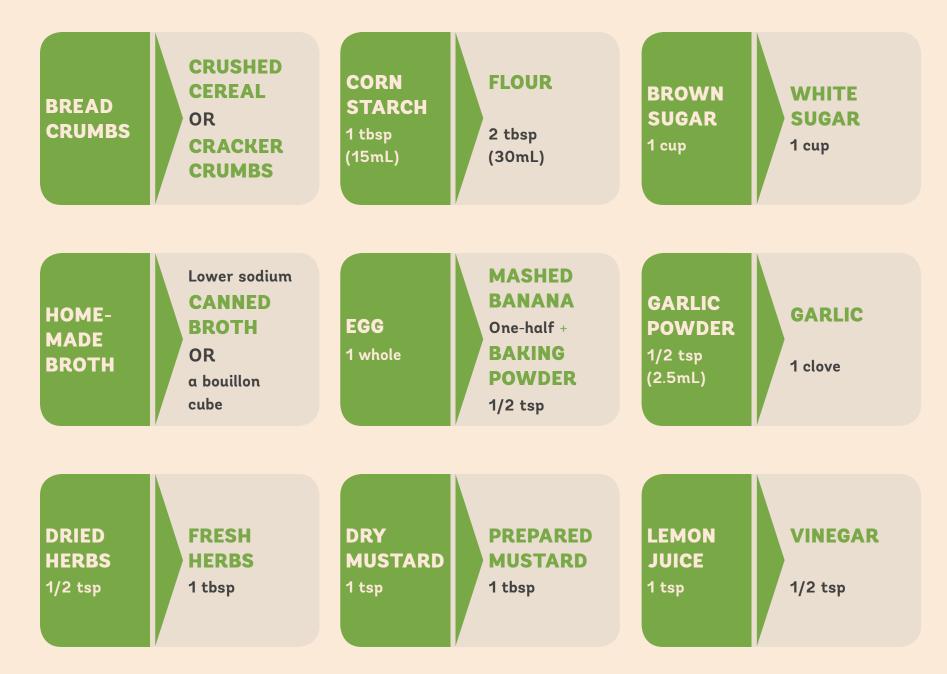
• • • • •

2

Don't Have 2 cups = 50 cm 2 cups = 50 cm 2 cups = 75 cm 4 cups = 1L 2 cups = 50 cm 3 cups = 75 cm 4 cups = 1L

If you are missing an ingredient in a recipe, you may have something on hand that you can use instead. Here's a list of substitutions you can try.







Based on information from the Basic Shelf Cookbook (2011 Edition, developed by the Canadian Public Health Association)

Icons: Measuring Cup by Yasmin Alanis • Milk Carton by Vectors Market • Bottle by Erik All icons from **The Noun Project**