

FOR 6 COMMON INGREDIENTS









Baking Powder Substitute

1 teaspoon baking powder = 1/4 teaspoon baking soda + 1/2 teaspoon cream of tartar + 1/4 teaspoon cornstarch

Baking Soda Substitute

½ teaspoon baking soda = 2 teaspoon baking powder

Sour Cream Substitute

1 cup sour cream = 1 cup plain yogurt

Buttermilk Substitute

1 cup buttermilk = 1 tablespoon lemon juice or white vinegar + enough milk to make 1 cup. Let stand for 5 minutes to thicken

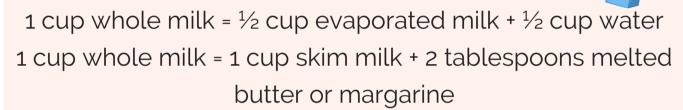


Cake Flour Substitute

1 cup cake flour = 3/4 cup sifted all-purpose flour + 2 tablespoons cornstarch



Milk Substitutes



Half-and-Half Substitute

1 cup half-and-half = ½ cup whole milk + ½ cup heavy cream

Vegetable Oil Substitute

1 cup vegetable oil = 1 cup applesauce = 1 cup fruit puree

Vegetable Shortening Substitutes

1 cup vegetable shortening = 1 cup butter 1 cup vegetable shortening = 1 cup margarine

Vanilla Beans Substitute

1 vanilla bean = 2½ teaspoons vanilla extract