



Stevia Substitution Chart

Sugar	Stevia					
	Packet(s)	Powder	Extract Powder	Liquid	Concentrated Liquid	Ground Leaves
1 tsp.	1/2 packet	1/8 tsp.	1/16 tsp.	3 drops	5 drops	1/8 tsp.
2 tsp.	1 packet	1/4 tsp.	1/8 tsp.	6 drops	10 drops	1/4 tsp.
1 tbsp.	1-1/2 packets	3/4 tsp.	3/8 tsp.	9 drops	15 drops	3/4 tsp.
1/4 c.	6 packets	1-1/2 tsp.	1/4 tsp.	1/4 tsp.	3/8 tsp.	1-1/2 tsp.
1/2 c.	12 packets	1 tbsp.	1/2 tsp.	1/2 tsp.	1-1/2 tsp.	1 tbsp.
1 c.	24 packets	2 tbsp.	1 tsp.	1 tsp.	1 tbsp.	2 tbsp.

Stevia Notes: These are generic approximates. Different brands of stevia products may have different results, so double check each specific brand's substitution recommendations as well.



Glucomannan Substitution Chart

Liquid to Be Thickened	Flour	Cornstarch	Glucomannan
1/4 c.	1-1/2 tsp.	3/4 tsp.	1/4 tsp.
1/2 c.	1 tbsp.	1-1/2 tsp.	1/2 tsp.
1 c.	2 tbsp.	1 tbsp.	1 tsp.

Glucomannan Notes: Whisk the glucomannan in a little cold liquid before adding it to hot liquid to be thickened otherwise you'll have clumps.