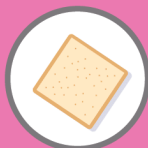




# CONVERSION CHART

## BASIC BAKING INGREDIENTS

### BREADCRUMBS



1 cup	=	2 3/4 oz / 90g
1/2 cup	=	1 1/2 oz / 45g
1/3 cup	=	1 oz / 30g
1/4 cup	=	3/4 oz / 25g

### BUTTER



1 cup	=	8 oz / 250g
1/2 cup	=	4 oz / 125g
1/3 cup	=	2 1/2 oz / 80g
1/4 cup	=	2 oz / 60g

### CHEESE, SHREDDED/GRATED



1 cup	=	2 1/2 oz / 80g
1/2 cup	=	1 oz / 40g
1/3 cup	=	1 oz / 35g
1/4 cup	=	3/4 oz / 25g

### CHOC BITS



1 cup	=	6 oz / 190g
1/2 cup	=	3 oz / 95g
1/3 cup	=	2 1/4 oz / 70g
1/4 cup	=	1 3/4 oz / 55g

### COCONUT, DESICCATED



1 cup	=	2 3/4 oz / 85g
1/2 cup	=	1 1/2 oz / 45g
1/3 cup	=	1 oz / 35g
1/4 cup	=	1/2 oz / 20g

### FLOUR, PLAIN/SELF-RAISING



1 cup	=	4 3/4 oz / 150g
1/2 cup	=	2 1/2 oz / 75g
1/3 cup	=	1 1/2 oz / 50g
1/4 cup	=	1 1/2 oz / 40g

### RICE, UNCOOKED



1 cup	=	6 1/2 oz / 200g
1/2 cup	=	3 oz / 100g
1/3 cup	=	2 1/4 oz / 70g
1/4 cup	=	1 1/2 oz / 50g

### SOUR CREAM



1 cup	=	7 1/2 oz / 235g
1/2 cup	=	4 oz / 125g
1/3 cup	=	2 1/2 oz / 85g
1/4 cup	=	2 oz / 65g

### BROWN SUGAR, LIGHTLY PACKED



1 cup	=	5 oz / 160g
1/2 cup	=	2 1/2 oz / 80g
1/3 cup	=	2 oz / 60g
1/4 cup	=	1 1/2 oz / 45g

### BROWN SUGAR, FIRMLY PACKED



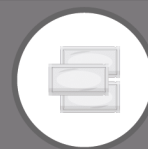
1 cup	=	6 1/2 oz / 200g
1/2 cup	=	3 oz / 100g
1/3 cup	=	2 1/4 oz / 70g
1/4 cup	=	1 3/4 oz / 55g

### CASTER SUGAR



1 cup	=	7 oz / 220g
1/2 cup	=	3 3/4 oz / 115g
1/3 cup	=	2 1/2 oz / 80g
1/4 cup	=	2 oz / 60g

### ICING SUGAR



1 cup	=	4 3/4 oz / 150g
1/2 cup	=	2 1/2 oz / 80g
1/3 cup	=	2 oz / 60g
1/4 cup	=	1 1/2 oz / 45g

### WHITE SUGAR



1 cup	=	7 oz / 225g
1/2 cup	=	3 1/2 oz / 110g
1/3 cup	=	2 1/2 oz / 80g
1/4 cup	=	2 oz / 60g

### SULTANAS



1 cup	=	5 1/2 oz / 170g
1/2 cup	=	3 oz / 90g
1/3 cup	=	2 oz / 65g
1/4 cup	=	1 1/2 oz / 45g

### YOGHURT



1 cup	=	8 1/4 oz / 260g
1/2 cup	=	4 oz / 130g
1/3 cup	=	3 oz / 90g
1/4 cup	=	2 1/4 oz / 70g