

Aussie Store Bought Sweeteners



Natvia

Erythritol, Organic Steviol Glycosides
1:1 sugar replacement

Whole Earth

Erythritol, Organic Stevia
½ teaspoon Whole Earth = 1 teaspoon sugar



Natvia Gold

Erythritol & Stevia
1:1 sugar replacement

Coles Monk Fruit & Stevia

Erythritol & Monk Fruit Extract
1:1 sugar replacement



Raw Earth

Erythritol, Stevia & Monk Fruit Extract
Organic, non-GMO
1:1 sugar replacement

Lakanto

1:1 sugar replacement



Stevia, Erythritol, Xylitol, Monk Fruit,
Chicory Root (inulin)
preferably non-GMO, unbleached.



Sugar, Dextrose, Fructose, Maltodextrin,
Agave, Aspartame, Sucralose, Equal,
NutraSweet, etc.