

Ingredients	US standard	Conversion
Brown Rice Flour	1/3 cup , 1/2 cup	49 grams , 85 grams
Cassava Flour	1/4 cup	30 grams
Coconut Flour	1/4 cup	30 grams
Green Banana Flour	1/4 cup	28 grams
Millet Flour	1/2 cup	85 grams
Sesame Seed Meal	1/2 cup	62 grams
Sweet Rice Flour	1/4 cup	44 grams
Quinoa Flour	1/4 cup	28 grams
White Rice Flour	1/4 cup	40 grams

Ingredients	US standard	Conversion
Arrowroot	1 Tbsp	9 grams
Baking Powder	1 tsp	4 grams
Cocoa Powder	1 Tbsp	6 grams
Coconut Sugar	1 Tbsp , 1 cup	15 grams , 138 grams
Guar Gum	1 tsp	2.8 grams
Potato Starch	1 Tbsp	12 grams
Sea Salt	1 tsp	5 grams
Tapioca Starch	1/4 cup , 1/3 cup	32 grams , 36 grams

Ingredients	US standard	Conversion
Buckwheat Cereal (Porridge)	1/4 cup	41 grams
Cashew Pieces	1 cup	83 grams
Cashew Raw	1 3/4 cup	150 grams
Coconut Shredded	2 Tbsp , 1 cup	15 grams , 80 grams
Coconut Flakes	1 cup	60 grams
Hemp Hearts	1/4 cup	40 grams
Sesame Seeds	1 cup	145 grams
Sunflower Seeds	1/4 cup	38 grams
Pecans .	1/4 cup	30 grams
Pumkin Seeds	1/4 cup	33 grams
Oats	1/2 cup	48 grams
Quinoa	1/4 cup	47 grams
Walnuts Halves Raw	1 cup	118 grams
Brown Rice Crisps Cereal	1 cup	38 grams
Coconut Milk Powder	1 tbsp	8 grams
Chia Seeds	1 tbsp	12 grams

Ingredients	US standard	Conversion
Frozen Blackberries	1 cup	151 grams
Frozen Blueberries	1 cup	155 grams
Frozen Cherries	1 cup	155 grams
Frozen Raspberries	1 cup	140 grams
Frozen Strawberries	1 cup	140 grams
Dried Cherries	1 cup	160 grams
Dried Cranberries	1/4 cup	25 grams
Currants	1 cup	160 grams
Chocolate Chips		
Dried Figs	1 cup	130 grams
Dates	1 cup	147 grams
Smooth Peanut Butter	1/4 cup	64 grams
Coconut Butter	1 Tbsp	16 grams
Coconut Oil Solid	1 cup	210 grams
Liquids (example Cashew Milk)	1 cup	240 ml
Pumpkin Puree	1/2 cup	174 grams
Maple Syrup	1/2 cup	120 ml
Raw Honey	1 Tbsp	21 grams