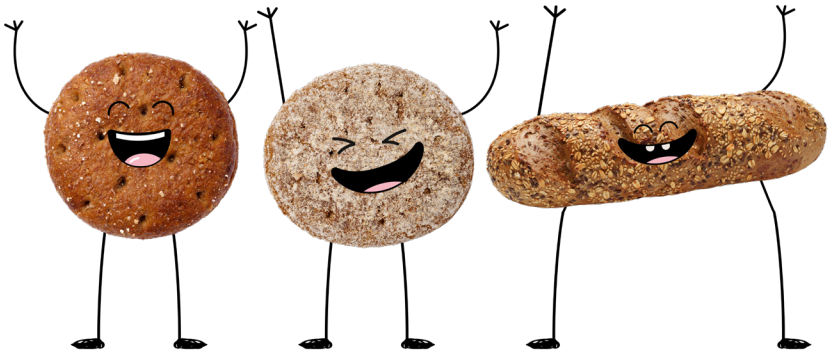
Children's Health FOUNDATION
Crumlin • Temple Street • Tallaght • Connolly
SUPPORTING CHILDREN'S HEALTH IRELAND

THE GREAT IRISH BAKE
For Sick Children
Crumlin • Temple Street • Tallaght • Connolly

CUPS TO GRAMS



ALL PURPOSE FLOUR

1 CUP.....125 g
1/2 CUP.....62.5 g
1 TBSP.....8 g

CASTER SUGAR

1 CUP.....200 g
1/2 CUP.....100 g
1 TBSP.....12.5 g
1 TSP.....4 g

WATER

1 CUP.....237 ml
3/4 CUP.....177 ml
2/3 CUP.....158 ml
1/2 CUP.....118 ml

BUTTER

1 CUP.....226 g
1/2 CUP.....113 g
1 TBSP.....14 g
1 TSP.....4 g

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