



Olive Oil Dessert Substitution Chart

Butter, Margarine or Shortening	Pure Olive Oil
1 teaspoon	$\frac{3}{4}$ teaspoon
1 tablespoon	2 teaspoons
2 tablespoons	$1\frac{1}{3}$ tablespoons
$\frac{1}{4}$ cup	3 tablespoons
$\frac{1}{3}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup + 1 tablespoon
$\frac{2}{3}$ cup	$\frac{1}{3} \sim \frac{1}{2}$ cup
$\frac{3}{4}$ cup	$\frac{1}{2}$ cup + 1 tablespoon
1 cup	$\frac{2}{3} \sim \frac{3}{4}$ cup

This chart shows approximate substitutions. When translating your favorite dessert recipes into a healthier version, you may need to use a little more or a little less heart healthy olive oil. Enjoy experimenting!