



BAKING

Measurement & Substitution

CHEAT SHEET

General Measurements

1 tsp.	=		=	5 ml
1 Tbsp.	=	3 tsp.	=	15 ml
1/4 cup	=	4 Tbsp.	=	60 ml
1/3 cup	=	5 Tbsp.	=	80 ml
1/2 cup	=	8 Tbsp.	=	120 ml
2/3 cup	=	11 Tbsp.	=	160 ml
3/4 cup	=	12 Tbsp.	=	180 ml
1 cup	=	16 Tbsp.	=	240 ml

Fluid Oz.

1/4 cup	=	2 oz
1/3 cup	=	3 oz
1/2 cup	=	4 oz
2/3 cup	=	5 oz
3/4 cup	=	6 oz
1 cup	=	8 oz

Temp. Conversions

325 F	=	160 C
350 F	=	180 C
375 F	=	190 C

Butter Measurements

1 stick	=	1/2 cup	=	8 Tbsp.	=	4 oz
2 sticks	=	1 cup	=	16 Tbsp.	=	8 oz

Handy Substitutes

Cake Flour Substitute: For every one cup of cake flour called for, use all purpose flour, but take out two tablespoons of the flour from each cup and replace with two tablespoons of cornstarch.

Oil Substitute: Replace with olive oil, coconut oil or applesauce. Can also replace oil by replacing half the amount of oil with mashed bananas.

Buttermilk Substitute: For each cup called for, make sour milk by adding one tablespoon of lemon juice or vinegar to an empty cup, then add milk until the amount reaches one cup.

Sour Cream: For every cup of sour cream called for, replace with 3/4 cup sour milk or buttermilk mixed with 1/3 cup melted butter.