



Some Measurements are Tricky

Some measurements are tricky and not very clear. How much is a "pinch" or a "dash"?

When a recipe calls for a **dash**, fill your 1/8 teaspoon about half-full and add that. If you don't have a 1/8 teaspoon, just sprinkle a tiny amount of cinnamon, for example, into the palm of your hand and add that.

A **pinch** of something is exactly that: a pinch between your thumb and forefinger.

A **rounded or heaping** spoonful calls for a spoonful that isn't leveled off and makes a little hill above the edge of the spoon or cup.

A **scant** spoonful means the measure is just a little less than the specific measure.

Some recipes may include tricky measurements like these. But a little practice will make you a measuring pro!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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