

Measurement and Substitutions

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 Cups	1 quart
4 Quarts	1 gallon
8 Quarts	1 peck
16 Ounces	1 pound
32 Ounces	1 quart
1 Ounce Liquid	2 tablespoons
8 Ounces	1 Cup

Note: use standard measuring spoons and cups. All measurements are level.

Courtesy of www.asundaydinner.com