

Important Tips to Know *Before Making a Recipe*

1. The recipes are only as good as the ingredients you use. This applies particularly to the stevia you purchase. Be sure to use only the highest quality, best tasting stevia extract you can find. Even the other ingredients I chose to use in the recipes were among the finest, so try to take advantage of high-quality ingredients when possible for the most delicious end product you've ever tasted.
2. The sweetness *potency* of stevia brands varies, so you must account for this in your baking. You may need to adjust the stevia measurements listed in these recipes based on the particular brand you use. See next page for stevia measurement conversions.
3. Your sweetness *preference* also dictates how much stevia you may want in a recipe, so use my measurements as a guideline. You may have to adjust the stevia amount to reflect your personal preference.
4. Be sure ingredients are at room temperature unless otherwise noted.
5. Be patient and try each recipe at least *two* or even *three* times due to the variances listed in #2 and #3. It will be worth it, just *don't give up after only one try!*
6. Microwave oven wattage varies, so when I list the time to heat something in a recipe, note that this is based on an 850 watt microwave oven. You may have to adjust based on where you live and if your oven wattage is higher or lower.
7. When mixing ingredients like butter and eggs for cookies and cakes, keep in mind that the mixture will not "cream" as it will when using sugar in traditional dessert recipes. However, it will incorporate when the dry ingredients are added.
8. Stevia will not brown or caramelize like sugar, so in traditional recipes where this is important, stevia may not be an appropriate substitute.
9. Bake in the center rack of the oven unless otherwise stated.