

# Recipe Cards

Print and cut out each recipe card. Then use these cards to write down your favorite recipes using natural sugar substitutes.

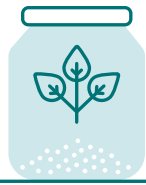


  <b>RECIPE</b>  		
RECIPE NAME		
FROM THE KITCHEN OF	COOK TIME	SERVINGS
INGREDIENTS	DIRECTIONS	
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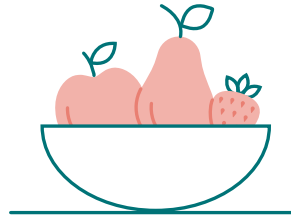


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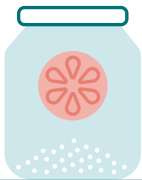
# Natural Sugar Substitutes



ERYTHRITOL



FRUIT



MONK FRUIT



STEVIA



XYLITOL

## Conversion Chart

SUGAR	1 CUP	½ CUP	1 TBSP
ERYTHRITOL	1 ⅓ cup	⅔ cup	1 tbsp + 1 tsp
FRUIT	¾ cup of concentrate; whole fruits to taste	6 tbsp of concentrate, whole fruits to taste	Whole fruits to taste
MONK FRUIT SWEETENER	⅓ cup	2 tbsp + 2 tsp	1 dash
STEVIA	1 tsp	½ tsp	1 dash
XYLITOL	1 cup	½ cup	1 tbsp