







SAFE INGREDIENT SUBSTITUTIONS

This or That

ALLSPICE (1 tsp)	Ground Cinnamon (1/2 tsp) + Ground Ginger (1/4 tsp) + Ground Cloves (1/4 tsp)		
ARROWROOT, AS THICKENER (1 tsp)	All-Purpose Flour (1 TBS)	Cornstarch (1 tsp)	
BAKING POWDER (1 tsp)	Baking Soda (1/4 tsp) + Cream of Tartar (1/2 tsp)		Cream of Tartar (1/2 tsp) + Cornstarch (1/4 tsp)
BAKING SODA (1 tsp)	Baking Powder (4 tsp)		
BEER (1 cup)	Chicken Broth, unsalted (1 cup)		
BROWN SUGAR (1 cup)	White Sugar (1 cup) + Molasses (1 TBS)		
BUTTER, UNSALTED (1 cup)	Vegetable Oil (7/8 Cup)	Shortening (1 cup)	Margarine (1 cup)
BUTTERMILK (1 cup)	Milk (1 cup) + Vinegar (1 TBS)	Milk (1 cup) + Lemon Juice (1 TBS)	Plain Yogurt (1 cup)
BREADCRUMBS, DRY (1 cup)	Rolled Oats, Ground (1 cup)	Crushed Brand Cereal (1 cup)	Crushed Crackers (1 cup)
CHOCOLATE, SEMI-SWEET (1 ounce)	Unsweetened Chocolate (1 ounce) + 1 TBS White Sugar		3 TBS Semi-Sweet Chocolate Chips
CHOCOLATE (1 ounce)	Cocoa Powder (3 TBS) + Shortening (1 TBS)		Cocoa Powder (3 TBS) + Vegetable Oil (1 TBS)
COCONUT MILK (1 cup)	Whole Milk (1 cup)		
CORNSTARCH, AS THICKENER (1 TBS)	All-Purpose Flour (2 TBS)		
CORN SYRUP, DARK (1 cup)		Light Corn Syrup (3/4 cup) + Molasses (1/4 Cup)	
CORN SYRUP, LIGHT (1 cup)	White Sugar (1 cup) + Filtered Water (1/4 Cup)		
CREAM CHEESE (1 cup)		Ricotta Cheese, Fat Free (1 cup)	
CREAM OF TARTAR (1 tsp)	Lemon Juice (2 tsp)		
EGG, LARGE (1 whole)	Baking Powder (1/2 tsp) + 1/2 Mashed Banana	Vegetable Oil (3 TBS) + Filtered Water (1 TBS)	Mayonnaise (3 TBS) Silken Tofu (1/4 Cup)
HALF AND HALF (1 cup)	Melted Butter (1 TBS) + Whole Milk (1 cup)		
HEAVY CREAM, NON-WHIPPING (1 cup)		Whole Milk (3/4 cup) + Melted butter (1/3 cup)	
FLOUR, ALL PURPOSE	Cake Flour (1 Cup PLUS 3 TBS)		
FLOUR, CAKE	All-Purpose Flour (1 Cup MINUS 2 TBS)		
FLOUR, SELF RISING	All-Purpose Flour (1 Cup) + Baking Powder (1 tsp) + Kosher Salt (1/2 tsp) + Baking Soda (1/4 tsp)		
GARLIC, FRESH (1 clove)	Garlic Powder (1/8 tsp)		
HONEY (1 cup)	White Sugar (1 1/4 Cup) + Filtered Water (1/2 Cup)		Pure Maple Syrup (1 cup)
LEMON JUICE (1 tsp)	Apple Cider Vinegar (1/2 tsp)		
MAYONNAISE (1 cup)	Sour Cream (1 cup)	Plain Yogurt (1 Cup)	Cottage Cheese, Pureed (1 cup)
MILK, WHOLE (1 cup)	Plain Yogurt (1 cup)	Evaporated Milk (1/2 cup) + Filtered Water (1/2 cup)	Water (1 cup) + Nonfat Dry Milk Powder (1/3 Cup)
MOLASSES (1 cup)		Honey (1 cup) OR	Dark Corn Syrup (1 Cup)
WINE, RED (1 cup)	Fruit Juice (1 cup) + White Vinegar (2 tsp)		
WINE, WHITE (1 cup)	Chicken Broth, unsalted (1 cup)		
SOUR CREAM (1 cup)	Plain Greek Yogurt (1 cup)	Plain Yogurt (1 Cup) + Unsalted Butter, melted (3 TBS)	
WHITE SUGAR (1 cup)	Light Brown Sugar, Packed (1 cup) + Powdered Sugar, Sifted (2 Cups)		

