



## Sweetener conversion chart

Use this table to help you convert your measurements of alternative sweeteners from white sugar. Some experimentation may be necessary to achieve desired results.

### For one cup of white sugar:

| <b>Liquid Sweetener</b> | <b>Amount</b>                                       |
|-------------------------|---|
| Agave Nectar            | 1 cup. Reduce liquid by 25-33% or more.             |
| Brown Rice Syrup        | 1 1/3 cup. Reduce liquid 1/4 cup per cup of syrup.  |
| Fruit Sweet             | 2/3 cup   |
| Honey*                  | 2/3-3/4 cup   |
| Maple Syrup*            | 2/3-3/4 cup. Reduce liquid by 3T per cup of syrup.  |
| Molasses                | 1/2 cup. Reduce liquid 1/4 cup per cup of molasses. |
| <b>Dry Sweetener</b>    | <b>Amount</b>                                       |
| Date Sugar*             | 1 cup. Dissolve in hot water first.                 |
| Dried Cane Juice*       | 1 cup   |
| Erythritol              | 1 cup   |
| Fructose Powder         | 1 cup   |
| Maltitol                | 1 cup   |
| Maple Sugar*            | 1 cup   |
| Stevia                  | 1 tsp.  |
| Sucanat                 | 1 cup (replaces brown sugar)                        |
| Turbinado Sugar         | 1 cup   |
| XyloSweet (xylitol)     | 1 cup   |

\* Add 1/8-1/4 tsp. baking soda per cup of sweetener.