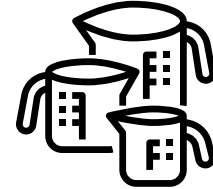


# Your Kitchen Cheatsheet

## DRY MEASUREMENTS

Cups	Tablespoons	Teaspoons
1 C.	16 TBSP.	48 TSP.
3/4 C	12 TBSP.	36 TSP.
2/3 C.	10 & 2/3 TBSP.	32 TSP.
1/2 C.	8 TBSP.	24 TSP.
1/3 C.	5 & 1/3 TBSP.	16 TSP.
1/4 C.	4 TBSP.	12 TSP.
1/8 C.	2 TBSP.	6 TSP.
1/16 C.	1 TBSP.	3 TSP.

## FLUID MEASUREMENTS



1 C.	8 OZ			
1 PINT	2 C.	16 OZ		
1 QT	2 PINTS	4 C	32 OZ	
1 G	4 QT	8 PINTS	16 C	128 OZ

## PRESSURE COOKER TERMS

HP	HIGH PRESSURE
LP	LOW PRESSURE
QR	QUICK RELEASE
NPR	NATURAL PRESSURE
PIP	RELEASE
PC	POT IN POT
IP	PRESSURE COOKER
	INSTANT POT

