Measurement & Ingredient Substitution Guide

For more baking activities, information on food safety and baking resources go to www.homebaking.org.

**Measurement Guide**

- Pinch = 1/16 teaspoon
- Dash = 1/8 teaspoon or less
- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1/8 cup or 1 ounce
- 4 tablespoons = 1/4 cup
- 5 1/3 tablespoons = 1/3 cup
- 8 tablespoons = 1/2 cup
- 16 tablespoons = 1 cup
- 1 cup = 8 fluid ounces
- 2 cups = 1 pint = 16 fluid ounces
- 4 cups = 2 pints = 1 quart = 32 fluid ounces

4 quarts = 1 gallon
1 oz. = 28.35 grams
1 liter = 1.06 quarts

oz. = ounce or ounces
c. = cup
T. = tbsp. = tablespoon
t. = tsp. = teaspoon
g. = gram or grams
lb. = pound

**Ingredient Substitution Guide**

- 1 cup all-purpose flour ................. 1 cup + 2 T. cake flour
- 1 cup cake flour ......................... 7/8 cup (1 cup - 2 T.) all-purpose flour + 2 T. corn starch
- 1 package active dry yeast ............. 1 (1/4 oz.) package active dry yeast, 2 1/4 tsp fast-acting yeast or 1 (1/2 oz.) cake compressed yeast
- 1 tsp. baking powder ................... 1 tsp. baking soda + 1/2 tsp. cream of tartar
- 1 cup honey ................................ 1 1/4 cups sugar, or 2 cups powdered sugar + 1/4 cup liquid
- 1 cup buttermilk or sour milk ........ 1 T. lemon juice or vinegar plus milk to make 1 cup; stir and let stand 5 minutes, or 1 cup plain yogurt thinned with milk
- 1 cup whole milk ...................... 1 cup skim milk + 2 T. melted butter or margarine
- 1 T. cornstarch ........................... 2 T. all-purpose flour, or 4 tsp. quick cooking tapioca
- 1 oz. unsweetened chocolate ....... 3 T. unsweetened cocoa plus 1 T. shortening
- 1 cup packed brown sugar .......... 1 cup white granulated sugar blended with 2 T. molasses
- 1 large egg ............................... egg whites + 1/2 tsp. vegetable oil, or 1 T. milled flax + 3 T. water, or 1/4 cup soft tofu (quick breads and cookies only)