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	Erythritol	MitoSweet	Monk Fruit	Raw Honey	Stevia	Xylitol
1 Cup Sugar	 to  $\frac{1}{2}$ - $\frac{3}{4}$ Cup	 1 Cup	 to  $\frac{3}{4}$ - 1 Cup	 $\frac{3}{4}$ Cup	 1 TSP	 1 Cup
1 TBSP Sugar	 $\frac{3}{4}$ TBSP	 1 TBSP	 to  $\frac{1}{3}$ - $\frac{2}{3}$ TSP	 $\frac{3}{4}$ TBSP	 $\frac{1}{8}$ TSP	 1 TBSP
1 TSP Sugar	 $\frac{3}{4}$ TSP	 1 TSP	 to  $\frac{1}{6}$ - $\frac{1}{4}$ TSP	 $\frac{3}{4}$ TSP	 Just a Pinch	 1 TSP
Notes	Best used in recipes you intend to eat the same day. Use no more than $\frac{1}{2}$ cup to avoid crystallization and dryness.	Best to test on a small batch first when baking with MitoSweet.	Best used in cold applications, like your favorite fat bomb recipe.	Reduce recipe liquids overall when using raw honey as a substitute for dry ingredients. Once you cook raw honey, it's no longer Bulletproof.	A very sound baking choice all-around, particularly good when baking with fruits.	One of the best sweeteners to bake with. Keep away from dogs -- even small amounts are fatal.

