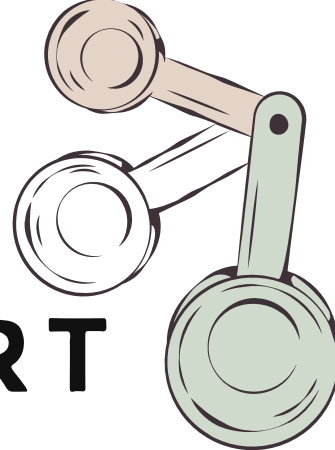


BAKING CONVERSION CHART



		Volumetric	Grams
Dry Goods	All Purpose Flour	1 cup	125 grams
	White Sugar	1 cup	200 grams
	Brown Sugar	1 cup	215 grams
	Icing Sugar	1 cup	130 grams
	Cocoa	1/2 cup	60 grams
	Chocolate Chips	1 cup	170 grams
	Quick Oats	1 cup	100 grams
	Active Dry Yeast	1 tbsp	8 grams
Fats	Butter	1 cup	225 grams
	Shortening	1 cup	205 grams
	Vegetable Oil	1 cup	225 grams
	Coconut Oil	1 cup	220 grams
Liquids/Dairy	Honey	1 tbsp	20 grams
	Molasses	1 tbsp	20 grams
	Whole Milk	1 cup	245 grams
	Heavy Cream	1 cup	235 grams
	Sour Cream	1 cup	240 grams
	Buttermilk	1 cup	240 grams