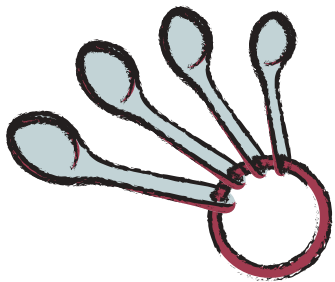


# Kitchen Measurements

realliferealhome.com



1 TBL:

3 tsps  
15 mls



1 CUP:

8 OZS  
240 mls

1 PINT:

2 cups  
16 OZS



1 QUART:

2 pints  
4 cups

1 GALLON:

4 quarts  
8 pints