



BAKING CONVERSION CHART

IMPORTANT NOTES: These measurements are based on my learning and experience. You might notice other charts vary and that can be for multiple reasons (e.g. some flours weigh different amounts or you scoop rather than fill your measuring cup). I measure each 1 oz as 30g, not 28g. As long as you consistently use my chart for all of the ingredients your recipe will turn out great.



- $\frac{1}{4}$ cup = (1 $\frac{1}{4}$ oz/35g)
- $\frac{1}{3}$ cup = (1 $\frac{1}{2}$ oz/45g)
- $\frac{1}{2}$ cup = (2 $\frac{1}{2}$ oz/75g)
- $\frac{2}{3}$ cup = (3 $\frac{1}{3}$ oz/100g)
- $\frac{3}{4}$ cup = (3 $\frac{3}{4}$ oz/110g)
- 1 cup = (5oz/150g)



- $\frac{1}{4}$ cup = (2 oz/60g)
- $\frac{1}{3}$ cup = (2 $\frac{1}{2}$ oz/75g)
- $\frac{1}{2}$ cup = (4 oz/120g)
- $\frac{2}{3}$ cup = (5 oz/150g)
- $\frac{3}{4}$ cup = (6 oz/180g)
- 1 cup = (8 oz/240g)



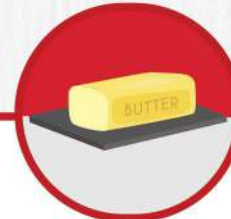
- $\frac{1}{4}$ cup = (1oz/30g)
- $\frac{1}{3}$ cup = (1 $\frac{1}{2}$ oz/45g)
- $\frac{1}{2}$ cup = (2 oz/60g)
- $\frac{2}{3}$ cup = (2 $\frac{1}{2}$ oz/75g)
- $\frac{3}{4}$ cup = (3oz/90g)
- 1 cup = (4oz/120g)



- $\frac{1}{4}$ cup = (1 $\frac{1}{2}$ oz/45g)
- $\frac{1}{3}$ cup = (2 oz/60g)
- $\frac{1}{2}$ cup = (3 oz/90g)
- $\frac{2}{3}$ cup = (4 oz/120g)
- $\frac{3}{4}$ cup = (4 $\frac{1}{2}$ oz/130g)
- 1 cup = (6oz/180g)



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- $\frac{1}{3}$ cup = (1 $\frac{1}{2}$ oz /45g)
- $\frac{1}{2}$ cup = (2oz /60g)
- $\frac{2}{3}$ cup = (2 $\frac{1}{2}$ oz /75g)
- $\frac{3}{4}$ cup = (3 oz /90g)
- 1 cup = (4 oz /120g)



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- $\frac{3}{4}$ cup = (6 oz/180g)
- 1 cup = (8 oz/240g)



- $\frac{1}{4}$ cup = (2floz/60ml)
- $\frac{1}{3}$ cup = (3floz/90ml)
- $\frac{1}{2}$ cup = (4floz/120ml)
- $\frac{2}{3}$ cup = (5floz/150ml)
- $\frac{3}{4}$ cup = (6floz/180ml)
- 1 cup = (8floz/240ml)