



## Hex Shake Conversion Chart

### Flaky or Leafy Spices

*Examples: Crushed Red Pepper, Parsley Flakes, Oregano Flakes, Basil*

*Note: These are light and airy, so they take more shakes to build up volume.*

Approx. Measurement	Number of Shakes
1/4 tsp	2-3 light shakes
1/2 tsp	4-5 shakes
1 tsp	7-8 shakes
1 tbsp	12-15 shakes

### Coarse Spices

*Examples: Coarse Salt, Cracked Pepper, Garlic Granules*

*Note: These spices are heavier and fall faster - fewer shakes needed.*

Approx. Measurement	Number of Shakes
1/4 tsp	1-2 hearty shakes
1/2 tsp	3-4 hearty shakes
1 tsp	5-6 hearty shakes
1 tbsp	8-10 hearty shakes

### Fine Spices or Powders

*Examples: Table Salt, Garlic Powder, Onion Powder, Chili Powder*

*Note: Fine powders flow fast - less shaking is more.*

Approx. Measurement	Number of Shakes
1/4 tsp	1 shake
1/2 tsp	2 shakes
1 tsp	3-4 shakes
1 tbsp	6-7 shakes

*These are estimates. Spice jars vary, hands shake differently, and flavors are personal. Taste as you go and trust your instincts - that's the Hex way.*