






MEASUREMENTS






QUICK GUIDE

INGREDIENTS IN GENERAL...





FOR LIQUIDS LIKE OIL, JUICE, WATER, MILK, VINEGARS, HONEY, MAPLE SYRUP, VANILLA EXTRACT, LIQUID STOCK, SAUCES ETC

-  1 tsp = 5ml
-  1 tbsp = 20ml
-  1/4 cup = 62.5ml
-  1/2 cup = 125ml
-  1 cup = 250ml

FOR PASTES, MINCED GARLIC, MINCED GINGER, YOGHURT, RICOTTA, BUTTERS, TAHINI, CREAM CHEESE, FETA, COTTAGE CHEESE, SOUR CREAM, MUSTARDS, MAYONNAISE ETC






-  1 tsp = 4g
-  1 tbsp = 16g
-  1/4 cup = 65g
-  1/2 cup = 130g
-  1 cup = 240g

FOR DRIED HERBS, SPICES, SALT AND PEPPER

-  1/4 tsp = 0.25g
-  1/2 tsp = 0.5g
-  1 tsp = 1g
-  1 tbsp = 4g

*Please note these measurements are approximates only

other ingredients	1 TEASPOON (TSP)	1 TABLESPOON (TBSP)	1/4 CUP	1/2 CUP	1 CUP
FLOUR, BAKING POWDER, CORNFLOUR	2.5g	10g	30g	60g	120g
ALMOND MEAL	3g	12g	37.5g	75g	150g
COCONUT SUGAR, NATVIA	4g	16g	50g	100g	200g
GRATED PARMESAN	3g	12g	36g	72g	144g
CHOPPED NUTS LIKE CASHEWS, MACADAMIAS, ALMONDS, PISTACHIOS, HAZELNUTS ETC AND CHOCOLATE CHIPS	2.5g	10g	30g	60g	120g
SEEDS LIKE CHIA, SUNFLOWER, PEPITAS, LINSEEDS, SESAME, POPPY, FLAKED ALMONDS ETC	4g	15g	45g	90g	180g
ROLLED OATS	2g	8g	25g	50g	100g
CHOPPED DRIED FRUIT LIKE PITTED DRIED DATES, DRIED APRICOTS, DRIED APPLE, SULTANAS ETC	4g	15g	40g	85g	170g
COCOA, CACAO POWDER, DESICCATED COCONUT	2g	8g	25g	50g	100g

other ingredients cont...	1 TEASPOON (TSP) 	1 TABLESPOON (TBSP) 	 1/4 CUP	 1/2 CUP	 1 CUP
UNCOOKED COUSCOUS, QUINOA, BASMATI, JASMINE RICE, DRY POLENTA		15g	45g	90g	180g
BROWN RICE, ARBORIO RICE		10g	40g	80g	160g
WHOLEMEAL PASTA (ANY SHAPE)		10g	25g	50g	100g
HEALTHY MUMMY SMOOTHIE MIX		12.5g	37.5g	75g	150g
fruits & veg					
FROZEN STRAWBERRIES, CHERRIES, BLACKBERRIES ETC			40g	75g	150g
FROZEN BLUEBERRIES, RASPBERRIES ETC			60g	120g	240g
CHOPPED SEMI-DRIED TOMATOES	5g	20g	60g	120g	240g
CAPERS	2.5g	10g	30g	60g	120g
PEELED & CHOPPED PUMPKIN			30g	60g	120g
SLICED MUSHROOMS			20g	37.5g	75g
BROCCOLI AND CAULIFLOWER FLORETS, SHREDDED CABBAGE			25g	50g	100g
BABY SPINACH, MIXED LETTUCE LEAVES, ROCKET LEAVES, CHOPPED COS LEAVES, CHOPPED KALE LEAVES ETC			7.5g	15g	30g
CHOPPED FRESH HERBS E.G. PARSLEY, CORIANDER, MINT, BASIL ETC		5g	15g	30g	60g
TRIMMED SNOW PEAS, GREEN BEANS			30g	60g	120g
PEAS AND CORN KERNELS			40g	80g	160g

