

# Sweetener Conversions

My recipes will call for erythritol and stevia glycerite. I use these separate to help keep my costs down. In any recipe you can use Swerve, ZSweet, Truvia, Organic Zero, Xylitol or Just Like Sugar. In order to use a different product, use the same amount of sweetener for the amount of erythritol in the recipe and omit the stevia (except for Organic Zero, that is only erythritol and you will still need stevia for sweetness).

1 cup erythritol and 1 tsp stevia = 1 cup Swerve

1 cup erythritol and 1 tsp stevia = 1 cup ZSweet

1 cup erythritol and 1 tsp stevia = 1 cup Truvia

1 cup erythritol and 1 tsp stevia = 1 cup Xylitol

1 cup erythritol and 1 tsp stevia = 1 cup Just Like Sugar

1 cup erythritol and 1 tsp stevia = 1 cup Organic Zero and 1 tsp stevia