

	From The Kitchen Of	•	
		Ready in:	
REC	IPF	Serves:	
		Calories:	
TITLE:			
Tips			
- ips			
		Picture	
	Ingredi	ents	
	<u> </u>		





Kitchen Conversions

1 CUP = 8 OZ = 16 TBSP = 48TSP

3/4 CUP=60Z=12TBSP = 36TSP

2/3 CUP = 50Z = IITBSP = 32TSP

1/2 CUP=40Z= 8TBSP = 24TSP

1/3 CUP = 30Z = 5TBSP = 16TSP

1/4 CUP = 20Z = 4TBSP = 12TSP

2CUPS=1 PINT

2PINTS = I QUART

4QUARTS = I GALLON