

BASICS SUBSTITUTE LIST

1. ALL-PURPOSE FLOUR: WHOLE WHEAT, ALMOND, OAT, OR GLUTEN-FREE FLOUR BLEND.
2. BAKING POWDER: BAKING SODA (USE 1/4 OF THE AMOUNT AND ADD LEMON JUICE OR VINEGAR).
3. BAKING SODA: BAKING POWDER (USE THREE TIMES THE AMOUNT).
4. BUTTER: MARGARINE, COCONUT OIL, OR VEGETABLE OIL.
5. BUTTERMILK: MIX 1 CUP OF MILK WITH 1 TABLESPOON OF LEMON JUICE OR VINEGAR AND LET IT SIT FOR 5 MINUTES.
6. BROWN SUGAR: WHITE SUGAR MIXED WITH MOLASSES OR SYRUP.
7. CAKE FLOUR: ALL-PURPOSE FLOUR (REMOVE 2 TABLESPOONS PER CUP).
8. APPLESAUCE: MASHED BANANAS OR PUREED PRUNES.
9. COCOA POWDER: UNSWEETENED CHOCOLATE (USE 3 TABLESPOONS).
10. COCONUT MILK: MIX 1 CUP OF MILK WITH 1/4 CUP OF COCONUT CREAM.
11. CORNSTARCH: ARROWROOT POWDER OR POTATO STARCH.
12. CREAM CHEESE: GREEK YOGURT OR COTTAGE CHEESE (BLENDED UNTIL SMOOTH).
13. CRUSHED TOMATOES: TOMATO SAUCE OR TOMATO PUREE.
14. DRY BREADCRUMBS: CRUSHED CRACKERS OR PANKO BREADCRUMBS.
15. EGG: APPLESAUCE OR MASHED BANANA (FOR BINDING IN BAKED GOODS).
16. EGG WHITE: AQUAFABA (THE LIQUID FROM CANNED CHICKPEAS).
17. EGG YOLK: MAYONNAISE OR MELTED BUTTER.
18. EVAPORATED MILK: HALF-AND-HALF OR WHOLE MILK (USE SLIGHTLY LESS).
19. FRESH HERBS: DRIED HERBS (USE 1/3 OF THE AMOUNT).
20. GREEK YOGURT: SOUR CREAM OR PLAIN YOGURT.
21. HEAVY CREAM: HALF-AND-HALF OR COCONUT CREAM.
22. HONEY: MAPLE SYRUP OR AGAVE NECTAR.
23. LEMON JUICE: LIME JUICE OR WHITE VINEGAR.
24. MILK: PLANT-BASED MILK (E.G., ALMOND, SOY, OAT) OR WATER (IN SOME RECIPES).
25. ONION (FRESH): ONION POWDER OR DRIED MINCED ONION.
26. PEANUT BUTTER: ALMOND BUTTER OR SUNFLOWER SEED BUTTER.
27. PECANS: WALNUTS OR ALMONDS.
28. PESTO: BASIL LEAVES BLENDED WITH OLIVE OIL AND GARLIC.
29. RICE VINEGAR: WHITE WINE VINEGAR OR APPLE CIDER VINEGAR.
30. RICOTTA CHEESE: COTTAGE CHEESE (BLENDED UNTIL SMOOTH).
31. SOUR CREAM: GREEK YOGURT OR BUTTERMILK.
32. SOY SAUCE: TAMARI OR LIQUID AMINOS (FOR GLUTEN-FREE OPTION).
33. SRIRACHA SAUCE: HOT SAUCE WITH A PINCH OF GARLIC POWDER AND SUGAR.
34. STEAK SAUCE: WORCESTERSHIRE SAUCE WITH A PINCH OF BROWN SUGAR.
35. SUN-DRIED TOMATOES: FRESH TOMATOES OR TOMATO PASTE.
36. SWEETENED CONDENSED MILK: MIX 1 CUP OF MILK WITH 1 1/4 CUPS OF SUGAR AND SIMMER UNTIL REDUCED BY HALF.
37. TAHINI: PEANUT BUTTER OR ALMOND BUTTER.
38. TOMATO PASTE: TOMATO SAUCE (REDUCE THE LIQUID IN THE RECIPE SLIGHTLY).
39. TOMATO SAUCE: CRUSHED TOMATOES WITH A PINCH OF SUGAR AND SALT.
40. VEGETABLE BROTH: CHICKEN BROTH OR WATER WITH BOUILLON CUBES.
41. VINEGAR (WHITE): APPLE CIDER VINEGAR OR RICE VINEGAR.
42. WORCESTERSHIRE SAUCE: SOY SAUCE WITH A DASH OF TAMARIND PASTE AND GARLIC POWDER.
43. MARJORAM: THYME OR OREGANO.