

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



JUICE CENTRAL - COMPACT JUICE EXTRACTOR

The Compact Juice Extractor turns your favourite fruits and vegetables into tasty, nutritious juices in seconds with uninterrupted juicing at the touch of a button - without sacrificing counter space.

KEY FRUIT / VEGETABLES VITAMINS AND MINERALS

VEGETABLE	VITAMINS	MINERALS
ASPARAGUS	A, B1 (thiamine), C, choline, folic acid	potassium
BEETS AND BEET GREENS	A, C, chlorophyll, B6	calcium, potassium, choline and iron
CABBAGE	B6, C	iodine, potassium and sulfur
CARROTS	A, C	potassium, calcium, phosphorus and carotene
CELERY		organic alkaline minerals (balances blood pH levels)
CUCUMBERS	Good diuretic	potassium
FENNEL		alkaline, calcium and magnesium content
KALE	A and chlorophyll	calcium
PARSLEY	A, C, and chlorophyll	calcium
PARSNIPS	A, C, and chlorophyll	calcium
RADISHES	C	choline, phosphorus, potassium
SPINACH	A, B complex, chlorophyll	calcium, iron, magnesium, phosphorous, potassium
SUMMER SQUASH	B1, B2, niacin	
PEPPERS	A, C	potassium
TOMATOES	C	calcium
WATERCRESS	C and chlorophyll	potassium, choline, phosphorous, sulfur and calcium
FRUITS	VITAMINS	MINERALS
APPLES	A, B1, B2, B6, biotin, folic acid and pantothenic acid	choline, copper, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium and sulfur
CHERRIES	A, C, B1, B2, folic acid and niacin	calcium, cobalt, iron, magnesium, phosphorous, potassium Contains powerful alkalizing properties
CRANBERRIES	A, C, B-complex and folic acid	calcium, iron, phosphorous, potassium and enzymes
GRAPES	A, B1, B2, C and niacin	calcium, copper, iron, magnesium, manganese and phosphorous
GRAPEFRUIT	B-complex, C, E, K, biotin and inositol	calcium, phosphorous and potassium
LEMONS	C and citric acid	Very strong cleanser
LIMES	C and citric acid	Very strong cleanser
MELONS	A, B-complex and C	High in enzymes
ORANGES	A, B-complex, B1, B2, B6, C, K, biotin, folic acid and niacin	calcium, choline, copper, flourine, iron, manganese, magnesium, phosphorous, potassium, silicon and zinc
PAPAYAS	A and C	High in enzymes and good cleanser
PEACHES	A, B1, B2, C, and niacin	calcium, iron, phosphorous and potassium
PEARS	A, B1, B2, C, folic acid and niacin	phosphorous and potassium
PINEAPPLES	C	choline and potassium - High in enzymes
STRAWBERRIES	C	calcium, phosphorous and potassium
WATERMELONS	A	chlorophyll, enzymes and good cleanser

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RISE AND SHINE

Morning Zinger

A delicious way to get up and go.

Makes about 240ml

- 1** **handful fresh parsley,**
 about 1 cup packed
- 1** **medium apple, quartered**
- 15g** **fresh ginger, about 2cm piece**
- 3** **medium carrots**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Melon Cleanser

It is recommended that melons not be combined with other fruits. This refreshing juice is perfect first thing in the morning.

Makes about 240ml

- 1** **cup rockmelon, cubed**
- 1** **cup honeydew melon, cubed**
- ¼** **cup fresh mint leaves**
- ¼** **lime, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Antioxidant Berry Blast

Berries are packed with good-for-you antioxidants. This juice is also a great base for a berry spritzer – just add seltzer.

Makes about 300ml

- 2** **cups whole strawberries**
- 1** **cup raspberries**
- 1** **cup blueberries**
- ¼** **lemon, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Citrus-C

This simple blend of orange and grapefruit makes a delicious juice to start the day. You won't want to drink store-bought juice again!

Makes about 360ml

- 1** **medium to large orange,**
 peeled and quartered
- 1** **large grapefruit, peeled and**
 quartered

1. Turn the Cuisinart® Compact Juice Extractor on and juice the orange and grapefruit.
1. Stir juice and serve immediately.

