



Baking Substitutions

Recipe Calls For:	Use Instead:
Buttermilk	For 1 cup of buttermilk: 1 cup yogurt OR 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Butter	Coconut oil, unsweetened applesauce, vegetable oil (do not sub with whipped butter or margarine)
Light brown sugar	For 1 cup of light brown sugar: Sub dark brown sugar OR 2 tablespoons molasses + 1 cup of white granulated sugar OR 1/2 cup firmly packed dark brown sugar + 1/2 cup granulated sugar
Dark brown sugar	For 1 cup of dark brown sugar: Sub light brown sugar OR 1/4 cup molasses + 1 cup of white granulated sugar OR 1 tablespoon molasses + 1 cup firmly packed light brown sugar
Eggs	For 1 egg: 1/4 cup unsweetened applesauce 1/4 cup mashed banana 1 tablespoon groundflax seeds + 3 tablespoons water (combine and let sit for 5 minutes before incorporating) 1/4 cup vegetable oil 2 tablespoons water + 1 teaspoon oil (like vegetable or corn) + 2 teaspoons baking soda (mix together before incorporating)
Heavy cream	For 1 cup heavy cream: 7/8 cup half and half + 1/8 cup melted butter (mix together) 1/2 cup whole milk + 1/2 cup plain Greek yogurt 1 cup evaporated milk 3/4 cup milk + 1/3 cup melted butter
Baking powder	For 1 teaspoon baking powder: 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
Baking soda	For 1 teaspoon baking soda: 4 teaspoons baking powder
Cocoa	For 1/4 cup cocoa powder: 1 (1-ounce) square unsweetened chocolate
Corn Syrup	For 1 cup corn syrup: 1 1/4 cup white sugar + 1/3 cup water OR 1 cup honey
Cream of tartar	For 1 teaspoon cream of tartar: 2 teaspoons lemon juice or vinegar

Recipe Calls For:	Use Instead:
Evaporated milk	For 1 cup evaporated milk: 1 cup light cream
Honey	For 1 cup honey: 1 1/4 cup white sugar + 1/3 cup water 1 cup corn syrup
Lemon juice	For 1 teaspoon lemon juice: 1/2 teaspoon vinegar 1 teaspoon white wine 1 teaspoon lime juice
Lime juice	For 1 teaspoon lime juice: 1 teaspoon vinegar 1 teaspoon white wine 1 teaspoon lemon juice
Orange juice	For 1 tablespoon orange juice: 1 tablespoon other citrus juice
Raisin	For 1 cup raisins: 1 cup dried currants OR 1 cup dried cranberries OR 1 cup chopped pitted prunes
Sour cream	For 1 cup sour cream: 1 cup plain yogurt 1 tablespoon lemon juice or vinegar plus enough cream to make 1 cup
Sweetened condensed milk	For 1 (14-ounce) can sweetened condensed milk: 3/4 cup white sugar mixed with 1/2 cup water and 1 1/8 cups dry powdered milk: Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes
Vegetable oil—for baking	For 1 cup vegetable oil: 1 cup applesauce 1 cup fruit puree
Vinegar	For 1 teaspoon vinegar: 1 teaspoon lemon or lime juice 2 teaspoons white wine
White sugar	For 1 cup white sugar: 1 cup brown sugar 1 1/4 cups confectioners' sugar 3/4 cup honey 3/4 cup corn syrup
Yogurt	For 1 cup yogurt: 1 cup sour cream 1 cup buttermilk