



# CUP CONVERSION



## TO MILI-LITERS

1 CUP	=	240 ML
3/4 CUP	=	180 ML
2/3 CUP	=	160 ML
1/2 CUP	=	120 ML
1/3 CUP	=	80 ML
1/4 CUP	=	60 ML

## Cups

## TO GRAMS

	CUP	3/4 CUP	2/3 CUP	1/2 CUP	1/3 CUP	1/4 CUP	TBSP
BLOEM & MEEL	130 GR	96 GR	86 GR	65 GR	43 GR	32 GR	8 GR
BOTER	240 GR	180 GR	160 GR	120 GR	80 GR	60 GR	15 GR
BRUINE SUIKER	180 GR	135 GR	120 GR	90 GR	60 GR	45 GR	11,5 GR
CACAO	100 GR	75 GR	66 GR	50 GR	33 GR	25 GR	6 GR
CHOCOLADE DRUPPELS	160 GR	120 GR	106 GR	80 GR	53 GR	40 GR	10 GR
FRUIT GEHAKT	150 GR	110 GR	100 GR	75 GR	50 GR	40 GR	10 GR
HAVERMOUT	90 GR	65 GR	60 GR	45 GR	30 GR	22 GR	6 GR
HONING	340 GR	255 GR	227 GR	170 GR	113 GR	22 GR	21 GR
MAÏZENA	120 GR	90 GR	80 GR	60 GR	40 GR	30 GR	15 GR
NOTEN GEHAKT	150 GR	110 GR	100 GR	75 GR	50 GR	40 GR	10 GR
NOTEN GEMALEN	120 GR	90 GR	80 GR	60 GR	40 GR	30 GR	7,5 GR
SUIKER	200 GR	150 GR	130 GR	100 GR	65 GR	50 GR	12,5 GR

1 TSP = TEASPOON = THEELEPEL = 5 ML

1 TBSP = TABLESPOON = EETLEPEL = 15 ML