Super C Juice

Red peppers are packed full of vitamin C, and a little goes a long way. Make this juice when you're feeling under the weather, for it provides you with twice your daily value of vitamin C and over four times your daily need of vitamin A!

Makes about 420ml

- ½ large red pepper, seeded**
- 4 medium carrots**
- ½ large grapefruit, peeled and halved**
- ½ medium orange, peeled**
- ¼ lemon, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Junior Juice

Made just for kids, it is a great juice to introduce to your children starting around 18 months since it contains no citrus.

Makes about 6 small servings

- ½ mango, peeled and pitted**
- 250g carrots**
- 2 medium apples**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Orange, Peach and Mango Juice

This sunny beverage is full of vitamin C, and is a great base for smoothies.

Makes about 360ml

- ½ mango, peeled and pitted**
- 1 medium orange, peeled**
- 2 peaches, pits removed**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

FROM THE GARDEN

Veggie Juice Plus

A rainbow of veggies, chock full of nutrients, all in one glass.

Makes about two 200ml servings

- 1 medium tomato, quartered**
- ½ medium cucumber**
- ½ lemon, peeled**
- 1 handful parsley, about 1 cup packed**
- 3 to 4 kale leaves**
- ½ medium beet, halved**
- 2 medium carrots**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Super Greens

Rich in chlorophyll and vitamins, this juice is a super healthy drink.

Makes about 360ml

- ½ cucumber**
- 150g assorted greens (kale, silverbeet, beet greens)**
- 1 cup packed spinach leaves**
- 1 cup green herbs (parsley, cilantro, mint)***
- 2 medium celery stalks**
- 2 medium carrots, about 240g**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

*Juiced greens definitely have a strong flavor – experimenting with different types and amounts of herbs, like coriander, gives the juice a nice herbal note.

Iron Boost

Makes 240ml

- 2 large handfuls fresh spinach**
- 2 stalks fresh kale**
- ½ bunch parsley**
- 1 beet with greens**
- 2 medium carrots**

1. Turn the Cuisinart® Compact Juice Extractor on and juice ingredients in order listed.
2. Stir juice and serve immediately.

Green Zing

Makes 360ml

- 1 medium cucumber**
- ½ bunch kale, about 3 to 4 leaves**
- 1 large handful parsley**
- 2 handfuls spinach**
- 5-7cm piece ginger**
- 3 celery stalks**
- ¼ lemon, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Veggie Detox

Cleanse your system
with this delicious veggie juice

Makes about 300ml

- ½ lemon, peeled**
- 1 handful parsley, about 1 cup packed**
- 1 cup spinach leaves**
- 2 Silverbeet leaves**
- 1 medium apple, quartered**
- 2 medium carrots**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
1. Stir juice and serve immediately.

Garden Patch

These garden vegetables make
a nice and light cooling beverage.

Makes about 450ml

- 1 medium tomato**
- ½ large cucumber**
- ½ lime, peeled**
- 1 handful parsley, about 1 cup packed**
- 2 coriander sprigs**
- 1 medium red pepper, seeded**
- ¼ jalapeño pepper, seeded**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

“Green” Apple Juice

The vitamin K present in this juice provides
over eight times your daily value, and assists
in bone formation and liver health.

Makes about 480ml

- 6 leaves of greens
(any combination of kale,
dandelion, beet, silverbeet,
collard)**
- 6 parsley sprigs**
- 1 medium orange, peeled and
quartered**
- 1 cup packed spinach leaves**
- 2 medium apples, quartered**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

REFRESHERS

Apple, Beet and Fennel Juice

A sweet juice, this combination is bright in colour and packed with nutrients, including 608mg of potassium.

Makes about 360ml

- ½ medium orange, peeled**
- 2 medium apples, quartered**
- 1 medium beet, quartered**
- ¼ fennel bulb**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Afternoon “Pick Me Up”

This light and zesty cooler is perfect for a late-day lift.

Makes about 420ml

- 2 cups grapes**
- ½ lemon, peeled**
- 1 cup packed mint leaves**
- 1 ginger, about a 2cm piece**
- 2 medium apples, quartered**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Watermelon–Pear Detox Juice

Recharge your body with this delicious juice.

