

# MEASUREMENT TIPS



*prepared  
with love*



## Common Cooking Equivalents

1 cup = 8 oz = 16 tablespoons

3/4 cup = 6 oz = 12 tablespoons

2/3 cup = 5 oz = 11 tablespoons

1/2 cup = 4 oz = 8 tablespoons

1/3 cup = 3 oz = 5 tablespoons

1/4 cup = 2 oz = 4 tablespoons

1/8 cup = 1 oz = 2 tablespoons

1/2 oz = 1 tablespoon = 3 teaspoons



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