

THE OLIVE AND THE GRAPE

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Butter/Margarine to EV Olive Oil Conversion:

- 1 teaspoon = $\frac{3}{4}$ teaspoon of EV olive oil
- 1 tablespoon = 2 $\frac{1}{4}$ teaspoon of EV olive oil
- 2 tablespoons = 1 $\frac{1}{2}$ tablespoons of EV olive oil
- 3 tablespoons = 2 $\frac{1}{4}$ tablespoons of EV olive oil
- $\frac{1}{4}$ cup = 3 tablespoons of EV olive oil
- $\frac{1}{3}$ cup = $\frac{1}{4}$ cup of EV olive oil
- $\frac{1}{2}$ cup = $\frac{1}{4}$ cup + 2 tablespoons of EV olive oil
- $\frac{2}{3}$ cup = $\frac{1}{2}$ cup of EV olive oil
- $\frac{3}{4}$ cup = $\frac{1}{2}$ cup + 1 tablespoon of EV olive oil
- 1 cup = $\frac{3}{4}$ cup of EV olive oil