



## BUTTER VS. OLIVE OIL



### **Butter**

1 teaspoon  
1 tablespoon  
2 tablespoons  
1/4 cup  
1/3 cup  
1/2 cup or 125 gms  
2/3 cup  
3/4 cup  
1 cup or 250 gms

### **Olive Oil**

3/4 teaspoon  
2 1/4 teaspoons  
1-1/2 tablespoons  
3 tablespoons  
1/4 cup  
1/4 cup + 2 tablespoons  
1/2 cup  
1/2 cup + 1 tablespoon  
3/4 cup