

MEASUREMENT CONVERSIONS

1 TABLESPOON	=	3 TEASPOONS
1/8 CUP	=	2 TABLESPOONS
1/4 CUP	=	4 TABLESPOONS
1/3 CUP	=	5 TABLESPOONS + 1 TEASPOON
1/2 CUP	=	8 TABLESPOONS
2/3 CUP	=	10 TABLESPOONS + 2 TEASPOONS
3/4 CUP	=	12 TABLESPOONS
1 CUP	=	48 TABLESPOONS
1 CUP	=	16 TABLESPOONS
8 FLUID OUNCES	=	1 CUP
1 PINT	=	2 CUPS
1 QUART	=	2 PINTS
4 CUPS	=	1 QUART
1 GALLON	=	4 QUARTS
16 OUNCES	=	1 POUND

SIMPLE BAKING SUBSTITUTIONS

1 EGG	=	1/4 CUP UNSWEETENED APPLESAUCE
1 EGG	=	1 TEASPOON BAKING SODA + 1 TEASPOON CIDER VINEGAR
HEAVY CREAM	=	EVAPORATED SKIM MILK
BUTTER	=	EQUAL PARTS UNSWEETENED APPLESAUCE + LOWFAT BUTTERMILK