

THE OLIVE AND THE GRAPE

www.theoliveandthegrape.biz

440-974-0778 216-252-0778

CONVERSION CHART

BUTTER TO OLIVE OIL/GRAPSEED OIL

Butter / Margarine	Olive Oil
1 Teaspoon	3/4 Teaspoon
1 Tablespoon	2 1/4 Teaspoons
2 Tablespoons	1 1/2 Tablespoons
3 Tablespoons	2 1/4 Tablespoons
1/4 Cup	3 Tablespoons
1/3 Cup	1/4 Cup
1/ 2 Cup	1/4 Cup + 2 TBSP
2/3 Cup	1/2 Cup
3/4 Cup	1/2 Cup + 1 TBSP
1 Cup	3/4 Cup

Refer to the Library Page of our website for more information and recipes.

www.TheOliveAndTheGrape.biz