

KITCHEN CONVERSIONS

WEIGHTS

Imperial	Metric
½ oz	10g
¾ oz	20g
1 oz	25g
1½ oz	40g
2 oz	50g
2½ oz	60g
3 oz	75g
4 oz	110g
4½ oz	125g
5 oz	150g
6 oz	175g
7 oz	200g
8 oz	225g
9 oz	250g
10 oz	275g
12 oz	350g
1 lb	450g
2 lb	900g
3 lb	1.35 kg
4 lb	1.8 kg
5 lb	2.27 kg

OVEN TEMPERATURES

Gas Mark	°F	°C
1	275°F	140°C
2	300°F	150°C
3	325°F	170°C
4	350°F	180°C
5	375°F	190°C
6	400°F	200°C
7	425°F	220°C
8	450°F	230°C
9	475°F	240°C

LIQUID

Volume	Imperial	Metric
1 tbsp	½ fl oz	15 ml
½ cup	1 fl oz	30 ml
¼ cup	2 fl oz	60 ml
½ cup	4 fl oz	120 ml
1 cup	8 fl oz	240 ml
1 pint	16 fl oz	480 ml

HANDY BAKING SUBSTITUTES

Use This	Or This
1 cup Sour Cream	1 cup Greek Yogurt / 1 cup Unsweetened Coconut Yogurt
1 Egg	¼ cup Apple Puree / 1 tsp Chia Seeds & 3 tsp Water
1 cup Buttermilk	1 tbsp Lemon Juice / Apple Cider Vinegar & 1 cup Milk / Soy Milk
1 tbsp Cornstarch	1 tbsp arrowroot flour / 1 tbsp potato starch
1 cup Self Raising Flour	2 tsp baking powder & 1 cup Plain Flour
1 cup Bread Crumbs	1 cup crushed cracker crumbs / 1 cup crushed croutons
1 tsp Vanilla Extract	1 tsp Maple Syrup / 1 tsp Liqueur