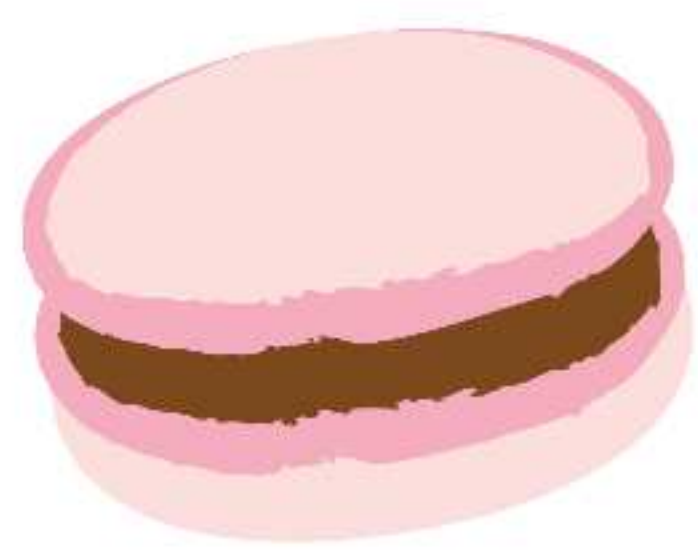




CONVERSION CHART

BASIC INGREDIENTS



FLOUR

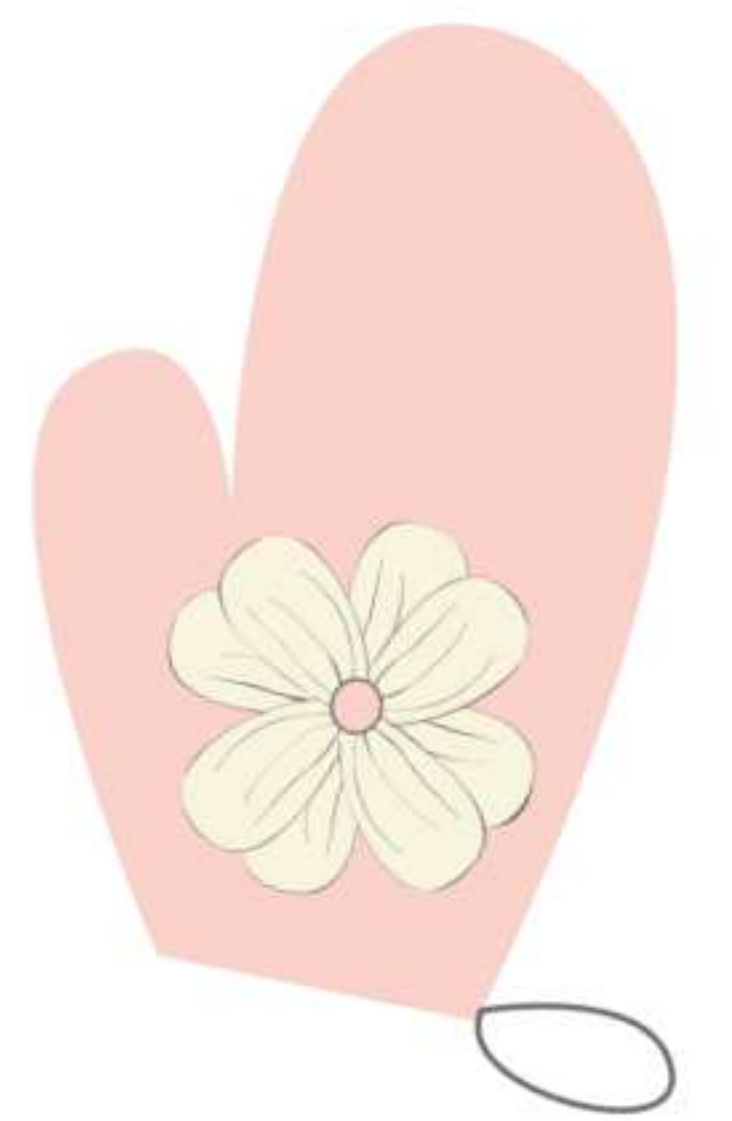
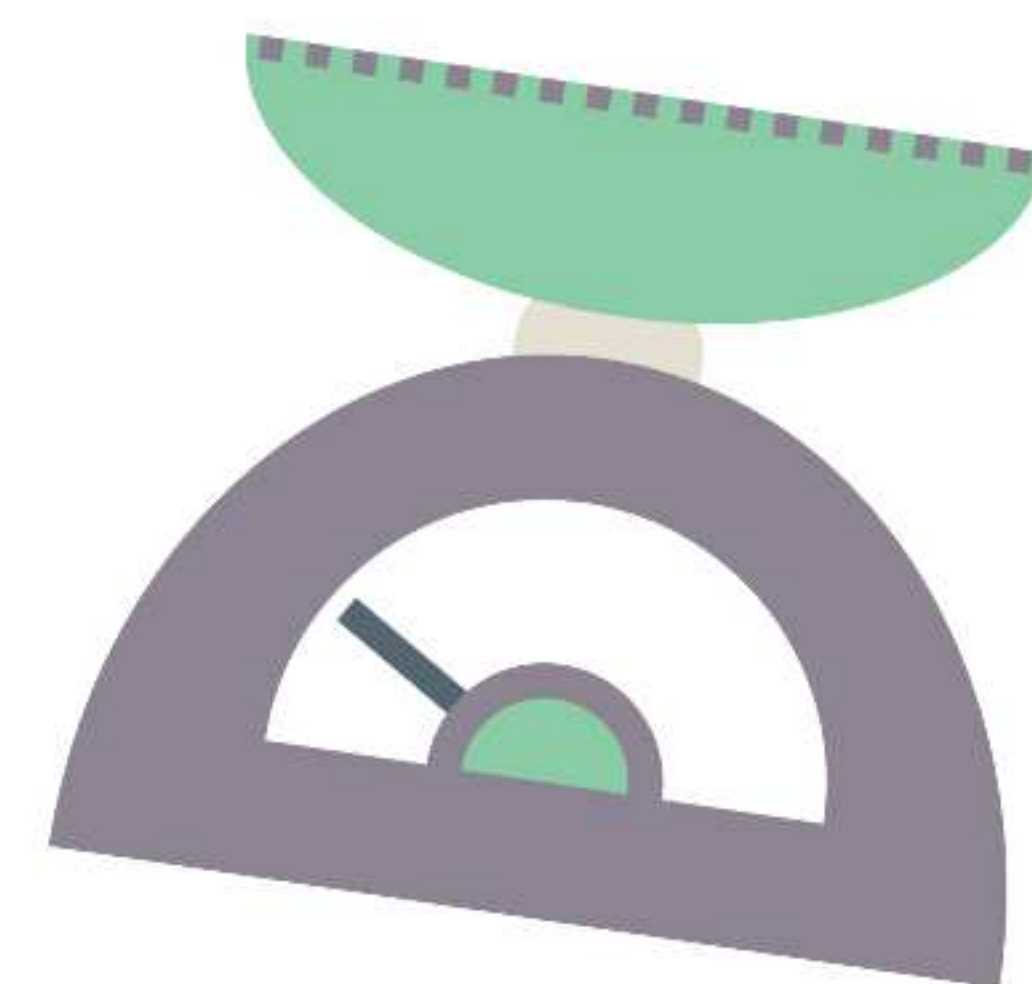
- 1 cup flour = 140 grams
- 3/4 cup flour = 105 grams
- 1/2 cup flour = 70 grams
- 1/4 cup flour = 35 grams



*Weights may change according to method used. Above are according to 'dip and sweep' method.

GRANULATED SUGAR

- 1 cup sugar = 200 grams
- 3/4 cup sugar = 150 grams
- 2/3 cup sugar = 135 grams
- 1/2 cup sugar = 100 grams
- 1/3 cup sugar = 70 grams
- 1/4 cup sugar = 50 grams



POWDERED SUGAR

- 1 cup powdered sugar = 160 grams
- 3/4 cup powdered sugar = 120 grams
- 1/2 cup powdered sugar = 80 grams
- 1/4 cup powdered sugar = 40 grams



*Weights may change according to method used. Above according to 'spoon and level' method.

BUTTER

- 1 cup butter = 2 sticks = 8 ounces = 230 grams
- 1/2 cup butter = 1 stick = 4 ounces = 115 grams



HEAVY CREAM

- 1 cup heavy cream = 235 grams
- 3/4 cup heavy cream = 175 grams
- 1/2 cup heavy cream = 115 grams
- 1/4 cup heavy cream = 60 grams
- 1 tablespoon heavy cream = 15 grams

