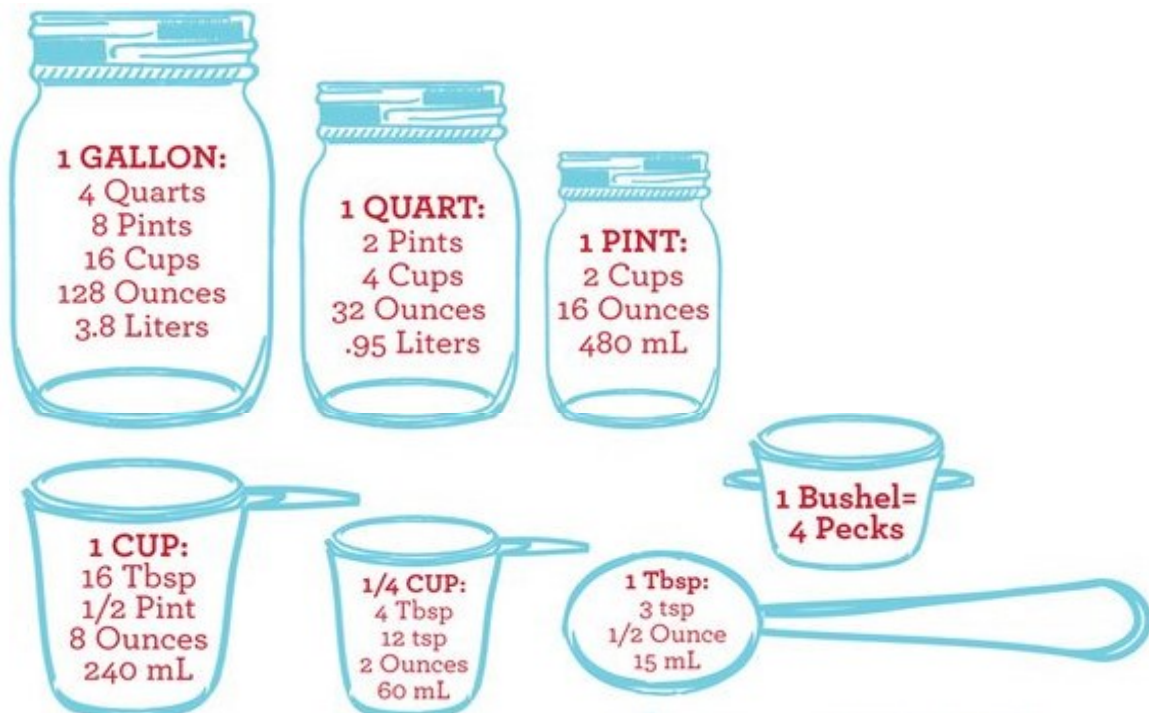


Conversion Chart



Half a Recipe

3/4 cup	=	6 tbs.
2/3 cup	=	1/3 cup
1/2 cup	=	1/4 cup
1/3 cup	=	2 tbs.+2 tsp.
1/4 cup	=	2 tbs.
1 tbs	=	1 1/2 tsp.

Cup to Fluid Ounces

1/4 cup	=	2 fl. oz.
1/3 cup	=	3 fl. oz.
1/2 cup	=	4 fl. oz.
2/3 cup	=	5 fl. oz.
3/4 cup	=	6 fl. oz.
1 cup	=	8 fl. oz.

MEASURE EQUIVALENT

t = teaspoon • Tbsp = tablespoon

1/16 tsp	dash
1/8 tsp	a pinch
3 tsps	1 Tbsp
1/8 cup	2 Tbsps (= 1 standard coffee scoop)
1/4 cup	4 Tbsps
1/3 cup	5 Tbsps + 1 tsp
1/2 cup	8 Tbsps
3/4 cup	12 Tbsps
1 cup	16 Tbsps

1 STICK BUTTER:

Volume.....1/2 cup /125 mL
Weight1/4 lb (4 oz)/115 g

SUBSTITUTIONS

HERBS:

1Tbsp fresh = 1 tsp dry

1 EGG:

1Tbsp ground flax OR chia seed + 3 Tbsp water
4 Tbsp applesauce
1/2 of a medium mashed banana

1 CUP BUTTERMILK:

1 tbsp lemon juice or vinegar + enough milk to equal 1 cup (for baking, let stand for a few minutes before using)

1 CUP OF SUGAR:

3/4 cup honey
3/4 cup maple syrup
2/3 cup agave nectar
1 tsp. stevia