## Cost Per Recipe (CPR) Calculator

This free worksheet was produced by the Cheapskates Club www.cheapskates.com.au

Enter the cost of each ingredient in the appropriate column. Use the prices to calculate your cost to bake your cupcakes, muffins, bread, scones etc.

| Dry Ingredients | Price per kilo | Weight per cup | Price per cup | Price per $1 / 2$ cup | Price per 1/3 cup | Price per $1 / 4$ cup | Weight per Tbsp | Cost per Tbsp | Cost per tsp |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| White Flour |  | 180g |  |  |  |  | 9g |  |  |
| Wholemeal Flour |  | 160g |  |  |  |  | 8g |  |  |
| Gluten Flour |  | 165g |  |  |  |  | 9g |  |  |
| Cornflour |  | 130g |  |  |  |  | 7g |  |  |
| White <br> Sugar |  | 220g |  |  |  |  | 11g |  |  |
| Brown Sugar |  | 180g |  |  |  |  | 12g |  |  |
| Castor Sugar |  | 225g |  |  |  |  | 12g |  |  |
| Icing Sugar |  | 120 g |  |  |  |  | 6 g |  |  |
| Sultanas |  | 145g |  |  |  |  |  |  |  |
| Mixed Fruit |  | 150 g |  |  |  |  |  |  |  |
| Choc Chips |  | 165g |  |  |  |  |  |  |  |
| Rolled Oats |  | 95g |  |  |  |  |  |  |  |
| Cheese |  | 125 |  |  |  |  |  |  |  |
| Rice |  | 210g |  |  |  |  | 12 g |  |  |
| Yeast |  |  |  |  |  |  | 9g |  |  |
| Liquid Ingredients | Cost per Litre | Cost per cup | Cost per $3 / 4$ cup | Cost per $1 / 2$ cup | Cost per 1/3 cup | Cost per $1 / 4$ cup | Cost per tbsp | Cost per tsp | 1 tsp |
| Milk |  |  |  |  |  |  |  |  |  |
| Cream |  |  |  |  |  |  |  |  |  |
| Sour Cream |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  |  |  |  |

