



SUBSTITUTE BAKING

FROM FOOD STORAGE MOMS

FLOUR SUBSTITUTES

- **Cake flour:** 1 cup = remove 2 tablespoons of the all-purpose flour to make 1 cup of cake flour.
- **Cake flour:** (#2 option) 1 cup = for every cup of flour you need to remove 2 tablespoons all-purpose flour and add 2 tablespoons cornstarch and sift 5 or 6 times.
- **Pastry flour:** 1 cup = 1/2 cup all-purpose flour and 1/2 cup cake flour.
- **Self-rising flour:** 1 cup = 1 cup all-purpose flour and 1-1/2 teaspoon baking powder and 1/4 teaspoon of salt.
- **Bread flour:** You can substitute bread flour 1:1 with all-purpose flour.
- **Gluten-free flour:** You can use this instead of all-purpose flour in a 1:1 ratio.
- **Whole wheat flour:** 1 cup = 7/8 cup of all-purpose flour and 2 tablespoons of wheat germ.

SUGAR SUBSTITUTES

- **Superfine sugar:** 1 cup = 1 cup and 2 teaspoons of granulated sugar ground up in a food processor.
- **Powdered sugar:** 1 cup = 1 cup granulated sugar and 1 teaspoon of cornstarch ground up in a food processor.
- **Powdered sugar:** (#2 option) = 1 cup granulated sugar grind it up in a food processor.
- **Light Brown sugar:** 1 cup = 1 cup of granulated sugar and 1 tablespoon of molasses.
- **Dark brown sugar:** 1 cup = 1 cup granulated sugar and 2 tablespoons of molasses.
- **Molasses:** 1 cup = 3/4 cup dark brown sugar and 1/4 cup of water.
- **#3 Leaveners:** Baking Soda and Baking

LEAVENERS: BAKING SODA AND BAKING POWDER

- **Baking Powder:** 1 teaspoon = 1/4 teaspoon of baking soda and 1/2 teaspoon of cream of tartar.
- **Baking Soda:** 1 tablespoon = 3 tablespoons of baking powder.

MILK SUBSTITUTES

- **Milk:** If a recipe calls for milk and you have absolutely no milk whatsoever, you can sometimes substitute water, but it may change the flavor and texture. Adding butter could help with the missing milk fat. Here is what you can do: 1 cup = 1 cup of water and 1 tablespoon of butter.
- **Whole milk:** 1 cup = 3/4 cup and 2 tablespoons of skim milk and 2 tablespoons of heavy cream.
- **Half and Half:** 1 cup = 1/2 cup whole milk and 1/2 cup heavy cream.
- **Buttermilk:** 1 cup = 1 cup whole milk and 1 tablespoon white wine vinegar or lemon juice. Combine it and let it curdle about 10-minutes.
- **Buttermilk:** 1 cup = 1 cup plain yogurt

EGG SUBSTITUTES

- **1 egg** = 1/4 cup applesauce
- **1 egg** = 1 tablespoons ground flaxseed + 3 tablespoons water
- **1 egg** = 1/4 cup silken tofu pureed
- **1 egg** = 3 tablespoons mayonnaise
- **1 egg** = 1/2 banana mashed with 1/2 teaspoon baking powder

BUTTER SUBSTITUTES

- **1 cup salted butter** = 1 cup margarine
- **1 cup salted butter** = 1 cup vegetable shortening + 1/2 teaspoon salt
- **1 cup salted butter** = 7/8 cup lard + 1/2 teaspoon salt
- **1 cup unsalted butter** = 1 cup salted butter = 1 cup vegetable shortening = 1 cup lard *minus* 1/2 teaspoon salt from recipe

CORNSTARCH SUBSTITUTES

- **Cornstarch for baking:** 1 tablespoon = 1-1/2 teaspoons all-purpose flour.
- **Cornstarch for thickening:** sour cream or greek yogurt.

YEAST SUBSTITUTES

- **Yeast substitute #1:** 1 teaspoon = 1/2 teaspoon lemon juice and 1/2 teaspoon of baking soda.
- **Yeast Substitute #2:** 1 teaspoon = 1 teaspoon double acting baking powder.
- **Yeast substitute #3:** Check out my post for Sourdough starter

OTHER SUBSTITUTES

- **Bread crumbs:** 1 cup = 1 cup cracker crumbs, cornflake crumbs, crushed pork rinds, or rolled oats
- **Chocolate chips:** 1 ounce = 1 ounce of unsweetened chocolate and 1 tablespoon of sugar.
- **Cream of tartar:** 1 teaspoon = 2 teaspoons of white vinegar or lemon juice
- **Cream cheese:** 1 cup = 1/2 cup of plain yogurt and 1/2 cup of ricotta cheese
- **Honey:** 1 cup = 1 cup of corn syrup, or 1-1/4 cup of sugar and 1/4 cup of water
- **Lemon juice:** 1 teaspoon = 1 teaspoon of white wine or 1/2 teaspoon of vinegar
- **Mayonnaise:** 1 cup = 1 cup of plain yogurt, 1 cup of sour cream, or 1 cup of pureed cottage cheese
- **Ricotta cheese:** 1 cup = 1 cup of cottage cheese
- **Sour cream:** 1 cup = 1 cup of plain yogurt, or 1 cup of whole milk mixed with a tablespoon of lemon juice or vinegar
- **Tomato sauce:** 1 cup = 1/2 cup of tomato paste and 1/2 cup of water
- **Vegetable oil for baking:** 1 cup = 1 cup of applesauce
- **Vegetable oil for frying:** 1 cup = 1 cup of shortening (for frying)
- **Vinegar:** 1/2 cup = 1/2 cup of white wine or 2/3 cup of lemon juice
- **Plain yogurt:** 1 cup = 1 cup of sour cream or buttermilk