

TH Sweetener Conversion Chart

Sweetness conversions are approximate.
Measurements are in U.S. cups. Tbs = tablespoon / tsp = teaspoon

TH Erythritol & TH Xylitol: Measures cup for cup like sugar.

TH Super Sweet Blend: Four to five times as sweet as sugar and a more economical choice over other stevia blends.

TH Gentle Sweet: A sugar like sweetness that is 1/3 as sweet as TH Super Sweet Blend.

TH Pure Stevia Extract Powder: Concentrated, pure sweetness - great for using in your TH sippers and other drinks.

Sugar, TH Erythritol & TH Xylitol	TH Super Sweet Blend	TH Gentle Sweet Most Other Stevia Blends	TH Pure Stevia Extract Powder (1 doonk = 1/32 tsp)
1.5 rounded Tbs	1 tsp	1 Tbs	1 rounded doonk
3 rounded Tbs	2 tsp	2 Tbs	2 rounded doonks
1/3 cup	1 Tbs	3 Tbs	scant 1/8 tsp
1/2 cup	1.5 Tbs	1/4 cup + 1 Tbs	rounded 1/8 tsp
1 cup	3 Tbs	1/2 cup + 1 Tbs	rounded 1/4 tsp

Homemade Super Sweet Blend Recipe: 1 cup TH Erythritol + 1 rounded tsp TH Pure Stevia Extract Powder



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