

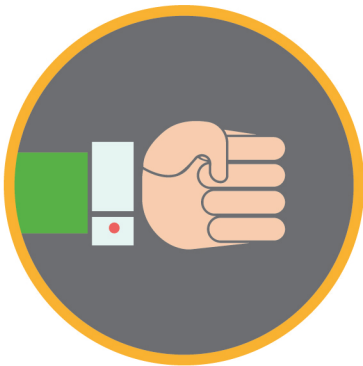
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# NO CUPS, NO PROBLEM

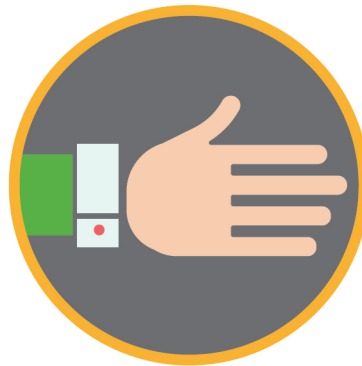
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## APPROXIMATE SERVING SIZES WITH YOUR HANDS!

Hand sizes vary, but this is an approximate guide when you don't have your measuring cups nearby



**FIST = 1 CUP**



**PALM (NOT THE FINGERS)  
3 OZ**



**THUMB  
1 OZ (1 TBSP)**