



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



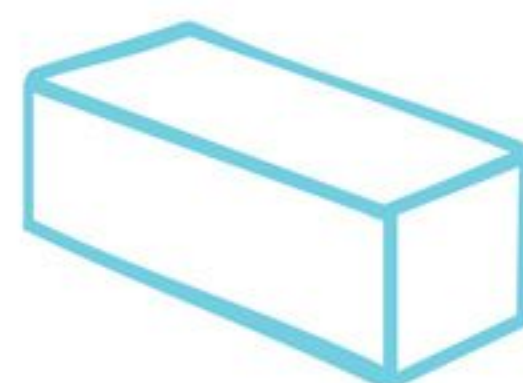
1 CUP:
16 Tbsp
1/2 Pint
8 Ounces
240 mL



1/4 CUP:
4 Tbsp
12 tsp
2 Ounces
60 mL



1 Tbsp:
3 tsp
1/2 Ounce
15 mL



1 Bushel=
4 Pecks

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
Weight 1/4 lb (4 oz) / 115 g

SUBSTITUTIONS

HERBS:

1 Tbsp fresh = 1 tsp dry

1 EGG:

1 Tbsp 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 tbsp., 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