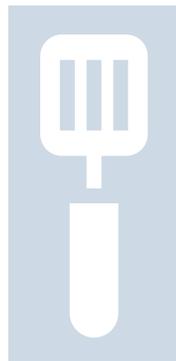


# Kitchen

## INGREDIENT SWAPS



### DRY INGREDIENTS

amount	ingredient	substitute with
1 tsp	baking powder	1/4 tsp baking soda + 1/2 tsp cream of tartar + 1/4 tsp cornstarch
1/2 tsp	baking soda	2 tsp baking powder
1 oz	chocolate	3 tbsp cocoa powder + 1 tbsp butter, vegetable oil or shortening
1/4 cup	cocoa powder	1 oz. square unsweetened chocolate
1 tbsp	cornstarch	2 tbsp all-purpose flour



### LIQUID & SOFT INGREDIENTS

amount	ingredient	substitute with
1 cup	broth (beef or chicken)	1 tsp of instant beef or chicken bouillon + 1 cup hot water
1 cup	butter (salted)	1 cup margarine OR 1 cup vegetable shortening + 1/2 tsp salt OR 7/8 cup lard + 1/2 teaspoon salt
1 cup	butter (unsalted)	1 cup vegetable shortening OR 1 cup lard
1 cup	buttermilk	1 tbsp lemon juice or white vinegar + milk to make 1 cup (5 min rest)
1 cup	corn syrup	1 1/4 cup white sugar + 1/3 cup water OR 1 cup honey
1 whole	egg	1/4 cup applesauce OR 1/2 mashed banana + 1/2 tsp baking powder OR 1/4 cup silken tofu pureed OR 3 tbsp mayonnaise
1 cup	half-and-half	1 tbsp melter butter or margarine + milk to make 1 cup OR 1/2 cup whole milk + 1/2 cup heavy cream
1 cup	mayonnaise	1 cup plain yogurt OR 1 cup sour cream
1 cup	milk (whole)	1/2 cup evaporated milk + 1/2 cup water OR 1 cup skim milk + 2 tbsp melted butter or margarine
1 cup	sour cream	1 cup plain yogurt
1 cup	vegetable oil	1 cup applesauce OR 1 cup fruit puree

# Kitchen

## INGREDIENT SWAPS



### SUGAR & FLOUR

amount	ingredient	substitute with
1 cup	brown sugar	1 cup white sugar + 1/4 cup molasses (reduce liquids in recipe by 1/4 cup) OR 1 cup white sugar OR 1 1/4 cups confectioner's sugar
1 cup	white sugar	1 cup brown sugar or 1 1/4 cups confectioner's sugar or 1 cup coconut sugar OR 3/4 cup honey or corn syrup or maple syrup (decrease liquids in recipe by 1/4)
1 cup	cake flour	3/4 cup sifted all-purpose flour + 2 tbsp cornstarch
1 cup	self-rising flour	1 cup flour + 1 tsp baking powder + 1/4 tsp baking soda

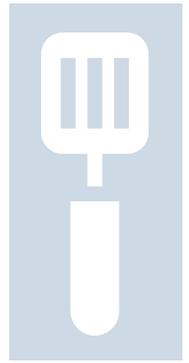


### HERBS & SPICES

amount	ingredient	substitute with
1 tsp	allspice	1/2 tsp cinnamon + 1/4 tsp ginger + 1/4 tsp cloves
1 tsp	apple pie spice	1/2 tsp cinnamon + 1/4 tsp nutmeg + 1/8 tsp cardamom
1 clove	garlic	1/2 tsp bottled minced garlic OR 1/8 tsp garlic powder
1 tbsp	ginger (raw)	1/8 tsp powdered
1 tbsp	herbs (fresh)	1/2-1 tsp dried herb, crushed
1 tbsp	horseradish (fresh)	2 tbsp horseradish bottled
1 tsp	lemon zest	1/2 tsp lemon extract or 2 tbs lemon juice
1 tsp	mustard (dry)	1 tbsp prepared mustard
1 tbsp	onion powder	1 tbsp dried minced onion OR 1 medium onion chopped
1 tsp	pumpkin pie spice	1/2 tsp cinnamon + 1/4 tsp ginger + 1/4 tsp allspice plus 1/8 tsp nutmeg
1 piece	vanilla beans	2 1/2 teaspoons vanilla extract
1 tbsp	soy sauce	1 tbsp tamari

# Cooking

## EGG SUBSTITUTIONS



### SWEET BAKED GOODS

ingredient	good for	1 egg swap	how to use
almond butter	binding, moisture, texture	1/2 cup almond butter	cookies, bread, brownies, pancakes
applesauce	binding, moisture	1/4 cup applesauce	cakes, cookies, brownies, muffins
aquafaba	texture, lift	3 tbsp aquafaba	whisk until frothy; replaces egg whites
banana (ripe)	binding, moisture	1/4 cup mashed banana	cake, cookies, pancake, muffins
coconut milk	texture, lift	2 1/2 tbsp canned coconut milk + 1 tsp baking powder	use whole canned coconut milk
flaxseed (ground)	binding, lift, moisture	1 tbsp flaxseed + 1/4 cup water	bread, dough, cookies, crackers
chia seed (ground)	binding, moisture	1 tbsp chia seed + 1/4 cup water	pudding, cupcakes, bread, brownies, cookies, pizza crust
prune (puree)	binding, moisture	1/4 cup prune puree	cakes, cookies, brownies, muffins



### SALTY FOODS

ingredient	good for	1 egg swap	how to use
breadcrumbs	binding	3 tbsp breadcrumbs	meatballs, burgers
firm tofu	scrambled eggs replacement	1 block of firm tofu cooked slowly	egg-free scrambled eggs, fritatta,
mashed potatoes	binding, moisture	1/4 cup mashed potatoes	meatloaf
tofu	binding, texture	1/4 cup silken tofu	quiches, custards (whisk until smooth)