



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
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



LIQUIDS			
Milk/Water/Cream/Buttermilk	1 cup	8 oz	240 g/ml
Oil	1 cup	8 oz	226 g/240 ml
Maple Syrup	1 cup	11 ¼ oz	320 g
Honey/Molasses/Golden Syrup	1 cup	12 oz	340 g

Dry Ingredient Equivalents		
1 Tablespoon		3 teaspoons
⅛ cup		2 Tablespoons
¼ cup		4 Tablespoons
⅓ cup		5 ⅓ Tablespoons
½ cup		8 Tablespoons
⅔ cup		10 ⅔ Tablespoons
¾ cup		12 Tablespoons
1 cup		16 Tablespoons
Liquid Ingredient Equivalents		
1 cup	8 fluid ounces	½ 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



BUTTER	
1 Tbsp	14 g
2 Tbsp	28 g
3 Tbsp	43 g
$\frac{1}{4}$ cup / 4 Tbsp / $\frac{1}{2}$ stick	56 g
5 Tbsp	71 g
$\frac{1}{3}$ cup	78 g
6 Tbsp	85 g
$\frac{1}{2}$ cup / 8 Tbsp / 1 stick	113 g
$\frac{2}{3}$ cup	156 g
$\frac{3}{4}$ 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