

Flours & Dry Baking Staples

Ingredient	Volume	Grams
All-Purpose Flour	1 cup	120 g
Bread Flour	1 cup	120 g
Whole Wheat Flour (Premium 100%)	1 cup	113 g
Pastry Flour	1 cup	106 g
Unbleached Cake Flour	1 cup	120 g
Almond Flour	1 cup	96 g
Oat Flour	1 cup	92 g
Cornmeal (yellow, Quaker)	1 cup	156 g
Semolina Flour	1 cup	163 g
Cocoa (unsweetened)	1/2 cup	42 g
Confectioners' Sugar (unsifted)	1 cup	113 g
Sugar (granulated white)	1 cup	198 g
Brown Sugar (packed)	1 cup	213 g
Baking Powder	1 tsp	4 g
Baking Soda	1/2 tsp	3 g
Salt (table)	1 Tbsp	18 g
Yeast (instant)	2 tsp	6 g

Liquids, Fats & Oils

Ingredient	Volume	Grams
Water	1 cup	227 g
Milk (fresh)	1 cup	227 g
Buttermilk	1 cup	227 g
Cream	1 cup	227 g
Yogurt	1 cup	227 g
Vegetable Oil	1 cup	198 g
Olive Oil	1/4 cup	50 g
Coconut Oil	1/2 cup	113 g
Butter	1/2 cup	113 g
Peanut Butter	1/2 cup	135 g
Honey	1 Tbsp	21 g
Maple Syrup	1/2 cup	156 g

Molasses	1/4 cup	85 g
Vanilla Extract	1 Tbsp	14 g
Egg (large)	1 large	50 g
Egg White	1 large	30–35 g
Egg Yolk	1 large	14 g

Grains, Oats & Seeds

Ingredient	Volume	Grams
Oats (old-fashioned or quick)	1 cup	89 g
Steel-Cut Oats	1/2 cup	70 g
Quinoa (cooked)	1 cup	184 g
Quinoa (whole)	1 cup	177 g
Flaxseed	1/4 cup	35 g
Chia Seeds	1/4 cup	37 g
Sesame Seeds	1/2 cup	71 g
Sunflower Seeds	1/4 cup	35 g

Nuts

Ingredient	Volume	Grams
Almonds (sliced)	1/2 cup	43 g
Pecans (whole)	1 cup	105 g
Walnuts (chopped)	1 cup	113 g
Cashews (whole)	1 cup	113 g

Fruits & Vegetables

Ingredient	Volume	Grams
Apples (peeled, sliced)	1 cup	113 g
Bananas (mashed)	1 cup	227 g
Blueberries (fresh or frozen)	1 cup	140–170 g
Strawberries (fresh, sliced)	1 cup	167 g
Pumpkin Purée	1 cup	227 g