



THE FIRST & LAST NAME
IN OLIVE OIL

Olive Oil Converter



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

A healthy alternative

You can use Olive Oil instead of butter or margarine to cut down on the saturated fats, but not the taste. Use the equivalents shown to effectively substitute Olive Oil for butter or margarine in your recipes. As a rough guide, use 3 units of Olive Oil in place of 4 units of butter/margarine.