



Healthy Substitution Chart



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Butter / Margarine	Olive Oil
1 teaspoon	3/4 teaspoon
1 tablespoon	2 1/4 teaspoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup + 2 tbls
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 tbls
1 cup	3/4 cup

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