



How To Measure amounts of ingredients without the measuring tools

- **Small Amounts (Teaspoons):**
 - **Pinch:** Use your index finger, middle finger, and thumb to grasp dry ingredients like salt or baking powder, which measures approximately an eighth of a teaspoon.
 - **Tip of Finger:** The tip of your index finger, from your first knuckle to the tip, is roughly equal to a teaspoon (5ml).
 - **Dice:** Use the size of a dice to approximate a teaspoon of butter.
- **Larger Amounts (Tablespoons and Cups):**
 - **Thumb:** Your thumb is roughly equal to a tablespoon (15ml).
 - **Hand:** A fistful is roughly equal to one cup.
 - **Baseball:** Compare a baseball with two cups of salad greens.
- **Flour:**
 - Fluff flour with a fork, then use a standard dinner tablespoon as an approximation. A level tablespoon of flour is roughly 15 grams.
- **Other Tips:**
 - **Eyeball it:** With some practice, you'll be able to "eyeball" measurements, making cooking smoother and faster.
 - **Use common sense:** Think about the size of the ingredients and the amount needed for the recipe.



Links To Affordable Measuring Tools:

Measuring Jug, Cups and Spoons Combined:

<https://www.kmart.com.au/product/nested-measuring-set-43103652/>

Measuring Spoons:

<https://www.bigw.com.au/product/brilliant-basics-measuring-spoons-5-pack/p/63337>

<https://www.bigw.com.au/product/brilliant-basics-measuring-set-assorted-/p/249128>

<https://www.bigw.com.au/product/masterclass-measuring-spoon/p/218125>

<https://www.kmart.com.au/product/set-of-5-measuring-spoons-assorted-43402472/>

Measuring Jugs:

<https://www.bigw.com.au/product/brilliant-basics-measuring-jug-1l/p/248446>

<https://www.bigw.com.au/product/pyrex-measuring-jug-500ml/p/185184>

<https://www.kmart.com.au/product/set-of-3-measuring-jugs-43170135/>

<https://www.kmart.com.au/product/1l-measuring-cup-43036080/>

Measuring Cups:

<https://www.bigw.com.au/product/brilliant-basics-measuring-cups-4-pack/p/63338>

<https://www.bigw.com.au/product/masterclass-measuring-cup-set/p/217591>

Oil Spray Bottle:

<https://www.bigw.com.au/product/brilliant-basics-oil-sprayer-300ml/p/249226>

<https://www.kmart.com.au/product/300ml-refillable-oil-spray-white-43227488/>