

Easy Substitutions Table

Substitutions for Common Baking & Cooking Ingredients			
Don't Have It?	Amount	How to Hack It!	When to Use
Eggs	1 large egg	Any of the following: ¼ cup plain yogurt, ¼ cup apple sauce, or ¼ cup mashed banana	Muffins, quick breads and denser cakes.
Buttermilk	1 cup	1 tablespoon lemon juice or vinegar, plus enough milk to make 1 cup	Pancakes, muffins, quick breads, scones and cakes.
Baking Powder	1 teaspoon	½ teaspoon cream of tartar, plus ¼ teaspoon baking soda	Any recipe that calls for baking powder.
Heavy Cream	1 cup	¼ cup melted butter (cooled), plus ¾ cup milk	Any cooking or baking recipe that calls for heavy cream. Cannot be used for whipping.
Cornstarch	1 tablespoon	2 tablespoons all-purpose flour	Any recipe that calls for thickening sauces and fillings.
Butter			
Solid or Softened	1 cup butter (two sticks)	1 cup vegetable shortening, 1 cup coconut oil	Muffins, quick breads and cakes. Note: Butter adds flavor and tenderness to baked goods and results can vary. swapping it out can yield slightly denser results.
Melted	1 cup butter (2 sticks)	1 cup vegetable oil, 1 cup canola oil, 1 cup olive oil, 1 cup grapeseed oil, 1 cup melted coconut oil	
Vegetable oil	1 cup	1 cup canola oil, 1 cup olive oil, 1 cup grapeseed oil	Any recipe that needs vegetable oil. Note: Some olive oil tends to have a peppery taste, which can alter the flavor of baked goods.
Tomato sauce	15-ounce can	1 can (6 ounces) tomato paste, plus 1 ½ cans of water	Any recipe that calls for tomato sauce.

Chocolate			
Unsweetened baking	1 ounce	3 tablespoons cocoa + 1 tablespoon melted shortening	
Semisweet chocolate chips	1 cup	6 ounces semisweet baking chocolate chopped	
Semisweet baking	1 ounce	1 ounce unsweetened baking chocolate+1 tablespoon sugar or 1 tablespoon cocoa plus 2 tablespoons sugar and 2 teaspoons shortening	Cookies, glazes, dips, ganache
Sour cream	1 cup	1 cup plain yogurt	Any recipe that calls for sour cream.
Brown sugar	1 cup	1 cup granulated (white) sugar, plus 2 tablespoons molasses 1 cup coconut sugar	Any recipe that calls for brown sugar.