

## Baking Substitutions

Recipe Calls For	Substitute With
Egg	For every 1 egg: Mix together 1 tablespoon ground flaxseed with 3 tablespoons water & let sit for 5 minutes OR Use ¼ cup unsweetened applesauce
Buttermilk	For 1 cup buttermilk: Add either 1 tablespoon of distilled vinegar or apple cider vinegar to 1 cup of any variety of milk. Allow to sit at room temperature for 10 minutes before using. OR Use 1 tablespoon of lemon juice in place of the vinegar.
Half and Half	For 1 cup half and half: Use ½ cup whole milk mixed with ½ cup heavy cream
Heavy Cream, not whipped	For 1 cup heavy cream: Mix together 1/3 cup melted butter with 3/4 cup of whole milk.
Sweetened Condensed Milk	For 1 cup sweetened condensed milk: Over medium heat, whisk together 1/3 cup plus 2 tablespoons evaporated milk with 1 cup of granulated sugar and 3 tablespoons butter. Heat until sugar is dissolved into the milk.
Ricotta Cheese	Use equal amounts of strained cottage cheese.
Mascarpone Cheese	For every 16 ounces of mascarpone cheese, mix together 12 ounces of room temperature cream cheese with ¼ cup heavy whipping cream and ¼ cup sour cream.
Mayonnaise	Use equal parts sour cream. OR Use equal parts plain Greek yogurt.
Sour Cream	Use equal parts plain Greek yogurt.
Unsalted Butter	For every 1 stick of butter (or ½ cup): Use salted butter and reduce salt in the recipe by 1/4 teaspoon.

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Vegetable Oil	Use vegetable and canola oil interchangeably. To reduce the fat in baked goods, substitute up to half of the vegetable or canola oil with unsweetened applesauce or plain Greek yogurt.
Self-Rising Flour	For every 1 cup of self-rising flour: Whisk together 1 cup all-purpose flour with 1 teaspoon baking powder, 1/2 teaspoon salt, and 1/4 teaspoon baking soda.
Self-Rising Cornmeal	For 1 cup self-rising cornmeal: Mix together 7/8 cup ground cornmeal with 1 1/2 tablespoons baking powder, and 1/2 tsp. salt.
Bread Flour	For 1 cup bread flour: Mix together 1 cup all-purpose flour plus 1 tablespoon vital wheat gluten.
Pastry Flour	For 1 cup pastry flour: 1 cup all-purpose flour mixed with 2 tablespoons of corn starch.
Cake Flour	For 1 cup flour cake flour: 1 cup minus 2 tablespoons of all-purpose flour.
Powdered Sugar	Grind equal parts granulated sugar in a blender until fine and resembles powdered sugar.
Brown Sugar	For 1/2 cup of brown sugar: Mix together 1/2 cup white sugar with 2 teaspoons of molasses.
Corn Syrup	For 1 cup corn syrup: Mix together 1 1/4 cup light brown sugar with 1/3 cup hot water until sugar is dissolved.
Yeast	For every 1 envelope (¼-ounce) active dry yeast: Use 2¼ teaspoons active dry yeast
Baking Powder	For every 1 teaspoon of baking powder: Mix together 1/3 teaspoon baking soda and 1/2 teaspoon cream of tartar.
Baking Soda	For every ¼ teaspoon of baking soda: Use 1 teaspoon baking powder.
Cornstarch	Use equal amounts of arrowroot powder
Bread Crumbs	Use equal amounts of the following: Cracker crumbs, ground oats, crushed cornflakes. OR For every ⅓ cup, use 1 slice of dry bread