Makes about 420ml

- 2 cups watermelon, cubed**
- 1 medium pear**
- 1 medium lime, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Refresher Tonic

Light and delicious,
a perfect juice for any time of day.

Makes about 270ml

- 1 large handful parsley**
- 1 cup packed spinach leaves**
- ¼ lemon, peeled**
- 3 medium celery stalks**
- 2 small to medium apples, quartered**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

COOLERS AND SPRITZERS

Pineapple Mint Spritzer

Refreshing on a hot summer day.

Makes about 4 servings

3 cups pineapple, peeled and cubed
¼ cup packed fresh mint leaves
480ml unflavoured seltzer

1. Turn the Cuisinart® Compact Juice Extractor on and juice the pineapple and mint.
2. Stir juice and pour equally among 4 glasses with ice. Top each glass with seltzer and serve immediately.

Cucumber Mint Cooler

Use garden-fresh cucumbers for this warm weather cooler.

Makes about 360ml

1 kiwi, peeled
1 cup grapes
½ lime, peeled
½ medium cucumber
1 cup packed mint leaves
1 2cm piece piece of ginger

1. Turn the Cuisinart® Compact Juice Extractor on and juice ingredients in the order listed.
2. Stir juice and serve immediately.

Apple Ginger Fizz

This beverage is super gingery. Cut back on the amount of ginger if a less sharp drink is preferred.

Makes 2 servings

1 2cm piece of ginger
1 medium apple
240ml seltzer or sparkling water

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ginger and apple.
2. Stir juice and divide evenly between 2 glasses with ice. Top each glass with seltzer and serve immediately.

SMOOTHIES

Papaya Pineapple "Smoothie"

These tropical fruits, loaded with good-for-you enzymes, yield a thick enough juice to be classified as a smoothie.

Makes about 360ml

- 2 cups papaya, peeled**
- 1 cup mango, peeled and pit removed**
- ½ lemon, peeled**
- 2 cups pineapple, skin and core discarded**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the papaya and mango.
2. Stir juice and serve immediately.

Tropical Power Juice

Makes two 180ml servings

- 1 medium orange, peeled**
- 1 mango, peeled and pit removed**
- 1 peach, pit removed**
- 6 strawberries, hulls removed**
- 1 tablespoon protein powder**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the fruit in the order listed.
2. Pour juice into a blender or sealable container.
3. Add protein powder and blend or shake up. Serve immediately.

Sunshine Smoothie

Makes 960ml

- 1 lemon, peeled**
- ½ ginger, about 2cm piece**
- 450g carrots**
- 1 medium orange, peeled and quartered**
- 2 medium peaches, peeled, pitted and cut into large cubes**

- 1 cup fresh pineapple, cubed**
- 1 cup frozen mango cubes**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the lemon, ginger and carrots.
2. Pour juice into the jar of a Cuisinart® Blender and add the remaining ingredients and blend on high speed until smooth, about 45 seconds.
3. Serve immediately.

Superfood Smoothie

This smoothie utilizes the fibre-rich pulp of vegetables to maximize the health benefits of both juice and pulp. You will be amazed how great it tastes!

Makes about 960ml

- 2 medium apples**
- ½ cup water**
- 1 large ripe banana, quartered**
- 1 medium peach, pitted and cut into 2cm cubes**
- 2 cups assorted berries (any desired combination: strawberry, blueberry, raspberry)**
- 2 cups green vegetable pulp reserved from another recipe**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the apples.
2. Pour the apple juice and water into the blender jar of a Cuisinart® Blender. Add the banana, peach, berries and pulp.
3. Blend on high until smooth, about 1 minute.
4. Serve immediately.

Note: This smoothie will be room temperature. If desired, blend in some ice cubes once smooth.

VITAMINS WITH SPIRITS

White Sangria

Take sangria to the next level by using fresh juice in the mix.

Makes about 9 servings

- 2** **peaches, pitted, one kept as is and the other cut into 1cm pieces, divided**
- 1** **cup pineapple, cubed and divided**
- 1** **medium orange, peeled, half kept as is and the other half cut into 1cm pieces, divided**
- 1** **medium apple, half cut to quarters and the other half cut into 5cm slices, divided**
- 1** **bottle white wine**
- ¼** **cup cognac**
- ⅓** **cup Grand Marnier®**
- ¼ to ⅓** **cup simple syrup***

1. Turn the Cuisinart® Compact Juice Extractor on and juice 1 peach, ½ cup of pineapple, ½ of the orange and ½ of the apple..
2. Add reserved cut/sliced fruit to a pitcher. Stir juice and add to pitcher. Add wine and liquors and add simple syrup to taste. Pour over ice and serve immediately.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Grand Mimosa

The Grand Marnier is optional, but it is a way to make the drink special.

