

Teaspoon and Tablespoon Equivalents

Dash or pinch	Less than 1/8 tsp	
1 1/2 tsp	1/2 Tbl	
3 tsp	1 Tbl	1/2 fluid oz
4 1/2 tsp	1 1/2 Tbl	
2 Tbl	1/8 cup	1 fluid oz
4 Tbl	1/4 cup	2 fluid oz
8 Tbl	1/2 cup	4 fluid oz
12 Tbl	3/4 cup	6 fluid oz
16 Tbl	1 cup	8 fluid oz

