

Baking with Stevia

Stevia has benefits including: controls cravings by balancing blood sugar, protects teeth enamel from plaque formation and is safe for pregnancy. Unlike most artificial sweeteners, Stevia does not break down and can withstand high temperatures while cooking and cold temperatures when frozen

Stevia can be used safely and effectively as a substitute for sugar in all recipes where sugar and low calorie sweeteners would be normally used. Stevia is available in either powder or liquid form and can be found in flavors. Liquid is easier to use for baking because it can be measured easier.

Stevia conversion chart:

1 Tsp Stevia (powered)=1 Cup Sugar

1 Tsp Stevia (liquid)=1 Cup Sugar

1/2 Tsp Stevia=1 Tbsp Sugar

6 Drops liquid Stevia=1 Tbsp Sugar

A pinch of Stevia=1 Tsp sugar

2 drops liquid stevia=1 Tsp sugar

The bulk or consistency that sugar normally would add can be replaced with applesauce, fruit puree, canned pumpkin, fruit juice, yogurt, or any ingredient that will taste right with your recipe and add moisture. For every one cup of sugar that is replaced by stevia 1/4 to 1/2 a cup of the bulk should be added.

Recipes: <http://www.steviashop.com/additionaluses.php>