

DR. GRANDMA'S WHOLE GRAIN MUFFINS YOUR WAY

SERVINGS			MUFFIN MIX		EXTRA VIRGIN OLIVE OIL			EGGS		WATER						
Batches	# of Muffins		Volume Measurement	or	Weight Measurements	Volume Measurement			or	Weight Measurement	or	Egg Substitute	If Recipe Calls For:			
	Full Size Muffins	Mini Muffins	CUPS		GRAMS	CUPS	+ TBSP	+ TSP		FL OZ	GRAMS	XL	CUPS	1/2 CUP	3/4 CUP	
1	12	32	1 3/4	or	275		3	1	or	1.6	45	1	or	1/4	1/2	3/4
2	24	64	3 1/2	or	550	1/3	2		or	3.2	90	2	or	1/2	1	1 1/2
4	48	128	7	or	1100	2/3	3		or	6.4	180	4	or	1	2	3
6	72	192	10 1/2	or	1650	1 1/3			or	9.6	270	6	or	1 1/2	3	4 1/2
9	108	288	15 3/4	or	2475	2			or	14.4	405	9	or	2 1/4	4 1/2	6 3/4
12	144	384	21	or	3300	2 2/3			or	19.2	540	12	or	3	6	9
15	180	480	26 1/4	or	4125	3 1/4			or	24	675	15	or	3 3/4	7 1/2	11 1/4
20	240	640	35	or	5500	4 1/3			or	32	900	20	or	5	10	15

CONVERSION TABLE				RECIPE NOTES:
cup	fl. oz.	tblsp	tsp	
1	8	16	48	
3/4	6	12	36	
2/3	5	11	32	
1/2	4	8	24	
1/3	3	5	16	
1/4	2	4	12	
1/8	1	2	6	
1/16	0.5	1	3	