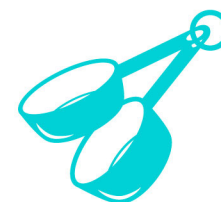




Ingredient Substitutions



Ingredient	Amount	Substitution
Active dry yeast	.25 ounces	2 1/2 teaspoons rapid rise yeast
Baking powder	1 teaspoon	1/4 teaspoon baking soda + 1/2 teaspoon cream of tartar; or 1/4 teaspoon baking soda + 1/2 cup buttermilk + reduce recipe's liquid by 1/2 cup
Baking soda	1 teaspoon	Not recommended, but you can try 4 teaspoons baking powder if it's a baking emergency. Also substitute the recipe's acidic liquids (like vinegar or sour cream) with equal amounts of whole milk.
Brown sugar	1 cup (packed)	1 cup white sugar (your recipe's final flavor and color will be a bit different, but the sweetness should be equal); or 1 1/4 confectioners' sugar; or 1 cup white sugar + 1/4 cup molasses + reduce recipe's liquid by 1/4 cup
Broth (beef/chicken)	1 cup	1 cup vegetable broth; or 1 Tablespoon soy sauce + 3/4 cup water + 3 Tablespoons water; or 1 bouillon cube + 1 cup boiling water
Butter (salted)	1 cup	1 cup margarine; or 7/8 cup vegetable oil + 1/2 teaspoon salt; or 1 cup shortening + 1/2 teaspoon salt
Butter (unsalted)	1 cup	7/8 cup vegetable oil; or 1 cup shortening
Buttermilk	1 cup	1 cup yogurt; or 1 Tablespoon vinegar/lemon juice + 3/4 cup milk + 3 Tablespoons milk
Bread flour	1 cup	1 cup all-purpose flour + 1 teaspoon wheat gluten
Cake flour	1 cup	3/4 cup + 2 Tbsp all-purpose flour + 2 Tbsp cornstarch
Cream of tartar	1 teaspoon	2 teaspoons lemon juice/vinegar
Egg	1 egg	3 Tablespoons mayonnaise; or 1/2 mashed banana + 1/2 teaspoon baking powder; or 1 Tablespoon flaxseed meal + 2.5 Tablespoons water (stir, then let set for 5 minutes. This is called a flax egg. It does not work perfectly in every recipe.); or 1/4 cup liquid egg substitute; or 2/12 Tablespoons powdered egg substitute + 2.5 Tablespoons water
Half and half	1 cup	7/8 cup milk + 1 Tablespoon butter
Heavy Cream	1 cup	3/4 cup milk + 1/3 cup butter; or 1 cup evaporated milk
Honey	1 cup	1 1/4 cup white sugar + 1/3 cup water
Ketchup	1 cup	1 cup tomato sauce + 1 Tablespoon sugar + 1 teaspoon vinegar

Ingredient	Amount	Substitution
Lemon juice	1 teaspoon	1 teaspoon lime juice; or 1/2 teaspoon vinegar; or 1 teaspoon white wine
Lemon zest	1 teaspoon	2 Tablespoons lemon juice; or 1/2 teaspoon lemon extract
Lime juice	1 teaspoon	1 teaspoon lemon juice; or 1 teaspoon vinegar; or 1 teaspoon white wine
Lime zest	1 teaspoon	1 teaspoon lemon zest
Mayonnaise	1 cup	1 cup plain yogurt; or 1 cup sour cream
Ricotta	1 cup	1 cup dry cottage cheese (strain through a sieve to drain the excess liquid)
Self-rising flour	1 cup	7/8 cup all-purpose flour + 1/2 teaspoon salt + 1 1/2 teaspoons baking powder
Shortening	1 cup	1 cup butter; or 1 cup margarine + reduce recipe's salt by 1/2 teaspoon
Sour cream	1 cup	1 cup plain yogurt; or 3/4 cup buttermilk + 1/3 cup butter; or 1 Tablespoon lemon juice/vinegar + 3/4 cup cream + 3 Tablespoons cream
Sour milk	1 cup	1 Tablespoon vinegar/lemon juice + 3/4 cup milk + 3 Tablespoons milk- let mixture sit for 5 minutes to thicken
Soy sauce	1/2 cup	1/2 cup coco aminos/liquid aminos + salt to taste; or 1/4 cup Worcestershire sauce + 1 Tablespoon water
Sweetened condensed milk	14 ounces	3/4 cup white sugar + 1/2 cup water + 1 1/8 cups dry powered milk- boil and stir frequently until thick (approx. 20 minutes)
Vegetable oil (baking)	1 cup	1 cup fruit puree (such as applesauce)
Vinegar	1 teaspoon	1 teaspoon lemon/lime juice; or 2 teaspoons white wine
White sugar	1 cup	1 cup brown sugar (your recipe's final flavor and color will be a bit different, but the sweetness should be equal); or 1 1/4 confectioners' sugar; or 3/4 cup honey
Wine	1 cup	1 cup broth (chicken, beef, or vegetable); or 1 cup water
Whole Milk	1 cup	1 cup almond/soy/rice milk; or 1 cup water/juice; or 1/4 cup dry powdered milk + 1 cup water; or 2/3 cup evaporated milk + 1/3 cup water