

Measures

Table of Measurements

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These are the measures used here for the recipes.

Measure	Abbreviated as	In milliliters	In ounces	In Fluid ounces
1 Cup	1 C	240 ml	8 oz	8 fl oz
1 Tablespoon	1 Tbsp	15 ml	0.5 oz	0.5 oz
1 Teaspoon	1 Tsp	5 ml	0.14 oz	0.16 fl oz

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