



## KITCHEN MEASUREMENTS

TEASPOON	TABLESPOON	FLUID OUNCES	CUPS	PINTS	QUARTS
3 TEASPOONS	1 TABLESPOON	1/2 OUNCE			
	2 TABLESPOONS	1 OUNCE			
	4 TABLESPOONS	2 OUNCES	1/4 CUP		
	8 TABLESPOONS	4 OUNCES	1/2 CUP		
	16 TABLESPOONS	8 OUNCES	1 CUP		
		16 OUNCES	2 CUPS	1 PINT	
		32 OUNCES	4 CUPS	2 PINTS	1 QUART

### COMMON SUBSTITUTIONS

1 EGG for 1/4 CUP UNSWEETENED APPLESAUCE

1 EGG for 1 TSP BAKING SODA + 1 TSP CIDER VINEGAR

HEAVY CREAM for EVAPORATED SKIM MILK

BUTTER for EQUAL PARTS UNSWEETENED APPLESAUCE + LOWFAT BUTTERMILK