

# Sally's BAKING RECIPES

## Baking Conversions

### DRY INGREDIENT EQUIVALENTS:

1 Tablespoon = 3 teaspoons

1/8 cup = 2 Tablespoons

1/4 cup = 4 Tablespoons

1/3 cup = 5-1/3 Tablespoons

1/2 cup = 8 Tablespoons

2/3 cup = 10 and 2/3 Tablespoons

3/4 cup = 12 Tablespoons

1 cup = 16 Tablespoons

### LIQUID INGREDIENT EQUIVALENTS:

1 cup = 8 fluid ounces = 1/2 pint

2 cups = 16 fluid ounces = 1 pint

4 cups = 32 fluid ounces = 2 pints = 1 quart

8 cups = 64 fluid ounces = 4 pints

4 quarts = 128 fluid ounces = 1 gallon

# Sally's BAKING RECIPES

## Baking Conversions

### FLOURS

1 cup all-purpose flour = 125 grams (4 1/2 ounces)

1 cup sifted all-purpose flour = 115 grams (4 ounces)

1 cup bread flour = 130 grams (4 1/2 ounces)

1 cup sifted bread flour = 121 grams (4 1/4 ounces)

1 cup cake flour = 115 grams (4 ounces)

1 cup sifted cake flour = 100 grams (3 1/2 ounces)

### SUGARS

1 cup granulated sugar = 200 grams (7 1/2 ounces)

1 cup (packed) brown sugar = 200 grams (7 1/2 ounces)

1 cup confectioners' sugar = 120 grams (4 1/4 ounces)

1 cup sifted confectioners' sugar = 115 grams (4 ounces)

### LIQUID SWEETENERS

1 Tablespoon honey = 21 grams (3/4 ounce)

1/2 cup maple syrup = 156 grams (5 1/2 ounces)

1/4 cup molasses = 85 grams (3 ounces)

### SEMI-LIQUIDS

1/2 cup peanut butter = 135 grams (4 3/4 ounces)

1 cup sour cream or yogurt = 227 grams (8 ounces)

### OTHER

1 cup milk = 227 grams (240ml; 8 ounces)

1/2 cup butter = 1 stick = 115 grams (4 ounces)

1/4 cup cornstarch = 28 grams (1 ounce)

1 cup chocolate chips = 180 grams (6 1/4 ounces)

1/2 cup natural unsweetened cocoa powder = 41 grams (1.6 ounces)

1 cup oats = 85 grams (3 ounces)