



Conversion table for ingredients (cont.)

By: Anton Mac Donald

Tuesday, 15th November 2016

	5 ml	15 ml	250 ml		5 ml	15 ml	250 ml
Maltabella			140 g	Almonds (shelled)	3 g	9 g	150 g
Milk powder	3 g	9g	100 g	Almonds (ground)	2 g	6 g	100 g
Mielie meel	3 g	9 g	150 g	Peanuts (shelled)	3 g	9 g	150 g
Oats	2 g	6 g	90 g	Pecan (shelled)			100 g
Pasta			110 g	Walnuts (shelled)			100 g
Rice	4 g	12 g	200 g	Ground spices	2 g	6 g	
Sago	4 g	12 g	180 g	Curry powder	2 g	6 g	
Samp			200 g	Pepper	1 g	3 g	
Tapioca		10 g	170 g	Salt	5 g	15 g	250 g