YOUR NOTES

MEASUREMENT CONVERSIONS

Please find below some useful conversions.

If you don't have a set of measuring cups, why not invest in some measuring spoons for accurate results.

1 tablespoon (tbsp) = 3 teaspoons (tsp) = 15 ml

1/16 cup = 1 tbsp = 15 ml

1/8 cup = 2 tbsp = 30 ml

1/4 cup = 4 tbsp = 60 ml

1/3 cup = 5 tbsp + 1 tsp = 80ml

3/8 cup = 6 tbsp = 90 ml

1/2 cup = 8 tbsp = 125 ml

3/4 cup = 12 tbsp = 185ml

1 cup = 48 tsp or 16 tbsp = 250ml

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