

## How Much Honey to Use in Place of Sugar



SUGAR	HONEY	REDUCED LIQUID	BAKING SODA
1 Tbsp (15mL)	2 tsp (10mL)	no need	no need
2 Tbsp (30 mL)	1 Tbsp 1 tsp (25mL)	no need	no need
1/4 Cup (50mL)	2 Tbsp 2 tsp (40mL)	no need	1/8 tsp (0.5mL)
1/3 Cup (75mL)	4 Tbsp (60mL)	no need	1/4 tsp (1mL)
1/2 Cup (125mL)	1/3 Cup (75mL)	2 tsp (10mL)	1/4 tsp (1mL)
2/3 Cup (150mL)	1/2 Cup (125mL)	5 tsp (25mL)	1/4 tsp (1 mL)
3/4 Cup (175mL)	2/3 Cup (150mL)	2 Tbsp (30mL)	1/2 tsp (2mL)
1 Cup (250 mL)	3/4 Cup (175mL)	2 1/2 Tbsp (37mL)	1/2 tsp (2mL)
2 Cups (500mL)	1 1/4 Cup (300mL)	5 Tbsp (70mL)	1 tsp (5mL)