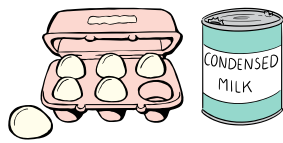
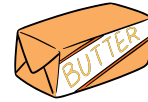


# BAKING INGREDIENT



## Substitutes



### SUB 1 CUP BUTTER WITH:

1 CUP VEGETABLE OIL OR 1 CUP COCONUT OIL OR  
1 CUP SHORTENING OR 1 CUP GREEK YOGURT

### SUB 1 CUP VEGETABLE OIL WITH:

1 CUP AVOCADO OIL OR 1 CUP MELTED  
COCONUT OIL OR 1 CUP MELTED BUTTER

### SUB 1 EGG WITH:

1/2 A MASHED BANANA OR 1/4 CUP APPLE SAUCE  
OR 1/4 CUP BUTTERMILK (FOR CAKES) OR  
1 TBSP GROUND FLAX + 3 TBSP WATER (FOR COOKIES)

### SUB 1 CUP GRANULATED SUGAR WITH:

1 1/4 CUP POWDERED SUGAR OR 3/4 CUP HONEY  
OR 1 CUP PACKED BROWN SUGAR

### SUB 1 CUP CAKE FLOUR WITH:

1 CUP - 2 TBSP ALL PURPOSE FLOUR  
+ 2 TBSP CORNSTARCH

### SUB 1 TSP BAKING SODA WITH:

3 TSP BAKING POWDER

### SUB 1 CUP HEAVY CREAM WITH:

3/4 CUP WHOLE MILK  
+ 3 TBSP MELTED BUTTER OR  
2 CUPS WHIPPED DESSERT TOPPING

### SUB 1 CUP BROWN SUGAR WITH:

1 CUP GRANULATED SUGAR + 2 TSP  
MOLASSES

### SUB 1 CUP WHOLE MILK WITH:

1/2 CUP HALF & HALF + 1/2 CUP WATER  
OR 1 CUP NUT MILK + 1 TSP MELTED BUTTER  
OR 1 CUP SOY MILK + 1 TSP MELTED BUTTER

### SUB 1 CUP SELF-RISING FLOUR WITH:

1 CUP - 2 TSP ALL PURPOSE FLOUR  
+ 1 1/2 TSP BAKING POWDER

### SUB 1 CUP OF POWDERED SUGAR WITH:

BLEND 1 CUP GRANULATED SUGAR +  
1 TBSP ARROWROOT POWDER  
OR 1 TBSP CORNSTARCH POWDER

### SUB 1 CUP HONEY WITH:

1/2 CUP GRANULATED SUGAR + 3/4 CORN SYRUP  
OR 3/4 CUP MAPLE SYRUP +  
1/2 CUP GRANULATED SUGAR

### SUB 1 CUP MOLASSES:

1 CUP HONEY OR  
3/4 CUP PACKED BROWN SUGAR  
OR 1 CUP MAPLE SYRUP

### SUB 3 TBSP UNSWEETENED COCOA POWDER WITH:

1 OZ MELTED UNSWEETENED CHOCOLATE  
(REDUCE FAT IN RECIPE BY 1 TBSP)  
OR 3 TBSP HOT COCOAMIX  
(REDUCE SUGAR IN RECIPE BY 1/4 CUP)