

Teaspoons to Tablespoon Conversion

LoseWeightByEating.com

Cup	Oz (ounces)	TBSP (tablespoon)	TSP (teaspoon)
1 cup	8 oz	16 TBSP	48 TSP
¾ cup	6 oz	12 TBSP	36 TSP
⅔ cup	5 oz	11 TBSP	32 TSP
½ cup	4 oz	8 TBSP	24 TSP
⅓ cup	3 oz	5 TBSP	16 TSP
¼ cup	2 oz	4 TBSP	12 TSP
⅛ cup	1 oz	2 TBSP	6 TSP