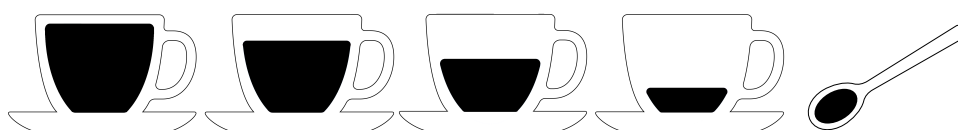


# Keuken equivalenten

van cup naar gram



|                    | 1 cup  | 1/2 cup          | 1/3 cup | 1/4 cup | 1 el  |
|--------------------|--------|------------------|---------|---------|-------|
| <b>Vloeistof</b>   | 240 ml | 120 ml           | 80 ml   | 60 ml   | 15 ml |
| <b>Bloem</b>       | 150 g  | 75 g             | 50 g    | 40 g    | 10 g  |
| <b>Suiker</b>      | 220 g  | 110 g            | 75 g    | 55 g    | 15 g  |
| <b>Cassonade</b>   | 200 g  | 100 g            | 65 g    | 50 g    | 15 g  |
| <b>Bloemsuiker</b> | 140 g  | 70 g             | 45 g    | 35 g    | 9 g   |
| <b>Cacao</b>       | 120 g  | 60 g             | 40 g    | 30 g    | 8 g   |
| <b>Havermout</b>   | 100 g  | 50 g             | 30 g    | 25 g    | 7 g   |
| <b>Chocolade</b>   | 165 g  | 80 g             | 55 g    | 40 g    | 14 g  |
| <b>Boter</b>       | 225 g  | 110 g<br>1 stick | 75 g    | 55 g    | 15 g  |