Makes about 10 servings

- 2** **medium oranges, peeled and quartered**
- 60ml** **Grand Marnier®**
- 4** **glasses sparkling white wine (Prosecco or Champagne)**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the oranges.
2. Stir juice and add Grand Marnier®. Pour equally into each glass of sparkling wine and serve immediately.

Citrus Margarita

Makes about 4 servings

- 6** **limes, peeled**
- 1** **medium orange, peeled**
- 1** **cup tequila**
- ½ to ⅔** **cup Grand Marnier® (adjust to taste)**
- ¼** **cup simple syrup***

1. Turn the Cuisinart® Compact Juice Extractor on and juice limes and orange.
2. Stir juice and add to a pitcher. Add the remaining ingredients and adjust to taste. Pour over ice and serve immediately.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Campari and Grapefruit Spritzer

The grapefruit offsets the Campari very nicely in this twist on a classic apéritif.

Makes four 200ml drinks

- 2** **large pink grapefruits**
- 90ml** **Campari**
- 360ml** **seltzer**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the grapefruits.
2. Put the Campari into a pitcher filled with ice. Pour in the grapefruit juice and stir.
3. Pour evenly among four glasses. Top each glass with 90ml of seltzer and serve.

DRESSING AND SAUCE

Carrot Ginger Dressing

Delicious over a bed of mixed greens.

Makes about 4 servings

250g	carrots, about 4 medium carrots
60g	fresh ginger,
	about two 5cm pieces
½	medium orange, about 90g,
	peeled
¼	lemon, peeled
1	large garlic clove
2	tablespoons rice vinegar
1	tablespoon reduced-sodium soy
	sauce
4	teaspoons sesame oil
1	tablespoon honey
¼	cup water
	pinch sea salt

1. Turn the Cuisinart® Compact Juice Extractor on and juice the carrots, ginger, orange and lemon. Reserve juice and pulp.
2. In the bowl of a Cuisinart® Food Processor fitted with the chopping blade, process the garlic until finely chopped. Add all of the extracted juice, 3 tablespoons of the mixed pulp, and the remaining ingredients. Process until completely combined. Adjust seasonings to taste.

Carrot Fennel Sauce with Orange

This is a great sauce to serve with fish and seafood, most notably prawns.

Makes about ⅔ cup

1	teaspoon olive oil
1	small shallot, (1 tablespoon)
	chopped
¼	lemon, peeled
½	orange, peeled
½	medium fennel bulb
450g	carrots
2	tablespoons unsalted butter,
	cut into small cubes
2	tablespoons sliced basil

1. Put the olive oil in a saucepan and place over medium heat. Add the chopped shallot and sweat until soft, about 2 minutes.
2. While the shallot is sweating, turn the Cuisinart® Compact Juice Extractor on and juice the lemon, orange, fennel and carrots.
3. Add juice to the saucepan and bring to a simmer. Allow sauce to simmer for about 30 minutes, until reduced to about ⅔ cup.
4. Once reduced, whisk in both the butter and basil immediately before serving.

BAKED GOODS

Apple Cake

A not-too-sweet treat for your next brunch table.

Makes 12 servings

Cake:

- ¼ cup plus 2 tablespoons fresh apple juice**
- 1 cup apple pulp (from about 4 medium apples)**
- ¾ cup unbleached, all-purpose flour**
- ½ teaspoon baking soda**
- ¼ teaspoon sea salt**
- ¼ teaspoon ground cinnamon**
- pinch ground nutmeg**
- pinch ground cloves**
- pinch ground cardamom**
- ¼ cup (½ stick) unsalted butter, cubed and at room temperature**
- ⅓ cup packed light brown sugar**
- 1 large egg**

Crumb Topping:

