

# — KETO BAKING CONVERSIONS —

		¼ Cup	1/3 Cup	½ Cup	¾ Cup	1 Cup
Almond Flour		28g	37g	56g	84g	112g
		1oz	1.3oz	2oz	3oz	4oz
Coconut Flour		30g	41g	61g	92g	123g
		1.1oz	1.4oz	2.2oz	3.3oz	4.3oz
Flaxseed Meal		37g	50g	75g	112g	149g
		1.3oz	1.7oz	2.6oz	3.9oz	5.3oz
Whole Psyllium Husk		30g	40g	60g	90g	120g
		1.1oz	1.4oz	2.1oz	3.2oz	4.2oz
Sugar-free Crystal Sweetener (Erythritol, Erythritol-based blends)		50g	67g	100g	150g	200g
		1.7oz	2.4oz	3.5oz	5.3oz	7oz
Powdered Sugar-free Sweetener (Erythritol, Erythritol-based blends)		40g	53g	80g	120g	160g
		1.4oz	1.9oz	2.8oz	4.2oz	5.6oz
Heavy Cream		59g	79g	118g	178g	237g
		2.1oz	2.8oz	4.2oz	6.3oz	8.3oz
Butter		58g	77g	115g	172g	230g
		2oz	2.7oz	4.1oz	6.1oz	8.1oz
Coconut Oil		59g	79g	118g	178g	237g
		2.1oz	2.8oz	4.2oz	6.3oz	8.3oz

**SWEET  
AS HONEY**

For all your keto recipes: [www.sweetashoney.co](http://www.sweetashoney.co)