VEGAN BAKING
CONVERSION CHEAT SHEET - CUPS TO GRAMS

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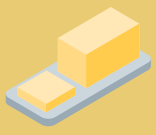
USE THIS HANDY CHART TO CONVERT CUPS TO GRAMS FOR MORE ACCURATE VEGAN BAKING

ALL PURPOSE FLOUR

1 CUP = 125 GRAMS
1/2 CUP = 63 GRAMS
1/3 CUP = 42 GRAMS
1/4 CUP = 31 GRAMS

GRANULATED SUGAR

1 CUP = 200 GRAMS
1/2 CUP = 100 GRAMS
1/3 CUP = 67 GRAMS
1/4 CUP = 50 GRAMS



VEGAN BUTTER & COCONUT OIL

1 CUP = 215 GRAMS
1/2 CUP = 108 GRAMS
1/3 CUP = 72 GRAMS
1/4 CUP = 54 GRAMS

MAPLE SYRUP

1 CUP = 340 GRAMS
1/2 CUP = 170 GRAMS
1/3 CUP = 113 GRAMS
1/4 CUP = 85 GRAMS

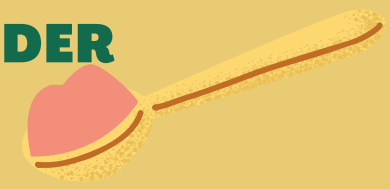
PLANT BASED MILK

1 CUP = 240 GRAMS (ML)
1/2 CUP = 120 GRAMS (ML)
1/3 CUP = 80 GRAMS (ML)
1/4 CUP = 60 GRAMS (ML)

FLAX EGGS
HOW TO MAKE AN EGG REPLACER

To make one flax egg, mix one tablespoon of ground flaxseed meal (or chia seeds) with three tablespoons of water, and let sit in your fridge for 15 minutes to set up and thicken.

COCOA POWDER



1 CUP = 100 GRAMS
1/2 CUP = 50 GRAMS
1/3 CUP = 33 GRAMS
1/4 CUP = 25 GRAMS

NUT &SEED BUTTERS

1 CUP = 255 GRAMS
1/2 CUP = 128 GRAMS
1/3 CUP = 85 GRAMS
1/4 CUP = 64 GRAMS

The Daily Dish

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