



Baking Conversion Table

A Baking Journey

Plain Flour

1/4 cup 40 gr
 1/3 cup 50 gr
 1/2 cup 75 gr
 1 cup 150 gr

White Sugar

1/4 cup 60 gr
 1/3 cup 80 gr
 1/2 cup 110 gr
 1 cup 225 gr

Brown Sugar

1/4 cup 55 gr
 1/3 cup 70 gr
 1/2 cup 100 gr
 1 cup 200 gr

Caster Sugar

1/4 cup 60 gr
 1/3 cup 80 gr
 1/2 cup 115 gr
 1 cup 220 gr

Rolled Oats

1/4 cup 20 gr
 1/3 cup 30 gr
 1/2 cup 40 gr
 1 cup 80 gr

Almond Meal

1/4 cup 25 gr
 1/3 cup 35 gr
 1/2 cup 50 gr
 1 cup 100 gr

Butter

1/4 cup 60 gr
 1/3 cup 80 gr
 1/2 cup 125 gr
 1 cup 250 gr

Honey & Syrup

1/4 cup 20 gr
 1/3 cup 30 gr
 1/2 cup 40 gr
 1 cup 80 gr

Desiccated Coconut

1/4 cup 20 gr
 1/3 cup 35 gr
 1/2 cup 45 gr
 1 cup 85 gr

Cacao Powder

1/4 cup 30 gr
 1/3 cup 40 gr
 1/2 cup 60 gr
 1 cup 125 gr

Cornstarch

1/4 cup 30 gr
 1/3 cup 40 gr
 1/2 cup 60 gr
 1 cup 120 gr

Liquids

1/4 cup 60 ml
 1/3 cup 75 ml
 1/2 cup 120 ml
 1 cup 240 ml

Temperatures

250°F	120°C	400°F	200°C
300°F	150°C	425°F	220°C
350°F	180°C	450°F	230°C

