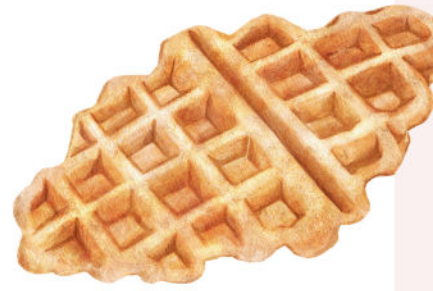


BAKING CONVERSIONS

TEASPOON CONVERSIONS

1/2 teaspoon	30 drops	1/6 tablespoon	2.5 ml
1 teaspoon	60 drops	1/3 tablespoon	5 ml



TABLESPOON CONVERSIONS

1/2 tablespoon	1 1/2 teaspoons	7.5 ml
1 tablespoon	3 teaspoons	15 ml



CUP CONVERSIONS

1/8 cup	2 tablespoons	30 ml	1 fl oz
1/4 cup	4 tablespoons	60 ml	2 fl oz
1/3 cup	5 tablespoons	75 ml	2 1/2 fl oz
1/2 cup	8 tablespoons	120 ml	4 fl oz
2/3 cup	10 tablespoons	150 ml	5 fl oz
3/4 cup	12 tablespoons	180 ml	6 fl oz
1 cup	16 tablespoons	240 ml	8 fl oz



VOLUME CONVERSIONS

2 cups	1 pint	475 ml	16 fl oz
4 cups	2 pints	950 ml	32 fl oz
2 pints	1 quart	950 ml	32 fl oz
4 pints	2 quarts	2.25 liters	64 fl oz
4 quarts	1 gallon	4.5 liters	154 fl oz



TEMPERATURE CONVERSIONS

$$^{\circ}\text{C} \times 1.8 + 32 = ^{\circ}\text{F}$$

Boil 100° C or 212° F

$$^{\circ}\text{F} - 32 + 1.8 = ^{\circ}\text{C}$$

Freeze 0° C or 32° F



no spoon
NECESSARY