



Substitutions Chart

Cooking

 Ingredient	 Amount	 Substitute
Apple Cider Vinegar	1 Tbsp	1 Tbsp lemon juice
Basil	1 Tbsp	1 Tbsp oregano or thyme
Breadcrumbs, Dry	1 cup	$\frac{3}{4}$ cup crushed crackers
Broth, Chicken or Beef	1 cup	1 bouillon cube + 1 cup water
Capers	2	1 olive, pickles (cut to size) or lemon juice (to taste)
Coriander	1 Tbsp	1 Tbsp cumin, curry powder or garam masala
Cottage Cheese	1 cup	1 cup ricotta cheese
Fennel Seeds	$\frac{1}{2}$ tsp	$\frac{1}{2}$ tsp anise
Fish Sauce	1 Tbsp	1 Tbsp soy sauce, coconut aminos or Worcestershire sauce
Mayonnaise	1 cup	1 cup yogurt
Paprika	1 tsp	1 tsp chili powder
Red Wine Vinegar	1 Tbsp	1 $\frac{1}{2}$ tsp red wine + 1 $\frac{1}{2}$ tsp vinegar
Rosemary	1 Tbsp	1 Tbsp thyme, sage or marjoram
Salt	1 tsp	1 tsp paprika, oregano, nutritional yeast or lemon juice
Soy Sauce	1 Tbsp	1 Tbsp tamari, coconut aminos or miso paste
Tomato Paste	1 Tbsp	2 Tbsp tomato purée
Tomato Sauce	1 cup	$\frac{1}{2}$ cup tomato paste + $\frac{1}{2}$ cup water
Vinegar	$\frac{1}{2}$ tsp	1 tsp lemon juice
White Wine	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup white wine vinegar + $\frac{1}{4}$ cup water (or $\frac{1}{4}$ broth)



Substitutions Chart

Baking

 Ingredient	 Amount	 Substitute
Allspice	1 tsp	½ tsp cinnamon + ½ tsp ground cloves
Apple Pie Spice	1 tsp	½ tsp cinnamon + ¼ tsp nutmeg + ⅛ tsp cardamom
Baking Powder (double acting)	1 tsp	½ tsp cream of tartar + ¼ tsp baking soda
Baking Soda	¼ tsp	1 tsp baking powder
Butter	1 cup	⅔ cup vegetable shortening (or vegetable oil)
Buttermilk	1 cup	1 cup plain yogurt (or 1 cup milk + 1 Tbsp lemon juice)
Chocolate, Unsweetened	1 oz	3 Tbsp unsweetened cocoa + 1 Tbsp melted butter
Cinnamon	1 tsp	1 tsp nutmeg
Cocoa Powder	¼ cup	1 oz (square) unsweetened chocolate
Cornstarch	1 Tbsp	2 Tbsp all-purpose flour
Eggs	1	1 Tbsp ground flaxseed + 3 Tbsp water; let sit for 5 minutes
Flour, All-Purpose	1 cup	⅔ cup whole-wheat flour
Flour, Arrowroot	1 ½ tsp	1 Tbsp all-purpose flour or 1 ½ tsp tapioca starch
Flour, Bread	1 cup	1 cup all-purpose flour
Flour, Cake	1 cup	1 cup - 2 Tbsp all-purpose flour + 2 Tbsp cornstarch
Flour, Gluten-Free	1 cup	1 cup blended raw rolled oats
Flour, Pastry	1 cup	1 Tbsp cake flour + 1 cup all-purpose flour
Half-and-Half	1 cup	½ cup whole milk + ½ cup heavy cream
Heavy Cream	1 cup	1 cup whole milk + 1 Tbsp melted butter
Honey	1 Tbsp	1 Tbsp maple syrup
Lemon Juice	1 Tbsp	1 Tbsp apple cider vinegar
Molasses	1 cup	1 cup dark corn syrup
Oil	½ cup	½ cup applesauce
Pumpkin Pie Spice	1 tsp	½ tsp cinnamon + ¼ tsp ginger + ⅛ tsp clove + ⅛ tsp nutmeg
Sour Cream	1 cup	1 cup plain yogurt
Sugar, Dark Brown	1 cup	1 cup granulated sugar + 2 Tbsp molasses
Sugar, Light Brown	1 cup	1 cup granulated sugar + 1 Tbsp molasses
Vanilla Extract	1 tsp	1 tsp bourbon or rum
Yeast	1 tsp	½ tsp baking soda + ½ tsp lemon juice
Yogurt	1 cup	1 cup sour cream