

# BAKING SUBSTITUTIONS

Holiday baking can be hectic and it's easy to forget ingredients! Use this handy chart for substitutions if you get caught short.

If you are missing-	Substitute-
1 tsp baking powder	¼ tsp baking soda + ½ tsp cream of tartar
1 cup packed brown sugar	1 cup granulated sugar + ¼ cup molasses
1 egg	2 Tbsp. water + ½ tsp baking powder for cookies/cakes OR ½ banana or ¼ cup applesauce for batter breads or brownies
1 cup butter	7/8 cup vegetable oil + ½ tsp salt
1 tsp lemon juice	½ tsp vinegar
1 cup buttermilk	1 cup plain yogurt
1 cup half & half	7/8 cup whole milk + 2 Tbsp. melted unsalted butter
1 cup honey	¾ cup sugar + ¼ cup liquid
1 cup corn syrup	1 cup sugar + ¼ cup liquid
1 tsp cornstarch for thickening	2 tsp flour
1 cup cream	1/3 cup butter + 2/3 cup milk
1 oz unsweetened chocolate	4 Tbsp. Cocoa powder + 1 Tbsp. butter
1 cup sour cream	1 cup milk + 1 1/3 Tbsp. vinegar
1 cup sugar	¾ cup honey + ¼ cup flour
1 cup powdered sugar	1 cup sugar + 1/3 tsp. cornstarch, Blend small batches in blender until powdered.
1 cup whole milk	¾ cup evaporated milk + ¼ cup water

# BEFORE AND AFTER COOKING MEASUREMENTS

## CEREALS:

Cornmeal – 1 cup = 5/12 cups cooked  
Macaroni – 1 cup = 2 cups cooked  
Egg Noodles – 3 cups = 3 cups cooked  
Quick Oats – 1 cup = 1 ¾ cup cooked  
Rice, long grain – 1 cup = 3 cups cooked  
Spaghetti – 8 oz. = 4 cups cooked

## DRIED FRUIT:

Apples – 4 cups = 5 cups cooked  
Apricots – 3 cups = 4 cups cooked  
Peaches – 3 cups = 5 cups cooked  
Pears – 3 cups = 5 cups cooked

## DRIED BEANS:

Kidney, navy etc – 1 cup = 2 ¼ cups cooked

## FRESH FRUIT:

Apple – 3 medium = 2 ¾ cups diced/sliced  
Avocado – 1 lb. (8 to 12) = 2 ½ cups sliced  
Banana – 1 lb. (3 to 4) – 2 c sliced or 1 1/3 cup mashed  
Lemon – 1 medium = 3 Tbsp. juice

## FRESH VEGETABLES:

Carrots – 1 lb. (6 to 8 med) = 3 cups shredded  
Celery – 1 med bunch = 4 ½ cups chopped  
Green Onion – 1 bunch = ½ c sliced  
Green Pepper – 1 large = 1 cup diced  
Onion – 1 medium = ½ cup chopped  
Potato – 3 medium = 2 cups cubed

