

# word recipe template 8.5 x 11

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God directs my steps!



# Kitchen Equivalents

## US Dry Volume Measurements

1/16 teaspoon = dash  
1/8 teaspoon = a pinch  
3 teaspoons = 1 Tablespoon  
1/8 cup = 2 Tablespoons  
1/4 cup = 4 Tablespoons  
1/3 cup = 5 Tablespoons + 1 tsp.  
1/2 cup = 8 Tablespoons  
3/4 cup = 12 Tablespoons  
1 cup = 16 Tablespoons  
1 Pound = 16 ounces

## US Liquid Volume Measurements

8 Fluid ounces = 1 Cup  
1 Pint = 2 Cups (16 fluid ounces)  
1 Quart = 2 Pints (4 cups)  
1 Gallon = 4 Quarts (16 cups)

## Metric to US Conversions

1 milliliter = 1/5 teaspoon  
5 ml = 1 teaspoon  
15 ml = 1 tablespoon  
30 ml = 1 fluid oz.  
100 ml = 3.4 fluid oz.  
240 ml = 1 cup  
1 liter = 34 fluid oz.  
1 liter = 4.2 cups  
1 liter = 2.1 pints  
1 liter = 1.06 quarts  
1 liter = .26 gallon  
1 gram = .035 ounce  
100 grams = 3.5 ounces  
500 grams = 1.10 pounds  
1 kilogram = 2.205 pounds  
1 kilogram = 35 oz.

## Healthy Food Swaps

### Instead of this:

Oil/Butter (in baking)

Sour Cream

Table Salt

Mayo

Tortilla Wraps

White Flour

### Use this:

Applesauce

Greek Yogurt

Sea Salt

Avacado

Lettuce Wraps

Wh. Wheat Flour

Subscribe to the Free Printable newsletter. (No spam, ever!) Subscribe (Free!) These blank recipe cards templates, available in PDF and Microsoft Word (.DOC) formats.

Here's a collection of recipe cards I've gathered from around the web, all are free printables. There are hundreds (thousands maybe?) available online.

The National Center and State Collaborative (NCSC) is a project led by five centers and 24 states to build an alternate assessment based on alternate achievement.

Online templates and themes for Office. Find resumes, calendars, and budgets for Excel, Word and PowerPoint.

I was so excited last week about your response to the menu planning template I created that I just had to do another one! Today I introduce to you my grocery list.

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Use this gingerbread recipe to get the kids in the kitchen and create some magical memories, from BBC Good Food.

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