitution Chart is provided as a general guideline for using Stevia Extract In The Raw. We encourage you to experiment and develop conversion preferences based upon your palate and personal experience.

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