

# Baking **SUBSTITUTIONS**

**BAKING SODA:** USE 2 TEASPOONS OF BAKING POWDER

**BAKING POWDER:** 1 TEASPOON OF BAKING POWDER CAN BE CREATED WITH ¼ TEASPOON OF BAKING SODA, ½ TEASPOON OF CREAM OF TARTAR, AND ¼ TEASPOON OF CORNSTARCH

## **EGGS**

- ¼ 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
- ¼ CUP PLAIN YOGURT OR ¼ CUP BUTTERMILK
- 3 TABLESPOONS OF MAYO
- ½ BANANA MASHED WITH ½ 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 ½ TEASPOON OF SALT
- 1 CUP OF SALTED BUTTER = ⅞ CUP OF LARD AND ½ 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 ¼ CUP MOLASSES (WHILE ALSO DECREASING THE LIQUID IN THE RECIPE BY ¼)
- 1 CUP OF BROWN SUGAR = USE 1 CUP OF WHITE SUGAR
- 1 CUP OF BROWN SUGAR = 1 ¼ CUP POWDERED SUGAR

**CAKE FLOUR:** 1 CUP OF CAKE FLOUR CAN BE SUBSTITUTED WITH ¾ CUP FLOUR AND 2 TABLESPOONS OF CORNSTARCH

## **CORN SYRUP:**

- 1 CUP CORN SYRUP = 1 ¼ SUGAR AND ⅓ 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:** 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