



## How to Measure Liquids in Recipes

Does your recipe call for a teaspoon, or is it a tablespoon? It can really make a difference in how your recipe turns out! In most cookbooks and Kids a Cookin' recipes the measurements are spelled out, but if abbreviations are used, be sure you know what they stand for. A capital "T" stands for tablespoon and a small "t" is the abbreviation for teaspoon. Vanilla extract and milk are often measured using a teaspoon or tablespoon.

When a recipe calls for ingredients larger than 3 tablespoons, use a liquid measuring cup. Liquid measuring cups are often see-through glass or plastic and have different markings—including cups, pints and ounces—marked on them.

To measure liquids, place the liquid measuring cup on a level counter and look through it to see how high the liquid comes in the cup. If you hold the cup up in the air, you won't get an accurate reading.

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grease or spray the measuring cup or spoon first so the sticky ingredients slide right off!

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For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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