

# MISSING AN INGREDIENT? *try this* *for that!*

INGREDIENT	AMOUNT	SUBSTITUTE
BAKING POWDER	1 t	¼ t baking soda and ½ t cream of tartar
BAKING SODA	1 t	4 t baking powder
BREAD CRUMBS	1 c	1 c crushed crackers
		2 oz dried bread (~2 c cubed) to make your own
BUTTER (for baking)	1 c	½ c Greek yogurt
		½ c sour cream
		½ c nut butter and ½ c coconut or vegetable oil
		¾ c olive oil
		1 c avocado, pureed
		1 c applesauce or ½ c applesauce and ½ c coconut or vegetable oil
		1 c pumpkin, pureed
BUTTERMILK	1 c	1 c whole milk, 2% milk or heavy cream and 1 T lemon juice or distilled white vinegar
CORNSTARCH	1 T	3 T flour
		2 T arrowroot or tapioca flour or rice flour
EGGS	1 egg	¼ c unsweetened applesauce
		¼ c mashed banana
		1 T ground flaxseeds and 3 T water
		3 T aquafaba (chickpea water)
FLOUR, ALL-PURPOSE (for thickening)	1 T	1½ t cornstarch, arrowroot starch, potato starch, or rice starch
		1 T granular tapioca or 1 T quick-cooking tapioca
FLOUR, ALL-PURPOSE*	1 c	1 c and 2 T cake flour
		1 c rolled oats, crushed or processed until fine
		1 c rye or rice flour
<p><i>*Note: Substitutes for white flours added to most baked goods will result in a reduced volume and a heavier product. Substitute no more than ¼ of white flour in a cake. In other recipes, substitute whole wheat flour for ¼ to ½ of white flour.</i></p>		
FLOUR, SELF-RISING	1 c	1 c minus 2 t all-purpose flour, 1 ½ t baking powder, and ½ t salt

INGREDIENT	AMOUNT	SUBSTITUTE
HEAVY CREAM	1 c	1 c evaporated milk
		½ c whole milk and ½ plain Greek yogurt
		¾ c milk and ⅓ c melted butter
KETCHUP	1 c	1 c tomato sauce, ¼ c brown sugar, and 2 T vinegar
MAYONNAISE (for salad dressing)	1 c	1 c sour cream
		1 c plain yogurt
		1 c cottage cheese, pureed in a blender
MILK, SKIM*	1 c	4-5 T non-fat dry milk powder and enough water to make 1 c, or follow the package directions
		½ c evaporated milk and ½ c water
MILK, WHOLE*	1 c	1 c reconstituted non-fat dry milk (add 2 T butter or margarine, if desired)
		½ cup evaporated milk and ½ cup water
		4 T whole dry milk and 1 c water, or follow the package directions
<i>*Note: Non-dairy milks can also stand in for cows' milk, such as soy, almond or coconut milk</i>		
TOMATO SAUCE	1 c	½ c tomato paste and ½ c water
SOUR CREAM, CULTURED	1 c	1 c plain yogurt
		¾ c milk, ¾ t lemon juice, and ⅓ c butter or margarine
SUGAR, BROWN	1 c (packed)	1 c granulated sugar and 1-2 T molasses for light (or up to ¼ c for dark)
SUGAR, GRANULATED	1 c	1 c powdered sugar
		1 c brown sugar, firmly packed
		¾ c honey (decrease liquid called for in the recipe by ¼ c; for each cup of honey in baked goods, add ½ t soda)
VEGETABLE OIL (for baking)	1 c	1 c applesauce
		1 c fruit puree
VINEGAR, APPLE CIDER	1 T	1 T lemon juice and 1 T lime juice
		2 T white wine
VINEGAR, WHITE	1 T	1 T of any of the following: lemon juice, lime juice, cider vinegar or malt vinegar
WHIPPED CREAM	1 c	1 c heavy cream, 1 T sugar, 1 t vanilla, whipped together
YOGURT, PLAIN	1 c	1 c buttermilk
		1 c cottage cheese, blended until smooth
		1 c sour cream