



| FLOURS                            |       |       |
|-----------------------------------|-------|-------|
| All-Purpose Flour                 | 1 cup | 125 g |
| Sifted All-Purpose Flour          | 1 cup | 115 g |
| Bread Flour                       | 1 cup | 130 g |
| Cake Flour                        | 1 cup | 118 g |
| Sifted Cake Flour                 | 1 cup | 100 g |
| Whole Wheat Flour                 | 1 cup | 130 g |
| SUGARS                            |       |       |
| Granulated Sugar                  | 1 cup | 200 g |
| Brown Sugar (Packed)              | 1 cup | 200 g |
| Confectioners' Sugar              | 1 cup | 120 g |
| Sifted Confectioners' Sugar       | 1 cup | 112 g |
| Caster (Superfine) Sugar          | 1 cup | 225 g |
| OTHER COMMON INGREDIENTS          |       |       |
| Chocolate Chips                   | 1 cup | 180 g |
| Cocoa Powder                      | 1 cup | 85 g  |
| Cornstarch (Cornflour)            | 1 cup | 120 g |
| Crumbs (Cookie, Cracker or Bread) | 1 cup | 120 g |
| Nuts, Chopped                     | 1 cup | 120 g |
| Old-Fashioned Oats                | 1 cup | 85 g  |
| Raisins                           | 1 cup | 150 g |
| Peanut Butter                     | 1 cup | 250 g |
| Sour Cream/Yogurt                 | 1 cup | 240 g |



| LIQUIDS                     |       |                |
|-----------------------------|-------|----------------|
| Milk/Water/Cream/Buttermilk | 1 cup | 240 g / 240 ml |
| Oil                         | 1 cup | 226 g / 240 ml |
| Maple Syrup                 | 1 cup | 320 g / 240 ml |
| Honey/Molasses/Golden Syrup | 1 cup | 340 g / 240 ml |

| 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 |