



Ingredient Substitutes –

Big baking or cooking occasions rarely go without a hiccup and since the stores are packed or closed on the holiday – now you can fix your forgetfulness blunder!

Thankfully there are lots of ways to substitute and fix your problem. Try one of these basics.

If you are missing: then substitute

1 tsp baking powder: ¼ tsp baking soda + ½ tsp cream of tartar

1 cup packed brown sugar: 1 cup granulated sugar + ¼ cup molasses

1 egg: 2 Tbsp water + ½ tsp baking powder for cookies/cakes OR ½ banana or ¼ cup applesauce for batter breads or brownies

1 cup butter: 7/8 cup vegetable oil + ½ tsp salt

1 tsp lemon juice: ½ tsp vinegar

1 cup buttermilk: 1 cup plain yogurt

1 cup half & half: 7/8 cup whole milk + 2 Tbsp melted unsalted butter

1 cup honey: ¾ cup sugar + ¼ cup liquid

1 cup corn syrup: 1 cup sugar + ¼ cup liquid

1 tsp cornstarch for thickening: 2 tsp flour

1 cup cream: 1/3 cup butter + 2/3 cup milk

1 oz unsweetened chocolate: 4 Tbsp Cocoa powder + 1 Tbsp butter

1 cup sour cream: 1 cup milk + 1 1/3 Tbsp vinegar

1 cup sugar: ¾ cup honey + ¼ cup flour

1 cup powdered sugar: 1 cup sugar + 1/3 tsp. cornstarch, Blend small batches in blender until powdered.

1 cup whole milk: ¾ cup evaporated milk + ¼ cup water

Before and After Cooking Measurements

Cereals:

Cornmeal – 1 cup = 5/12 cups cooked

Macaroni – 1 cup = 2 cups cooked

Egg Noodles – 3 cups = 3 cups cooked

Quick Oats – 1 cup = 1 ¾ cup cooked

Rice, long grain – 1 cup = 3 cups cooked

Spaghetti – 8 oz = 4 cups cooked

Dried Fruit:

Apples – 4 cups = 5 cups cooked

Apricots – 3 cups = 4 cups cooked

Peaches – 3 cups = 5 cups cooked

Pears – 3 cups = 5 cups cooked

Dried Beans:

Kidney, navy etc – 1 cup = 2 ¼ cups cooked

Fresh Fruit:

Apple – 3 medium = 2 ¾ cups diced/sliced

Avocado – 1 lb (8 to 12) = 2 ½ cups sliced

Banana – 1 lb (3 to 4) – 2 c sliced or 1 1/3 cup mashed

Lemon – 1 medium = 3 Tbsp juice

Fresh Vegetables:

Carrots – 1 lb (6 to 8 med) = 3 cups shredded

Celery – 1 med bunch = 4 ½ cups chopped

Green Onion – 1 bunch = ½ c sliced

Green Pepper – 1 large = 1 cup diced

Onion – 1 medium = ½ cup chopped

Potato – 3 medium = 2 cups cubed