



Butter Replacement Card

FOR A HEALTHY ALTERNATIVE TO BUTTER,
ADD OLIVE OIL TO YOUR FAVORITE RECIPES



BUTTER / MARGARINE

1 TEASPOON

1 TABLESPOON

2 TABLESPOONS

1/4 CUP

1/3 CUP

1/2 CUP

2/3 CUP

3/4 CUP

1 CUP

OLIVE OIL

3/4 TEASPOON

2 1/4 TEASPOON

1 1/2 TABLESPOONS

3 TABLESPOONS

1/4 CUP

1 1/4 CUP + 2 TABLESPOONS

1/2 CUP

1/2 CUP + 1 TABLESPOON

3/4 CUP