- ½ cup unbleached, all-purpose flour**
- ¼ cup packed light brown sugar**
- ½ teaspoon ground cinnamon**
- ⅛ teaspoon sea salt**
- ¼ cup toasted and chopped walnuts or pecans**
- ¼ teaspoon pure vanilla extract**
- ¼ cup (½ stick) unsalted butter, cold and cubed**

1. Preheat oven to 175°C. Butter and lightly flour a 20cm baking pan.
2. Turn the Cuisinart® Compact Juice Extractor on and juice the apples.
3. Stir juice and measure out ¼ cup; reserve (save the remaining juice for another use).
4. Measure out 1 cup of the apple pulp, being sure to discard any seeds or stems; reserve.
5. In a small mixing bowl, combine the flour, baking soda, salt and spices. Reserve.
6. Using a Cuisinart® Stand or Hand Mixer fitted

with the mixing paddle/beaters, mix the butter and sugar until light and creamy. Add the egg and mix until combined. Add the pulp and mix until just combined. Add half of the juice and mix on low. Add half of the dry ingredients and mix until streaky. Repeat, finishing with the dry ingredients.

7. Pour batter evenly into the prepared pan.
8. Combine all of the Crumb Topping ingredients into a small bowl and mix with your fingers until the mixture resembles a coarse meal. Spread evenly over cake batter.
9. Bake for 25 to 30 minutes, or until a cake tester comes out clean.

Carrot Cupcakes

Extra-moist carrot cupcakes, topped with Cream Cheese Frosting, make a delicious treat.

Makes 12 cupcakes

Cake:

- 250g carrots, about 4 medium carrots**
- ¾ cup plus 2 tablespoons unbleached, all-purpose flour**
- ½ tablespoon unsweetened cocoa powder**
- 1 teaspoon ground cinnamon**
- 1 teaspoon baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon sea salt**
- ½ cup white sugar**
- ½ cup packed dark brown sugar**
- 2 large eggs**
- ½ cup plus 2 tablespoons vegetable oil**
- 1 teaspoon pure vanilla extract**
- ¾ cup chopped walnuts**

Cream Cheese Frosting:

- 180g cream cheese, room temperature and cut into 6 pieces**
- 6 tablespoons unsalted butter, room temperature and cut into 6 pieces**

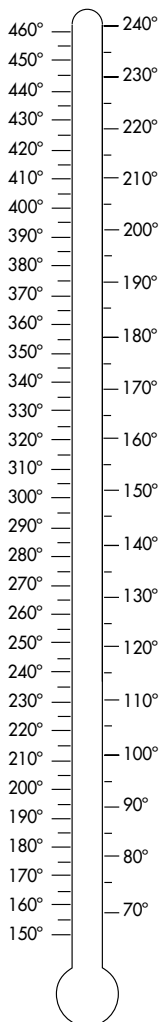
- ½ cup icing sugar.**
- ½ sifted pinch sea salt**
- ½ teaspoon pure vanilla extract**
- 1 teaspoon sour cream**

1. Preheat oven to 175°C. Butter and lightly flour a 12-cup muffin pan; reserve.
2. Turn the Cuisinart® Compact Juice Extractor on and juice the carrots. Measure out 2 tablespoons of the carrot juice and reserve the remainder for another use. Reserve pulp.
3. Sift the flour, cocoa, cinnamon, baking powder, baking soda and salt together in a small bowl.
4. In a separate bowl, whisk together the sugars, eggs, oil, vanilla and carrot juice until smooth. Stir in the carrot pulp, walnuts and dry ingredients until just combined.
5. Pour batter into the prepared muffin tin. Bake in the preheated oven for about 20 to 25 minutes, or until the tops of the cupcakes bounce back, and a cake tester inserted in the Centre of the cupcakes comes out clean. Cool in the pan.
6. While cupcakes are cooling, prepare the Cream Cheese Frosting.
7. Put the cream cheese, butter and sugar into a medium mixing bowl. Using a Cuisinart® Hand Mixer fitted with the mixing beaters, mix on medium-low until completely smooth. Add the remaining ingredients and mix until just combined.
8. Once the cupcakes are completely cooled, top with the Cream Cheese Frosting.

WEIGHTS, MEASURES & CONVERSIONS

Temperature °F / °C

Fahrenheit Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	metric
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.