

Baking **SUBSTITUTIONS**

BAKING SODA: USE 2 TEASPOONS OF BAKING POWDER

BAKING POWDER: 1 TEASPOON OF BAKING POWDER CAN BE CREATED WITH $\frac{1}{4}$ TEASPOON OF BAKING SODA, $\frac{1}{2}$ TEASPOON OF CREAM OF TARTAR, AND $\frac{1}{4}$ TEASPOON OF CORNSTARCH

EGGS

- $\frac{1}{4}$ CUP APPLESAUCE
- 1 TABLESPOON OF GROUND FLAXSEED AND 3 TABLESPOONS OF WATER
- COMMERCIAL EGG REPLACER
- 1 TSP BAKING SODA MIXED WITH 1 TABLESPOON OF VINEGAR CAN REPLACE ONE EGG IN MOST RECIPES
- $\frac{1}{4}$ CUP PLAIN YOGURT OR $\frac{1}{4}$ CUP BUTTERMILK
- 3 TABLESPOONS OF MAYO
- $\frac{1}{2}$ BANANA MASHED WITH $\frac{1}{2}$ TEASPOON OF BAKING POWDER

BUTTER:

- 1 CUP OF SALTED BUTTER = 1 CUP OF MARGARINE
- 1 CUP OF SALTED BUTTER = 1 CUP OF VEGETABLE SHORTENING AND $\frac{1}{2}$ TEASPOON OF SALT
- 1 CUP OF SALTED BUTTER = $\frac{7}{8}$ CUP OF LARD AND $\frac{1}{2}$ TEASPOON OF SALT

BUTTERMILK:

- 1 CUP OF BUTTERMILK CAN BE MADE WITH 1 TABLESPOON OF LEMON JUICE OR 1 TABLESPOON OF VINEGAR WITH ENOUGH MILK ADDED TO THAT TO MAKE IT A FULL CUP (THEN LET IT STAND FOR 5 MINUTES).
- OR SUBSTITUTE 1 CUP OF BUTTERMILK FOR 1 CUP OF PLAIN YOGURT

BREAD FLOUR: 1 CUP OF BREAD FLOUR = 1 CUP OF ALL PURPOSE FLOUR AND 1 TEASPOON OF WHEAT GLUTEN

BROWN SUGAR:

- 1 CUP OF BROWN SUGAR = 1 CUP OF WHITE SUGAR AND $\frac{1}{4}$ CUP MOLASSES (WHILE ALSO DECREASING THE LIQUID IN THE RECIPE BY $\frac{1}{4}$)
- 1 CUP OF BROWN SUGAR = USE 1 CUP OF WHITE SUGAR
- 1 CUP OF BROWN SUGAR = 1 $\frac{1}{4}$ CUP POWDERED SUGAR

CAKE FLOUR: 1 CUP OF CAKE FLOUR CAN BE SUBSTITUTED WITH $\frac{3}{4}$ CUP FLOUR AND 2 TABLESPOONS OF CORNSTARCH

CORN SYRUP:

- 1 CUP CORN SYRUP = 1 $\frac{1}{4}$ SUGAR AND $\frac{1}{3}$ CUP OF WATER
- 1 CUP CORN SYRUP = 1 CUP OF HONEY
- 1 CUP CORN SYRUP = 1 CUP LIGHT TREACLE SYRUP

CREAM CHEESE: 1 CUP OF CREAM CHEESE = 1 CUP OF PUREED COTTAGE CHEESE

CREAM OF TARTAR: $\frac{1}{2}$ TEASPOON OF CREAM OF TARTAR = 1 TEASPOON LEMON JUICE OR WHITE VINEGAR.

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HALF AND HALF: 1 CUP OF HALF AND HALF = $\frac{1}{2}$ CUP WHOLE MILK AND $\frac{1}{2}$ CUP HEAVY CREAM

HEAVY WHIPPING CREAM: 1 CUP OF HEAVY WHIPPING CREAM = $\frac{2}{3}$ CUP WHOLE MILK AND $\frac{1}{3}$ CUP MELTED BUTTER

HONEY:

1 CUP HONEY = 1 $\frac{1}{4}$ CUP WHITE SUGAR AND $\frac{1}{3}$ CUP WATER

1 CUP HONEY = 1 CUP OF CORN SYRUP

1 CUP HONEY = 1 CUP AGAVE SYRUP

MILK:

1 CUP OF WHOLE MILK = $\frac{1}{2}$ CUP OF EVAPORATED MILK AND $\frac{1}{2}$ CUP OF WATER

1 CUP OF WHOLE MILK = 1 CUP OF SKIM MILK AND 2 TABLESPOONS OF MELTED BUTTER

POWDERED SUGAR: 1 CUP OF POWDERED SUGAR = 1 CUP OF WHITE SUGAR AND 1 TABLESPOON OF CORNSTARCH

PUMPKIN PIE SPICE: 1 TEASPOON OF PUMPKIN PIE SPICE IS $\frac{1}{2}$ TEASPOON GROUND CINNAMON, $\frac{1}{4}$ TEASPOON GROUND GINGER, $\frac{1}{8}$ TEASPOON GROUND ALLSPICE, $\frac{1}{8}$ TEASPOON GROUND NUTMEG

SELF RISING FLOUR: 1 CUP OF SELF RISING FLOUR = 1 CUP OF ALL-PURPOSE FLOUR, 1 $\frac{1}{2}$ TEASPOONS OF BAKING POWDER AND $\frac{1}{4}$ TEASPOON OF SALT

SOUR CREAM: 1 CUP OF SOUR CREAM = 1 CUP OF PLAIN YOGURT

SWEETENED CONDENSED MILK: $\frac{3}{4}$ CUP OF WHITE SUGAR MIXED WITH $\frac{1}{2}$ CUP WATER AND 1 $\frac{1}{8}$ CUP OF POWDERED MILK. BRING IT TO A BOIL AND STIR UNTIL IT THICKENS, ABOUT 20 MINUTES.

VEGETABLE SHORTENING

- 1 CUP VEGETABLE SHORTENING = 1 CUP OF BUTTER
- 1 CUP VEGETABLE SHORTENING = 1 CUP OF MARGARINE

YEAST

- $\frac{1}{4}$ OUNCE OF DRY ACTIVE YEAST = 2 $\frac{1}{4}$ TEASPOONS OF ACTIVE DRY YEAST
- $\frac{1}{4}$ OUNCE OF DRY ACTIVE YEAST = 2 $\frac{1}{4}$ TEASPOON RAPID-RISE YEAST
- $\frac{1}{4}$ OUNCE OF DRY ACTIVE YEAST = $\frac{1}{3}$ OF 2 OUNCE CAKE YEAST

VEGETABLE OIL

- 1 CUP OF VEGETABLE OIL = 1 CUP GRAPESEED OIL, CANOLA OIL OR SUNFLOWER OIL (FOR BAKING)
- 1 CUP OF VEGETABLE OIL = 1 CUP APPLESAUCE, MELTED COCONUT OIL, OR BUTTER

WHITE SUGAR:

- 1 CUP OF WHITE SUGAR = $\frac{3}{4}$ CUP HONEY
- 1 CUP OF WHITE SUGAR = $\frac{3}{4}$ CUP SYRUP
- 1 CUP OF WHITE SUGAR = 1 CUP COCONUT SUGAR