Steph's Simple Living

BAKING CONVERSION GUIDE

CUP & IMPERIAL RECIPE CONVERSIONS FOR EVERYDAY BAKING

FLOURS

Ingredient	1/4 Cup	1/3 Cup	1/2 Cup	3/4 Cup	1 Cup
Cornflour	40 g	55 g	80 g	120 g	160 g
Plain Flour	38 g	50 g	75 g	110 g	150 g
Rice Flour	30 g	40 g	60 g	90 g	120 g
Self-Raising Flour	38 g	50 g	75 g	110 g	150 g

SUGARS

Ingredient	1/4 Cup	1/3 Cup	1/2 Cup	3/4 Cup	1 Cup
Brown Sugar (Loose)	40 g	55 g	80 g	120 g	160 g
Brown Sugar (Packed)	50 g	65 g	100 g	150 g	200 g
Caster Sugar	50 g	65 g	100 g	150 g	200 g
Icing Sugar	30 g	40 g	60 g	90 g	120 g
Raw Sugar	50 g	65 g	100 g	150 g	200 g
White Sugar	50 g	65 g	100 g	150 g	200 g

BAKING STAPLES

Ingredient	1/4 Cup	1/3 Cup	1/2 Cup	3/4 Cup	1 Cup
Cocoa Powder	30 g	40 g	60 g	90 g	120 g
Desiccated Coconut	25 g	30 g	45 g	70 g	95 g
Rolled Oats	20 g	25 g	40 g	60 g	80 g

DISCLAIMER

Weights are based on ingredients measured in Steph's kitchen and cross-checked against trusted Australian recipe sources.
Minor variations may occur between brands and measuring methods.

Steph's Simple Living

FIRST EDITION
FOR PERSONAL USE ONLY

Steph's Simple Living

BAKING CONVERSION GUIDE

CUP & IMPERIAL RECIPE CONVERSIONS FOR EVERYDAY BAKING

DAIRY

Ingredient	1/4 Cup	1/3 Cup	1/2 Cup	3/4 Cup	1 Cup
Sour Cream	60 g	80 g	120 g	180 g	240 g
Yoghurt	60 g	85 g	125 g	190 g	250 g

FATS

Ingredient	1/4 Cup	1/3 Cup	1/2 Cup	3/4 Cup	1 Cup
Butter	57 g	75 g	113 g	170 g	227 g

NUTS

Ingredient	1/4 Cup	1/3 Cup	1/2 Cup	3/4 Cup	1 Cup
Flaked Almonds	25 g	35 g	50 g	75 g	100 g
Walnuts	30 g	40 g	65 g	95 g	125 g

LIQUIDS

Ingredient	1/4 Cup	1/3 Cup	1/2 Cup	3/4 Cup	1 Cup
Milk	60 mls	80 mls	125 mls	190 mls	250 mls
Thickened Cream	60 mls	80 mls	125 mls	190 mls	250 mls
Vegetable Oil	60 mls	80 mls	125 mls	190 mls	250 mls

Imperial Quick Reference

Imperial	Metric
1 oz	28g
2 oz	56g
4 oz	113g
8 oz	227g
1 lb	454g

Weights are based on ingredients measured in Steph's kitchen and cross-checked against trusted Australian recipe sources.
Minor variations may occur between brands and measuring methods.

Steph's Simple Living