



**MEASURE .... EQUIVALENT**  
t = teaspoon • Tbsp = tablespoon

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

- 1 STICK BUTTER:**  
Volume ..... 1/2 cup / 125 mL  
Weight ..... 1/4 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

- For honey, decrease liquid by 2-4 tsp., add a pinch of baking soda and decrease oven temp by 25 degrees
- For maple syrup, decrease liquid by 3 tbsps., add 1/4 tsp. of baking soda per cup of syrup and decrease oven temp by 25 degrees
- For agave nectar, decrease liquid by 1/4 cup, increase cook time by 6% and decrease oven temp by 25 degrees
- For stevia, to replace missing bulk, use applesauce, apple butter or yogurt



**OVEN TEMPERATURE  
FARENHEIT .... CELSIUS**

- 275° F ..... 140° C
- 300° F ..... 150° C
- 325° F ..... 165° C
- 350° F ..... 180° C
- 375° F ..... 190° C
- 400° F ..... 200° C
- 425° F ..... 220° C
- 450° F ..... 230° C
- 475° F ..... 240° C



KITCHEN CONVERSIONS



**1 GALLON:**

4 Quarts  
8 Pints  
16 Cups  
128 Ounces  
3.8 Liters

**1 QUART:**

2 Pints  
4 Cups  
32 Ounces  
.95 Liters

**1 PINT:**

2 Cups  
16 Ounces  
480 mL

**1 CUP:**

16 Tbsp  
1/2 Pint  
8 Ounces  
240 mL

**1/4 CUP:**

4 Tbsp  
12 tsp  
2 Ounces  
60 mL

1/16 tsp = dash  
1/8 tsp = a pinch  
3 tsps = 1 Tbsp  
1/8 cup = 2 Tbsps  
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

