

COMMON CONVERSIONS FOR RECIPES

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = 1/4 cup
- 8 tablespoons = 1/2 cup
- 12 tablespoons = 3/4 cup
- 16 tablespoons = 1 cup
- 4 cups = 1 quart
- 16 cups = 1 gallon

- 5 tablespoons + 1 teaspoon = 1/3 cup
- 1/8 cup = 2 tablespoons as well as 1 coffee scoop

- 1 cup = 1/2 pint
- 2 cups = 1 pint
- 4 cups (2 pints) = 1 quart
- 4 quarts = 1 gallon
- 16 ounces = 1 pound
- 8 fluid ounces = 1 cup

Measuring eggs for a recipe

- 1 egg = 1 extra-large, 1 large, 1 medium, or 2 small
- 2 eggs = 2 extra-large, 2 large, 2 medium, or 3 small
- 3 eggs = 3 extra-large, 3 large, 4 medium, or 4 small
- 4 eggs = 3 extra-large, 4 large, 5 medium, or 6 small
- 5 eggs = 4 extra-large, 5 large, 6 medium, or 7 small

Egg substitutes

- 1 large egg = 1/5 cup or 50 ml of liquid eggs
- 3 egg whites = 1/2 cup or 100 ml liquid egg whites
- You can substitute 2 egg whites or 1/4 cup liquid eggs for a whole egg

- 1 egg = 1 tablespoon of flax seed and 3 tablespoons of water, blended until egg like texture
- 1 egg = 1 tablespoon of chia seed and 1/3 cup of water, mix and let sit 15 minutes
- 1 egg = 1 tablespoon soy protein powder and 3 tablespoons of water
- 1 egg = 1 tablespoon of agar agar and 1 tablespoon of water
- 1 egg = 1/2 mashed ripe banana
- 1 egg = 1/4 cup unsweetened applesauce
- 1 egg = 3 tablespoon peanut butter