

# Cookie Book

Made with  
REAL HONEY



## Recetas de galletas

Hechas con  
MIEL de ABEJA PURA

compiled  
by

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Alvarado

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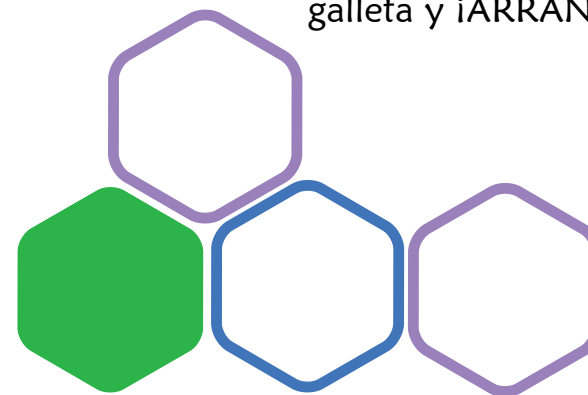


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Honey is sticky, runny and sweet, and it makes you feel great. It gives you the energy to jump up-and-down all day long. Eating healthy should be fun, so eat a cookie and RUN!

La miel es pegajosa, líquida y dulce, y te hace sentir bien. Te da la energía para saltar todo el día. Comer saludable debe ser divertido, así que cómete una galleta y ¡ARRANCA!



**A Honey Bee ~ Una abeja**  
*Apis mellifera*



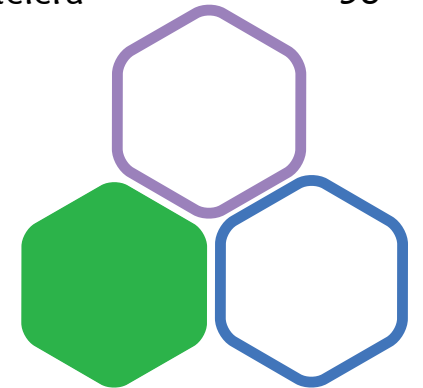
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# Kitchen Rules

**Before cooking:**

Wash your hands.

Put on an apron.

Get everything you need together.

Make sure an adult is nearby.

Use mittens to take pans out of the oven.

**After cooking:**

Wash the dishes.

Sweep the kitchen.

Clean the counter.

Share your cookies!



# Reglas de la cocina

**Antes de cocinar:**

Lávate las manos.

Pónte un delantal.

Consigue todo lo que necesitas juntos.

Asegúrate de que hay un adulto cerca.

Usa guantes para remover moldes del horno.

**Después de cocinar:**

Lava los platos.

Limpia el mostrador.

Barre la cocina.

¡Comparte tus galletas!



## MEASUREMENTS English ~ Metric



### OVEN TEMPERATURE

°F	°C	GAS MARK
275	140	1
300	150	2
325	165	3
350	180	4
375	190	5
400	200	6
425	220	7
450	230	8

### BUTTER

1/8 cup	30 g	1/2 cup	115 g	1 stick
1/4 cup	55 g	1/2 stick	115 g	1 stick
1/3 cup	75 g	2 cups	450 g	16 oz
1/2 cup	115 g	4 cups	900 g	32 oz
2/3 cup	150 g	6 cups	1.3 kg	48 oz
3/4 cup	170 g			
1 cup	225 g	2 sticks		

### WEIGHT

1/2 cup	115 g	4 oz	1/4 lb
1 cup	230 g	8 oz	1/2 lb
1 1/2 cups	340 g	12 oz	3/4 lb
2 cups	450 g	16 oz	1 lb
4 cups	900 g	32 oz	2 lbs
6 cups	1.3 kg	48 oz	3 lbs

### DRY

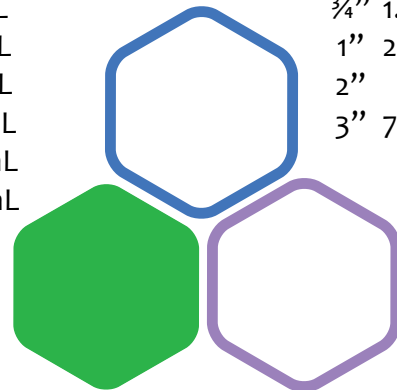
1 teaspoon	5 g
1 tablespoon	15 g
1 oz	28 g
1 cup flour	150 g
1 cup caster sugar	225 g
1 cup icing sugar	115 g
1 cup brown sugar	180 g

### LIQUID

1 teaspoon	6 mL
1 tablespoon	15 mL
1/8 cup	30 mL
1/4 cup	60 mL
1/2 cup	120 mL
3/4 cup	180 mL
1 cup	240 mL

### LINEAR

1/2"	1.3 cm
3/4"	1.9 cm
1"	2.5 cm
2"	5 cm
3"	7.5 cm



## MEDIDAS Inglesas ~ Métricas



### TEMPERATURA del HORNO

°F	°C	GAS MARK
275	140	1
300	150	2
325	165	3
350	180	4
375	190	5
400	200	6
425	220	7
450	230	8

### MANTEQUILLA

1/8 taza	30 g	115 g	4 oz	1/4 lb	1/2 taza
1/4 taza	55 g	1/2 barra	230 g	8 oz	1/2 lb
1/3 taza	75 g	340 g	12 oz	3/4 lb	1 1/2 tazas
1/2 taza	115 g	1 barra	450 g	16 oz	1 lb
2/3 taza	150 g	900 g	32 oz	2 lbs	4 tazas
3/4 taza	170 g	1.3 kg	48 oz	3 lbs	6 tazas
1 taza	225 g	2 barras			

### PESO

### SECO

1 cucharadita	5 g
1 cucharada	15 g
1 oz	28 g
1 taza harina	150 g
1 taza azúcar glas	225 g
1 taza azúcar en polvo	115 g
1 taza azúcar moreno	180 g

### LÍQUIDO

1 cucharadita	6 mL
1 cucharada	15 mL
1/8 taza	30 mL
1/4 taza	60 mL
1/2 taza	120 mL
3/4 taza	180 mL
1 taza	240 mL

### LINEAL

1/2"	1.3 cm
3/4"	1.9 cm
1"	2.5 cm
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