

Recipe Conversions



LIQUID MEASUREMENTS

Cups	Tablespoons	Teaspoons	Millileters	Fluid Ounces
1/8 cup	2 T	6 tsp	30 ml	1 oz
1/4 cup	4 T	12 tsp	59 ml	2 oz
1/3 cup	5 T + 1 tsp	16 tsp	79 ml	2 2/3 oz
1/2 cup	8 T	24 tsp	118 ml	4 oz
3/4 cup	12 T	36 tsp	177 ml	6 oz
1 cup	16 T	48 tsp	237 ml	8 oz

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