



# Baking Substitutions

**Baking Powder:** for 1 tsp., substitute  $\frac{1}{2}$  tsp. cream of tartar plus  $\frac{1}{4}$  tsp. baking soda

**Butter:** for 1 cup, substitute 1 cup shortening plus  $\frac{1}{4}$  tsp. salt

**Cooking oil:** For 1 Tbsp., substitute 1 Tbsp. olive oil, canola oil, or coconut oil, or replace half the amount of oil for mashed bananas in baking and adjust as needed.

**Cornstarch (for thickening):** for 1 Tbsp., substitute 2 Tbsp. all-purpose flour

**Egg:** for 1 whole egg, substitute 2 egg whites, or 2 egg yolks, or  $\frac{1}{4}$  cup frozen egg product, thawed. Another option is to combine 1 Tbsp. ground flaxseed plus 3 Tbsp. water per egg.

**Milk:** for 1 cup, substitute  $\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water, or 1 cup water plus  $\frac{1}{3}$  cup nonfat dry milk powder

**Sour cream:** for 1 cup, substitute 1 cup plain yogurt



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