



# ORGANIC MONK FRUIT ZERO-CALORIE SWEETENER







**KETO  
FRIENDLY**



NOW Real Food<sup>®</sup> Monk Fruit is so much sweeter than sugar, you need to use much less in recipes. Use our handy monk fruit sweetness equivalency chart to find the right measurement by specific product.

## NOW Real Food<sup>®</sup> Organic Monk Fruit Sweetener Equivalency Chart

Sugar amount	1 tsp =	1 tbsp =	1/2 cup =	1 cup =
 <p><b>NOW Real Food<sup>®</sup> Organic Monk Fruit Extract Powder</b></p>	1/96 tsp (1/3 scoop)	1/32 tsp (1 scoop)	1/4 tsp (8 scoops)	1/2 tsp (16 scoops)
 <p><b>NOW Real Food<sup>®</sup> Organic Monk Fruit Liquid Extract</b></p>	5 drops	12 drops	1 tsp	2 tsp
 <p><b>NOW Real Food<sup>®</sup> Organic Monk Fruit Packets</b></p>	1/2 packet	1 1/2 packets	12 packets	24 packets
 <p><b>NOW Real Food<sup>®</sup> Organic Monk Fruit 1-to-1 Sugar Replacement</b></p>	1 tsp	1 tbsp	1/2 cup	1 cup