



| FLOURS                            |       |        |              |
|-----------------------------------|-------|--------|--------------|
| All-Purpose Flour                 | 1 cup | 4 ½ oz | 125 g        |
| All-Purpose Flour, Sifted         | 1 cup | 4 oz   | 115 g        |
| Bread Flour                       | 1 cup | 4 ½ oz | 130 g        |
| Cake Flour                        | 1 cup | 4 oz   | 118 g        |
| Cake Flour, Sifted                | 1 cup | 3 ½ oz | 100 g        |
| Whole Wheat Flour                 | 1 cup | 4 ½ oz | 130 g        |
| SUGARS                            |       |        |              |
| Granulated Sugar                  | 1 cup | 7 ½ oz | 200 g        |
| Brown Sugar (Packed)              | 1 cup | 7 ½ oz | 200 g        |
| Confectioners' Sugar              | 1 cup | 4 ½ oz | 120 g        |
| Confectioners' Sugar, Sifted      | 1 cup | 4 oz   | 112 g        |
| Caster (Superfine) Sugar          | 1 cup | 8 oz   | 225 g        |
| LIQUIDS                           |       |        |              |
| Milk/Water/Cream/Buttermilk       | 1 cup | 8 oz   | 240 g/ml     |
| Oil                               | 1 cup | 8 oz   | 226 g/240 ml |
| DRY INGREDIENTS                   |       |        |              |
| Chocolate Chips                   | 1 cup | 6 oz   | 180 g        |
| Cocoa Powder                      | 1 cup | 3 oz   | 85 g         |
| Cornstarch (Cornflour)            | 1 cup | 4 ½ oz | 120 g        |
| Crumbs (Cookie, Cracker or Bread) | 1 cup | 4 ½ oz | 120 g        |
| Mini Chocolate Chips              | 1 cup | 6 oz   | 170 g        |
| Nuts, Chopped                     | 1 cup | 4 ½ oz | 120 g        |
| Old-Fashioned Oats                | 1 cup | 3 oz   | 85 g         |
| Raisins                           | 1 cup | 5 ½ oz | 150 g        |



| BUTTER                     |       |
|----------------------------|-------|
| 1 Tbsp                     | 14 g  |
| 2 Tbsp                     | 28 g  |
| 3 Tbsp                     | 43 g  |
| ¼ cup / 4 Tbsp / ½ stick   | 56 g  |
| 5 Tbsp                     | 71 g  |
| ⅓ cup                      | 78 g  |
| 6 Tbsp                     | 85 g  |
| ½ cup / 8 Tbsp / 1 stick   | 113 g |
| ⅔ cup                      | 156 g |
| ¾ cup / 12 Tbsp            | 170 g |
| 1 cup / 16 Tbsp / 2 sticks | 226 g |

| FRESH PRODUCE         |       |       |
|-----------------------|-------|-------|
| Apples, chopped       | 1 cup | 120 g |
| Banana, mashed        | 1 cup | 230 g |
| Blueberries           | 1 cup | 140 g |
| Cranberries           | 1 cup | 120 g |
| Carrots, shredded     | 1 cup | 130 g |
| Peaches, sliced       | 1 cup | 150 g |
| Raspberries           | 1 cup | 115 g |
| Strawberries, chopped | 1 cup | 155 g |
| Zucchini, shredded    | 1 cup | 120 g |



| Dry Ingredient Equivalents |                              |
|----------------------------|------------------------------|
| 1 Tablespoon               | 3 teaspoons                  |
| $\frac{1}{8}$ cup          | 2 Tablespoons                |
| $\frac{1}{2}$ cup          | 4 Tablespoons                |
| $\frac{1}{3}$ cup          | 5 $\frac{1}{3}$ Tablespoons  |
| $\frac{1}{2}$ cup          | 8 Tablespoons                |
| $\frac{2}{3}$ cup          | 10 $\frac{2}{3}$ Tablespoons |
| $\frac{3}{4}$ cup          | 12 Tablespoons               |
| 1 cup                      | 16 Tablespoons               |

| Liquid Ingredient Equivalents |                  |                    |
|-------------------------------|------------------|--------------------|
| 1 cup                         | 8 fluid ounces   | $\frac{1}{2}$ 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           |