

**Susan Courtney's Sweetener Equivalents Table**

***Stevia / Honey / Sugar Equivalents***

<b>Sugar</b>	<b>Honey</b>	<b>Stevia powdered extract</b>	<b>Stevia liquid concentrate</b>
1 cup	½ cup	1 teaspoon	1 teaspoon
1 tablespoon		1/4 teaspoon	6 to 9 drops
1 teaspoon		A pinch to 1/16 teaspoon	2 to 4 drops

<b>Sugar</b>	<b><a href="#">Sweetleaf Stevia Packets</a></b>	<b><a href="#">Sweetleaf Sweetener Powder</a></b>	<b><a href="#">SteviaClear® Liquid Stevia</a></b>
<b>1 tsp</b>	1/2 packet	1/4 tsp	2 to 3 drops
<b>2 Tsp</b>	1 packet	1/2 tsp	4 to 6 drops
<b>1 Tbsp</b>	1-1/2 to 2 packets	3/4 tsp	6 to 9 drops
<b>1 cup</b>	18 to 24 packets	1-1/2 to 2 Tbsp	1 tsp
<b>2 cups</b>	36 to 48 packets	3 to 4 Tbsp	2 tsp
<b>Sugar</b>	<b><a href="#">Stevia Extract Powder</a></b>	<b><a href="#">Stevia Concentrate Dark Liquid</a></b>	<b>Honeyleaf® Stevia Leaf Powder</b>
<b>1 tsp</b>	N/A	4 to 6 drops	N/A
<b>2 tsp</b>	N/A	8 to 12 drops	N/A
<b>1 Tbsp</b>	N/A	1/8 tsp	1/4 tsp
<b>1 cup</b>	1/3 to 1/2 tsp	1 Tbsp	1-1/2 to 2 Tbsp
<b>2 cups</b>	2/3 to 1 tsp	2 Tbsp	3 to 4 Tbsp