

WHEAT BERRY CONVERSION CHART

Unground

Ground

1/3 cup

1/2 cup

2/3 cup

1 cup

1 cup

1 1/2 cups

1 1/3 cups

2 cups

1 2/3 cups

2 1/2 cups

2 cups

3 cups

2 1/3 cups

3 1/2 cups

2 2/3 cups

4 cups

3 cups

4 1/2 cups

3 1/3 cups

5 cups



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