

DR. GRANDMA'S WHOLE GRAIN WAFFLES

BATCHES	WAFFLE MIX		EXTRA VIRGIN OLIVE OIL		ADDITIONAL OIL *		EGGS		WATER		VANILLA (optional)		
	Volume Measurement	Weight Measurements	Volume Measurement	Weight Measurement	Volume Measurement	Weight Measurement	XL	Egg Substitute	Regular Waffles	Lighter Waffles	Volume Measurement		
	CUPS	GRAMS	CUPS + TBSP	FL OZ GRAMS	CUPS	FL OZ GRAMS		CUPS	CUPS	CUPS	CUP	TBSP	TSP
1	1 1/4	27	- 2	1 30	1/8	1 30	1	1/4	1 1/3	1 1/2			1
2	2 1/2	53	1/4	2 60	1/4	2 60	2	1/2	2 2/3	3			2
4	5	106	1/2	4 120	1/2	4 120	4	1	5 1/3	6			4
6	7 1/2	160	3/4	6 180	3/4	6 180	6	1 1/2	8	9		2	
9	11 1/4	239	1 2	9 270	1 1/8	9 270	9	2 1/4	12	13 1/2		3	
12	15	319	1 1/2	12 360	1 1/2	12 360	12	3	16	18	1/4		
15	18 3/4	399	1 3/4 2	15 450	1 3/4	15 450	15	3 3/4	20	22 1/2	1/3		
16	20	426	2	16 480	2	16 480	16	4	21	23 1/2	1/3		
Full Box	39 1/2	841	4	32 960	4	32 960	32	8	42	47 1/4	2/3		

CONVERSION TABLE			
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

RECIPE NOTES:

* Additional oil sold separately. We suggest using Doctor Grandma's Extra Virgin Olive Oil. However, vegetable oil may be used.