



## Butter or Margarine to Olive Oil Conversion for Baking

Butter/Margarine =	Olive Oil
1 teaspoon	3/4 teaspoon
1 tablespoon	2 1/4 teaspoons
2 tablespoons	1 1/2 tablespoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup + 2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 tablespoon
1 cup	3/4 cup