

apple sauce		baking soda		blue corn flour		brown sugar		butter		chocolate chips	
cups	grams	cups	grams	cups	grams	cups	grams	cups	grams	cups	grams
1	265	1	255	1	128	1	212	1	227	1	183
3/4	199	3/4	191	3/4	96	3/4	159	3/4	170	3/4	137
2/3	177	2/3	170	2/3	85	2/3	141	2/3	151	2/3	122
1/2	132	1/2	128	1/2	64	1/2	106	1/2	114	1/2	92
1/3	88	1/3	85	1/3	43	1/3	71	1/3	76	1/3	61
1/4	66	1/4	64	1/4	32	1/4	53	1/4	57	1/4	46
tbs	grams	tbs	grams	tbs	grams	tbs	grams	tbs	grams	tbs	grams
4	66	4	64	4	32	4	53	4	57	4	46
3	50	3	48	3	24	3	40	3	43	3	34
2	33	2	32	2	16	2	26	2	28	2	23
1	17	1	16	1	8	1	13	1	14	1	11

cocoa		coconut oil		corn syrup		cottage cheese		flour		honey	
cups	grams	cups	grams	cups	grams	cups	grams	cups	grams	cups	grams
1	84	1	226	1	340	1	263	1	150	1	339
3/4	63	3/4	170	3/4	255	3/4	198	3/4	112	3/4	254
2/3	56	2/3	151	2/3	227	2/3	176	2/3	100	2/3	226
1/2	42	1/2	113	1/2	170	1/2	132	1/2	75	1/2	170
1/3	28	1/3	75	1/3	113	1/3	88	1/3	50	1/3	113
1/4	21	1/4	56	1/4	85	1/4	66	1/4	38	1/4	85
tbs	grams	tbs	grams	tbs	grams	tbs	grams	tbs	grams	tbs	grams
4	21	4	56	4	85	4	66	4	38	4	85
3	16	3	42	3	64	3	49	3	28	3	64
2	10	2	28	2	42	2	33	2	19	2	42
1	5	1	14	1	21	1	16	1	9	1	21

ketchup		mayo		milk		peanut butter		powdered sugar		sugar	
cups	grams	cups	grams	cups	grams	cups	grams	cups	grams	cups	grams
1	264	1	216	1	245	1	258	1	112	1	200
3/4	198	3/4	162	3/4	184	3/4	194	3/4	84	3/4	150
2/3	176	2/3	144	2/3	163	2/3	172	2/3	75	2/3	133
1/2	132	1/2	108	1/2	122	1/2	129	1/2	56	1/2	100
1/3	88	1/3	72	1/3	82	1/3	86	1/3	37	1/3	67
1/4	66	1/4	54	1/4	61	1/4	64	1/4	28	1/4	50
tbs	grams	tbs	grams	tbs	grams	tbs	grams	tbs	grams	tbs	grams
4	66	4	54	4	61	4	64	4	28	4	50
3	50	3	40	3	46	3	48	3	21	3	38
2	33	2	27	2	31	2	32	2	14	2	25
1	16	1	14	1	15	1	16	1	7	1	12

vegetable oil		water		yogurt		weight		temperature		temperature	
cups	grams	cups	grams	cups	grams	ounces	grams	F	C	F	C
1	220	1	237	1	244	16	454	0	-18	100	38
3/4	165	3/4	178	3/4	183	12	340	10	-12	150	66
2/3	147	2/3	158	2/3	163	8	227	20	-7	200	93
1/2	110	1/2	118	1/2	122	4	113	32	0	250	121
1/3	73	1/3	79	1/3	81	3	85	40	4	300	149
1/4	55	1/4	59	1/4	61	2	57	50	10	325	163
tbs	grams	tbs	grams	tbs	grams			60	16	350	177
4	55	4	59	4	61	1	28	70	21	375	191
3	41	3	44	3	46	2/3	19	80	27	400	204
2	28	2	30	2	30	1/2	14	90	32	450	232
1	14	1	15	1	15	1/3	9	100	38	500	260
						1/4	7				