

Recipes



Featuring Stevia

Tips for Using Stevia

- Stevia can be purchased as a growing plant, powdered or cut and dried leaf, powdered or clear liquid extract or in tea bags.
- Experiment with using fresh stevia leaves. Finely chop or steep a leaf in hot teas or cold beverages like iced tea and lemonade, sauces and salad dressings.
- The sweetness in stevia is stable so it can also be used in baking.
- If more than 1 tablespoon is needed, it is better to use an extract or concentrated form rather than the full leaf to prevent a “grassy” taste.
- Fresh leaves are less sweet than dried but still much sweeter than sugar.
- Powder your own stevia by processing dried leaves in a blender, food processor or coffee grinder for a few seconds. Store in an air tight container. About 1 Tablespoon of stevia powder equals 1/2 cup of sugar.
- Make a stevia syrup by adding one cup of warm water to 1/4 cup fresh, finely crushed stevia leaves in an airtight container. Let the mixture sit for 24 hours. Strain and store in the refrigerator.
- Use fresh, powdered or extract in much the same way, adjusting the amounts to taste.
- Commercial powdered stevia often contains filler such as maltodextrin.

For recipes and more information on growing, harvesting and using stevia, please visit [HSA's Library](#), ***select Online Catalog and enter stevia into the search window.***