


# HEALTHY



# LTHY

## Baking Substitutes

FOR 6 COMMON INGREDIENTS


1 cup  = *Honey* or *Banana* or *Maple Syrup*  
3/4 cup 1/2 cup 3/4 cup


1 whole  = *Banana* or *Greek Yogurt* or *Apple Sauce*  
1/2 cup 1/4 cup 1/4 cup

1 cup  = *Greek Yogurt* or *Avocado* or *Coconut Oil*  
1/2 cup 1 cup 1 cup

1 cup  = *Soy Milk* or *Almond Milk* or *Evaporated Milk*  
1 cup 1 cup 1 cup

1 cup  = *Cacao Nibs* 1 cup

1 cup  = *Greek Yogurt*  
1 cup

1 cup  = *Black Beans* or *Oat Flour* or *Whole Wheat Flour*  
1 cup puree 1/3 cup 3/4 cup

# HEALTHY



# LTHY

## *Baking Substitutes*

FROM COMMON INGREDIENTS



### **Baking Powder Substitute**

1 teaspoon baking powder =  $\frac{1}{4}$  teaspoon baking soda +  $\frac{1}{2}$  teaspoon cream of tartar +  $\frac{1}{4}$  teaspoon cornstarch

### **Baking Soda Substitute**

$\frac{1}{2}$  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 =  $\frac{3}{4}$  cup sifted all-purpose flour + 2 tablespoons cornstarch

# HEALTHY



# LTHY

## *Baking Substitutes*

FROM COMMON INGREDIENTS

### **Milk Substitutes**



1 cup whole milk =  $\frac{1}{2}$  cup evaporated milk +  $\frac{1}{2}$  cup water  
1 cup whole milk = 1 cup skim milk + 2 tablespoons melted  
butter or margarine

### **Half-and-Half Substitute**

1 cup half-and-half =  $\frac{1}{2}$  cup whole milk +  $\frac{1}{2}$  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 =  $2\frac{1}{2}$  teaspoons vanilla extract